

McCook
Central/Montrose
Fighting Cougars



Athletic Handbook
2017-2018

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“The McCook Central and Montrose School Districts do not discriminate in its employment policies and practices, or in its educational programs on the basis of race, color, creed, religion, age, sex, persons with disabilities, national origin, or ancestry. Inquiries concerning the application of Title VI, Title IX, or Section 504 may be directed to the HS Guidance Counselor at McCook Central Schools, P.O. Box 310, Salem SD 57058 or by phone at (605) 425-2264, or at Montrose Schools, 309 S. Church St., Montrose SD 57048 or by phone at (605)363-5025; or to the Regional Director, Department of Education, Office of Civil Rights, 1244 Spear Blvd., Suite 310, Denver, CO 80202-3582.”

INTRODUCTION

I hope everyone at the McCook Central and Montrose School Districts are excited about the upcoming athletic seasons. It is very important that we continue to maintain the pride and tradition that we have established this past year as McCook Central/Montrose Fighting Cougars.

As individuals, I challenge you to do the best that you can in your sport or other activity. If you can do this, not only will you be a success, but your team and school will be a success as well.

Best wishes to everyone in the upcoming school year!

Jack Rasmussen
Athletic/Activities Director

PHILOSOPHY AND OBJECTIVES

McCOOK CENTRAL SCHOOL DISTRICT #43-7

Adopted August 9, 2010

(Reviewed Annually)

Joni Wagner, School Board
Ms. Katelyn Krueger, Elementary School Teacher
Mrs. Shawnya McGregor, Elementary School Teacher
Mrs. Tracy Chase, Middle School Teacher
Mr. Owen Sandine, K-12 Teacher
Ms. Kalli Sandine, Guidance Counselor
Mrs. Chelsea Anderson, High School Teacher
Doug Durfee, High School Teacher
Dr. Deb Eichacker, Elementary (K-4)/Golden View Colony Principal
Mrs. Masey Pechholt, Secondary (Gr. 5-12) Principal
Dr. Cheryl Thaler, Superintendent
Mrs. Jen Hoffman, Administrative Assistant

McCook Central's Mission Statement:

McCook Central School District pledges to educate today's youth for tomorrow.

McCook Central's Objectives:

The District will provide the opportunities for students to:

- **COMMUNICATE** effectively.
- **ENHANCE** academic excellence for success.
- **DEVELOP** respect for self and others through healthy lifestyles.
- **DISCOVER** – Each unique individual will discover his/her own capabilities and interests.

Montrose's Mission Statement:

We are the future success for all.

We are here to touch the lives of others academically, socially, morally, physically, mentally, lovingly, and purposefully to help them become contributing individuals.

ATHLETIC PHILOSOPHY

I. PURPOSE OF THE ATHLETIC PROGRAM

- A. For the Athlete: Athletic competition offers increased opportunity for improving playing skill, developing physical vigor, promoting real friendships and learning good sportsmanship. It is fully intended that athletic competition develop the understanding that the rules of the game are similar to the rules of everyday living.
- B. For the Student: The athletic program provides opportunities for developing fine school morale, for being sportsmanlike hosts to visiting students and athletes for exercising the qualities of fair play and courtesy. The athletic program should be considered a part of the school curriculum, educational in purpose and conduct.
- C. For the Community: The athletic program affords increased opportunities for wholesome school-community relations under constructive conditions.

11. THE SCHOOL PROVIDES:

- A. An opportunity for every student to participate in some phase of the athletic program.
- B. Leadership in the form of coaches and other supervisors.
- C. Necessary equipment and facilities.

111. THE STUDENT PROVIDES:

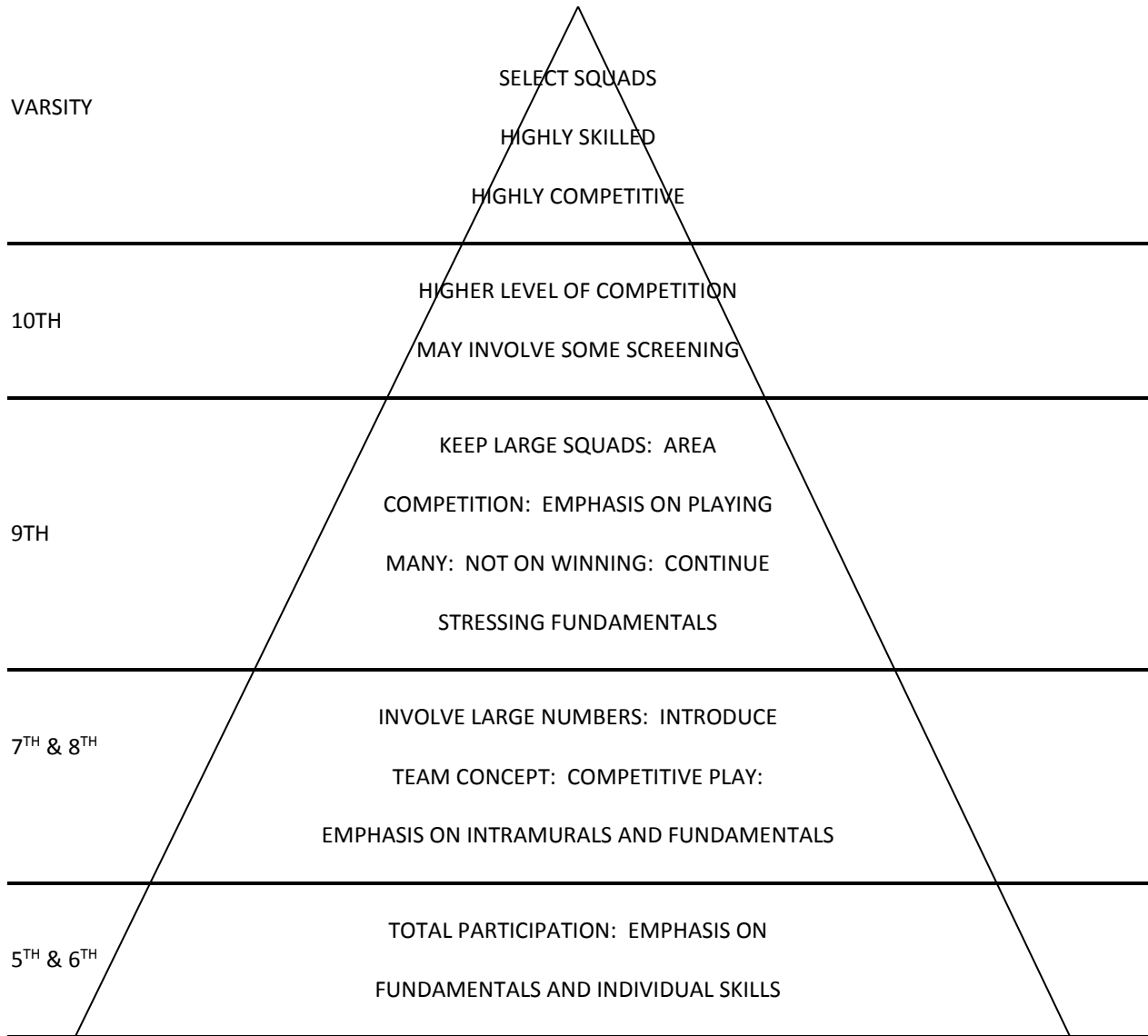
- A. Themselves and their desire to excel.
- B. A good attitude which would include:
 - 1. Training Rules: High regard and willingness to conform.
 - 2. Equipment: Proper care and accounting.
 - 3. Acting as a representative of the school, student body, and communities.

1V. THE PARENTS PROVIDE:

- A. Encouragement to their son or daughter.
- B. Support to and help enforce training regulations.
- C. Support to the program in which their son or daughter is participating.

PARTICIPATION/COMPETITION PYRAMID

The pyramid shown below describes the McCook Central and Montrose Public Schools athletic participation/competition philosophy at the various levels of the program. The base of the triangle represents total participation. The apex represents the highly competitive varsity level.



**THIS DISCIPLINE POLICY IS A GUIDELINE.
IT IS THE DISCRETION OF THE ADMINISTRATION TO PURSUE ANY
DISCIPLINARY ACTION UP TO AND INCLUDING EXPULSIONS.**

Adopted by Board Action 05-10-2000

Revised 6-23-2009

Disciplinary Sanctions and Implementation Procedures

The following procedures will be used in dealing with possession, use, distribution, or being under the influence of alcohol, tobacco products and other drugs.

A. First Offense - (school year)

1. The administration will try to notify the parent (s)/guardian(s) by phone to explain the incident and arrange a conference;
2. The principle/AD may notify available law enforcement authorities;
3. **Athletic participant (cheerleader, football, basketball, volleyball, cross country, track, golf & wrestling):** Upon first confirmation of violation, said athlete will lose eligibility for the next two weeks and/or two contests, whichever is greater in length of time. It is up to the discretion of the coach if said athlete would be allowed to practice.
4. The administration will notify the parent(s)/guardian(s) in writing of the decision within thirty-six (36) hours;

First Offense - (school year)

1. **Non-Athletic participant:** Upon first confirmation of violation said individual will be required to complete 15 hours of community service prior to reinstatement. The 15 hours of community service will be arranged by the high school principal and will be completed at the maximum rate of two hours per school day. It is up to the activities sponsor if said individual would be allowed to practice.
An individual, who is both an athletic participant and a non-athletic participant, at the time of violation, will serve the prescribed penalty for both.

B. Second Offense - (school year)

2. The administration will contact the parent(s)/guardian(s) to arrange for a conference;
3. The principle/AD may notify available law enforcement authorities;
4. **Athletic participant (cheerleader, football, basketball, volleyball, cross country, track, golf & wrestling):** Upon second confirmation of violation, said athlete shall lose athletic eligibility for 6 events.
5. The administration will notify the parent(s)/guardian(s) in writing of the decision within thirty-six (36) hours;

Second Offense - (school year)

1. **Non-Athletic participant:** Upon second confirmation of violation said individual will be required to complete 25 hours of community service prior to reinstatement. The 25 hours of community service will be arranged by the high school principal and will be completed at the maximum rate of three hours per school day.
An individual, who is both an athletic participant and a non-athletic participant, at the time of violation, will serve the prescribed penalty for both.

The McCook Central and Montrose Staff and Boards of Education believe a second offense is an indicator that said individual may be experiencing problems that need to be addressed. Recognizing that suspension/community service by itself may not "fix the problem", parent(s) and student will be made aware of agencies that can provide services to aid in dealing with the possible problems associated with alcohol and drug use. The administration will provide a list of agencies/professionals who can do the assessment and provide treatment. Fees for this assessment and treatment are the responsibility of the student and family. All related expenses will be the responsibility of parent(s) or student.

Upon receipt of appropriate authorization, the agency or professional will notify the school administration that the student is willing to be evaluated and to comply with the treatment process

- C. Third Offense - (school year)
 Upon third offense, **athletic participant** will lose eligibility for the remainder of the year.
 Third Offense - (**Non-athletic participant**)
 Upon third offense, the student will no longer be allowed to participate in any school-sponsored activity.
 The inability to participate may affect the final grade.
- D. Supplying/Distributing or Selling Alcohol and Other Drugs or Material Represented to be a Controlled Substance –
 - 1. Supplying or selling chemicals may result in a ten (10) day suspension;
 - 2. Within thirty-six (36) hours, the administration will notify parents(s) guardian(s) in writing of the suspension;
 - 3. The administration will refer the case to available law enforcement authorities;
 - 4. A hearing on the case will be conducted by the school board pursuant to due process rules for expulsion. Expulsion may be recommended by the administration.
- E. Students whose observed behavior indicates possible use of alcohol and/or other drugs will be referred to the building administrator. The building administrator and /or “first-responder” medical personnel will determine whether to contact the parent for further instruction, refer to the emergency authorization form or immediately seek additional medical treatment. Following the handling of the emergency, this Policy Statement for Alcohol and/or Other Drug abuse will be followed.
- F. A Biennial Review of the School District Program will be made -
 - 1. To determine the program’s effectiveness and implement changes to the programs if they are needed; and,
 - 2. To insure that disciplinary sanctions are consistently enforce.

Legal Reference: Public Law 101 - 226

SDCL 34-208
 Section 5145

DISCIPLINE/DUE PROCESS

McCook Central and Montrose School Districts

Violations Against Persons, Property, Public Health, Safety, and School/State Policy

The McCook Central and Montrose School Boards have the authority to make reasonable and necessary rules governing the conduct of students in schools. Teachers and school administrators will administer discipline within the guidelines adopted by the State Board of Education and other specific policies or decisions rendered from time to time by the McCook Central and Montrose School Boards.

The intent of these rules is to provide students with a definition of acceptable behavior and to equip teachers and school administrators for their disciplinary responsibilities. The rules will be interpreted by the principals and their designees in a manner which they deem just, given the circumstances of the individual case. Additionally, administrators will have the authority to enforce other reasonable disciplinary action they find warranted by the situation.

Students should be afforded the rights of fair procedure or due process. This includes the right to (1) be informed of conduct which could result in disciplinary action against the student; (2) notice of any rule violation; (3) explanation of the evidence supporting the charge; (4) an opportunity to present the student’s side of the story; and (5) a penalty that is proportionate to the violation.

Behavior expectations are as follows: (Added July 3, 2008)

- 1. We will be respectful of ourselves and others by:
 - A. Being quiet and courteous.
 - B. Not teasing or bullying others.
 - C. Using appropriate oral and written language and gestures.
 - D. Gaining permission to use school or other people’s property.
 - E. Following adult directions in a cooperative manner.
 - F. Helping others who are being treated in a disrespectful way by speaking out and getting adult help.
- 2. We will keep our school safe and friendly by:

- A. Walking safely, quietly, and promptly to our destination.
- B. Keeping our hands, feet, and other objects to us.
- C. Using all materials in a safe manner.
- D. Including all students in school activities.

The following behavior is considered unacceptable and will not be permitted in any district school, or district property, at district sponsored attended events or activities, or when the behavior is of such nature that continuation of the child in school would clearly be detrimental to the education, welfare, safety, or morals of others. The building administration retains latitude to modify the penalties as deemed necessary.

PERSONS:

1. Pornographic Material
Possession of material deemed pornographic by appropriate administration may be grounds for suspension.
2. Fighting
All individuals engaged in fighting may be grounds for suspension.
3. Violence, Coercion, Force, Threatening, Intimidation, Stalking
All individuals who demonstrate or use violence, force, coercion, threats, intimidation, insubordination, stalking, or similar conduct that constitutes interference with students, staff, or school purposes may be grounds for suspension and/or expulsion.
4. Bullying (Added July 3, 2008)
The McCook Central and Montrose School Districts recognize that bullying and intimidation have a negative effect on school climate. Students who are intimidated and fearful cannot give their education the single-minded attention they need for success. Bullying can also lead to more serious violence. Every student has the right to an education and to be safe in and around the school.
 - A. Definition of Bullying: **Bullying is a pattern of abuse, that involves a student being “picked on”. Bullying includes physical intimidation or assault; extortion; oral or written threats; teasing; putdowns; name calling; threatening looks, gestures, or actions; cruel remarks; false accusations; and social isolation.**
 - B. Bullying is prohibited: The McCook Central and Montrose School Districts and staff shall not tolerate any bullying on district grounds or any school activity on or off school grounds.
 - C. Staff Intervention: The district expects staff members who observe or become aware of an act of bullying to take immediate, appropriate steps to intervene---unless intervention would be a threat to staff member’s safety. If a staff member believes that his/her intervention has not resolved the matter, or if the bullying persists, he/she shall report the bullying to the school principal for further investigation.
 - D. Students and parents shall report bullying: The school district expects and encourages students and parents who become aware of an act of bullying to report it to the school principal for further investigation. Any student who retaliates against another for reporting bullying may be subject to the consequences listed below in letter F.
 - E. Investigating Procedures: Upon learning about a bullying incident, the principal or designee shall contact the parents of both the aggressor and the victim, interview both students, and thoroughly investigate. This investigation may include interviews with students, parents, and school staff; review of school records; and identification of parent and family issues.
 - F. Consequences/Intervention: Consequences for students who bully others shall depend on the results of the investigation and may include counseling; a parent conference; detention, suspension and or expulsion. Depending on the severity of the incident, the principal may also take appropriate steps to ensure student safety. These may include implementing a safety plan; separating and supervising the students involved; providing staff support for students as necessary; reporting incidents to law enforcement if appropriate and developing a supervision plan with parents.
5. Physical Injury
All individuals who cause or attempt to cause physical injury to any school employee, student, or guest of the school may be grounds for suspension and/or expulsion. Cases in which physical injury is caused by accident, or action taken with reasonable belief that it was necessary to protect another person or self as determined appropriate by the administration, will not constitute a violation of this rule.

6. Weapons

All individuals who possess, handle, or transmit any object or material that could inflict bodily harm or is considered a weapon by the appropriate administrator may be ground for suspension and/or expulsion. In addition, a report of the incident will be made to the local law enforcement agency for proper disposition of the incident.

7. Disrespectful/Obscene Language and Gestures

All individuals who use obscene or disrespectful language or communication and/or demonstrate obscene gestures as determined by the administration may be suspended. **Parents using disrespectful language and gestures will be escorted out by law enforcement.**

8. Controlled Substances

Students can be suspended or expelled for possessing, consuming, selling, or soliciting tobacco, alcohol, marijuana or other illegal drugs on school property, at a school activity, or during regular school hours. Incidents of smoking by students will be reported to local law officials. Imitation products, such as "non-alcoholic malt beverage", "near beer", etc. will be included in rule above. First, they do contain a minimal amount of alcohol and second, they are very detrimental to our efforts to promote a chemical free environment.

Students who have pictures of themselves or other students consuming alcohol saved on their computers will be suspended and turned into local law officials. Students who write about drinking and using drugs on their e-mail provided by the school will lose their e-mail privileges and serve detention. (Added July 3, 2008)

Intoxication/evidence of use prior to attending school activities either home or away may result in suspension or expulsion.

Students may expect that the Sheriff Department's drug dog will visit the school and/or parking areas at least once a year.

9. Profanity

Swearing is not part of an acceptable learning environment for a good school system. Any time you use that kind of language, you are risking being disciplined. However, because society has a tendency to misuse slang, it is important to make a distinction as to the nature of swearing. Unless it is extremely vulgar or obviously premeditated, using a swear word will be treated as a minor discipline problem and result in detention. The student will not lose any privilege to participate in activities. Whether this type of problem is referred to the office or handled by the teacher is up to the teacher's discretion.

However, swearing at another human being is an entirely different matter. This degrading and intimidating action, whether light or serious in nature, will be considered a major discipline problem. It will result in an in-school suspension and possibly an out-of-school suspension and thus in the loss of privileges during the time of the suspension.

PROPERTY

All individuals who destroy or attempt to cause damage to private or school property, steal or attempt to steal private or school property, while serving in the capacity of representing the school as a participant, spectator, etc., may be suspended and/or expelled. In addition, full compensation shall be made to the injured party.

PUBLIC HEALTH AND SAFETY

All individuals who participate in bomb threats, false fire alarms, or other acts, which impede upon the health and/or safety of others, may be suspended and/or expelled. In addition, such acts will be reported to the local law enforcement agency for proper disposition of the incident.

SCHOOL/STATE

1. Insubordination/Habitual Disobedience

Student conduct deemed by the administration or designee to be insubordinate or situations in which the student is shown to be habitually disobedient may result in long-term suspension and/or expulsion.

2. Secret Clubs or Societies, Activities not in the Best Interest of the School

Student participation in non-school activities in which the student's conduct presents a threat to himself/herself or others and is not in the best interest of the school may result in suspension and/or expulsion.

3. Engaging in Illegal Activities

Breaking the law, the consequences of which pose a threat to the student, staff, or others and are not in the best interests of the school, may result in suspension and/or expulsion.

4. Student Dress

Students are expected to dress with standards that enhance a learning environment. Profanity, suggestive themes such as alcohol, tobacco, drugs, sex, racial slurs, violence, colors of non-school activities, or other attire deemed not suitable by the administration will not be permitted on school premises or at school activities off premises.

Because members of the public are often present at the school, permission to be on school premises will be denied to any person who wears an article of clothing which conveys any message of profanity, drugs, sexual suggestion (this includes Hooter's t-shirts), or racial slurs. Infractions of this rule may require the changing of garments and/or suspension. (This includes bracelets, students who are caught wearing these bracelets will have them confiscated and be given 30 minute detention)

5. Authorized or Unauthorized Visit to Other Schools

Any offense committed by a student on another campus whether on an authorized or unauthorized visit shall be punished in the same manner as if the offense had been committed at the student's assigned school. An unauthorized visit is also an offense and will be handled accordingly. The student may be called upon to make restitution, be suspended, and/or expelled.

6. Excessive Exhibition of Affection

Students who exhibit excessive affection (anything more than holding hands) in hallways, classrooms, at school sponsored activities, etc. can be expected to be referred to the office, and if necessary, in-school suspension or expulsion from school will be given to uncooperative students.

DISCIPLINARY ACTION

A teacher at his/her discretion may send to the office any student from class who is disrespectful, discourteous, and/or a discipline problem. A student dismissed from class will have a conference with the principal. The parents or guardian will be contacted immediately and informed of the incident and action taken.

Any disciplinary action involving students will be handled on an individual basis and as per Senate Bill 88. A principal can suspend from one to ten (10) days, a Superintendent can suspend from one to ninety (90) days, and a Board of Education expulsion can range from one day to the remainder of the present school year.

A student that is on short-term suspension (out-of-school 1-10 days), upon returning to school, will report to the principal's office for his/her make-up assignments. A student will have equal number of days to complete his/her work in relationship to the number of days suspended. Students on in-school suspension will do their work independently while serving their suspension and will not need additional make-up days. If the student fails to complete his/her make-up work, 0's will be given for a grade.

1. **FIRST VIOLATION:** Students will be warned and a copy of the violation will be on file. The student relationship policy will be explained to each student involved.
2. **SECOND VIOLATION:** Students will be counseled, a copy of the violation will be on file, and parents/guardians will be notified.
3. **THIRD VIOLATION:** One (1) day in-school suspension and parents/guardians will be notified.
4. **FOURTH VIOLATION:** Three (3) days in-school suspension, a copy of the violation will be on file, and parents/guardians will be notified.
5. **FIFTH VIOLATION:** Three (3) days in-school suspension or expulsion from school will be given, a copy of the violation will be on file, and parents/guardians will be notified. When students are expelled from school, it will require a meeting with the principal, student, and parents/guardians prior to re-admitting the student to school.

NOTE: A student on in-school or out-of-school suspension will not be allowed to compete in activities from the time the suspension is given until midnight of the final day in which suspension is served. It would be counter-productive to have a student held from class and then allowed to compete or perform representing the school on that day.

Please remember, self-discipline makes other discipline unnecessary.

MCM Sports Cooperative Dual Sport Policy

Any MCM Sports Cooperative athlete who desires to participate in any two sports during the same sports season must complete and return the MCM Dual Sports Application no later than August 1st of the school year in which the athlete wishes to participate in the sports. For example, if an athlete wants to participate in two sports in the winter of 2017 (the 2017-18 school year), they must return the completed application no later than August 1st, 2017. If a student transfers or moves into either District after August 1st, the application should be completed within two (2) calendar weeks of official enrollment.

The application *must* have signatures of approval on the application from BOTH coaches, the athlete, and a parent of the athlete before the application will be deemed complete. If both coaches do not sign in agreement, the application is denied.

Complaints regarding a denied application shall follow the MCM Sports Cooperative complaint procedure. All complaints shall be resolved by administration and, if necessary, a joint MCM board committee prior to the beginning of the school year.

The SDHSAA Sideline Cheer handbook notes in section A, sub-item 2 that "Sideline cheer is not an SDHSAA recognized sport. It is a support activity for a competitive sport sponsored by the SDHSAA". Therefore, sideline cheer is exempt from this policy.

First Reading- January 19, 2017

Second Reading- February 13, 2017

Third Reading- March 13, 2017

Amendment First Reading- March 15-16, 2017

Approval- March 27, 2017

References: SDHSAA Sideline Cheer Handbook (2017), retrieved from

<http://www.sdhsaa.com/Portals/0/PDFs/Handbook/Athletics/28-SidelineCheer.pdf>

INJURIES

Physical activities and participation on athletic teams may result in exposing students to the possibility of injury. Students must understand the risks involved. This risk is even greater when dealing with a contact sport like football, wrestling, basketball, or the high jump and pole vault in track. If students or parents have questions concerning the risks involved, please ask the coach, athletic/activities director.

ACCIDENTS AND INJURY

McCook Central and Montrose Public Schools will do everything possible to provide a safe and healthy environment for the students in our school and in our activities. However, it is important for students and parents to understand that the school does not have insurance to cover medical, optical, or dental expenses that a family has to pay as a result of an accident or injury in class or at a school sponsored activity. Classes with science labs or shop projects offer more of a risk to students than conventional lecture classes. Athletics place students in a situation with more risk of injury. This is particularly true in a contact sport, such as football, wrestling, and even basketball. Parents or guardians should review their private insurance to make sure that their child is properly protected from financial loss due to accident or injury.

ELIGIBILITY FOR ACTIVITIES (PARTICIPATION) - HIGH SCHOOL and MIDDLE SCHOOL

Amended July 14, 2014

The following eligibility requirements set by the SDHSAA must be met before any student can participate in the school interscholastic athletic program. Coaches should know these and discuss with all members of their team.

GENERAL REQUIREMENTS-Only undergraduates or students who have not fulfilled requirements for graduation by attending high school for four first and four second semesters of high school and no more than eight semesters in all are eligible to participate in interscholastic activities as representatives of a member school and in addition a student must meet the following requirements:

- a. Must be under 20 years of age at the time of participation.

- b. Must be enrolled no later than the sixteenth school day of the current semester.
- c. Must have successfully completed twenty (20) hours (4 classes) of high school work per week in courses approved for graduation by the state educational authority for the preceding semester for the most recent semester of attendance in any school. For the purposes of this subsection, enrollment in school for fifteen school days or participation in one (1) or more contests shall constitute a semester in determining eligibility. Provided however the Board of Control shall have the right to waive the 15 day attendance rule when and if a student withdraws from school after 15 days of attendance as a result of an injury or illness and does not return to any school for the remainder of the semester and he/she does not receive any high school course credits and he/she has not participated in one or more inter-school contests. The Board of Control of this Association shall request proper affidavits from the student's attending physician attesting to the fact that the injury or illness necessitated his/her withdrawal from school.
- d. Students must be passing all enrolled classes to be eligible for extracurricular activities. Any student receiving a failing grade during weekly grade checks will be ineligible from extracurricular activities until the assigned teacher of the failing class reports the student has successfully earned a passing grade. Teachers will make every effort to grade missing work in a timely manner, but students will be respectful of teacher time restraints to review missing work.
- e. Must maintain regular attendance in school. Eight consecutive days absent may cause loss of credit. (Discretion will continue to be used for family trips and lengthy illness under doctor's care.)
- f. Must not transfer to or from another school without a change in address for their parents.
- g. Must have on file in the athletic director's office a signed physical examination and parent's permission form.
- h. **MUST NEVER:**
 - 1. compete under another name
 - 2. compete for an independent team or pick-up team during the practice or game season.
 - 3. compete for an institution of higher learning while still in high school.
 - 4. accept money awards beyond the SDHSAA limits.

NOTE: There are exceptions to the above rules. Consult your coach or principal if any question arises.

COACHES SPECIFIC DUTIES AND RESPONSIBILITIES

- 1. Each athlete must have a physical and parent permit form before he/she is allowed to practice or compete in the public school athletic program. Also, insurance forms are to be made available to all athletes. A list of those participating in the insurance program is to be turned into the athletic director.
- 2. The head coach is responsible for getting eligibility lists of the entire squad to the athletic director one week before the first contest. (Including year in school and birthdate.)
- 3. Check transportation schedules with the athletic director who will coordinate all travel through the activities director. Any requests for use of the bus or van must be made well in advance.
- 4. Arrangements for out-of-town travel and overnight accommodations should be made with the athletic director. A list of students, chaperones, and coaches will be turned into the principal's office at least three (3) days prior to date of departure. Travel forms will be provided.
- 5. Coaches are responsible for the checking-out and checking-in of equipment. At the end of the season, equipment is to be stored and an inventory given to the athletic director.
- 6. The head coach must make a final report for the official record book no later than two weeks after the last contest. This will include team rosters, alphabetized by class, major award winners, schedules and results of contests. A copy of letter winners will also be submitted to the school office.
- 7. Coaches will meet with the activities director before, during and at the end of the season for an evaluation. Goals, objectives, methods, and suggestions for improving the program will be discussed at that time. The athletic director will participate in the goal setting portions of this process.

COACHES PROCEDURES FOR SUSPENSION OF ATHLETES FROM THE TEAM

In the event, it becomes necessary to suspend an athlete for a violation of one of the training rules; coaches should take the following steps:

- 1. Notify the principal and athletic director.
- 2. Advise the athlete of the violation.

3. Allow the athlete to explain his/her position.
4. Notify the parent or guardian of the violation and provide a parent conference, which may include coaches, athletic director, activities director, principal, superintendent, and athlete, if requested by the athlete or parent.

One final important note: Coaches should always make themselves available to talk to their athletes about any problems they may have. Also, it is important to keep in close contact with the parents. (Remember-an ounce of prevention here can keep those small problems from becoming big problems.)

SPORTS PROGRAMS AND SEASONS

McCook Central/Montrose Fighting Cougars is a member of the Big East Conference. Member schools are Chester, Garretson, Howard, Parker, Sioux Valley, Flandreau, and McCook Central/Montrose. Competition includes: Cross Country, Football, Basketball, Volleyball, Wrestling, Track, and Golf. The Big East Conference determines a champion in each of these sports.

FALL SPORTS

The dates for the start of the fall sports program are set by the SDHSAA. Fall sports include football, cross country, and volleyball.

WINTER SPORTS

Girls' basketball, boys' basketball, and wrestling starting dates are set by the SDHSAA. During the winter season there is a terrific demand for use of the gymnasiums by both school and community. It takes a lot of cooperation by everyone involved and it is very important that coaches adhere to their assigned practice time schedule.

SPRING SPORTS

Track programs for boys and girls can officially start March 1st. There may be some pre-season workouts in some sports, but coaches should see that they do not in any way interfere with sports that have priority. Boys and Girls Golf starts on March 14th.

PRACTICE SESSIONS

Coaches will design their own practice schedules. As our district borders are larger in McCook Central and Montrose, this may mean that practices may not be done until 6:30PM. Practices on Wednesday should be done at 6:00PM so our athletes can attend their church activities.

TRANSPORTING ATHLETES

Transporting our athletes will be mainly by the K & D Busing of Miller, SD. The athletic director will set up your transportation schedule. In cases when a small group will travel, use of the school van is permissible. This is only allowed for transporting 9 students or less in compliance with state law. It is advisable for coaches and assistant coaches to take the bus drivers exam if the need arises that you would want to drive or have to drive. Cheerleaders will ride with the team unless other school transportation is arranged by the activities director.

BUS TRIPS

A student who goes on any school sponsored trip will be expected to go by school bus unless otherwise designated. Any student who rides to an event on the bus is to return on the bus or by transportation arranged by the activities director and principal. The only exception to this rule is personal request by the parents to transport their own children. Either the parent must be at the event and talk to the coach/supervisor, or the student will carry a document signed by the principal, who has spoken personally to the parent.

LETTER WINNERS

Definite policies for winning major awards should be established for each sport. These should be made available to all squad members at the start of the season. Only one major award, large "MC" will be given when the athlete has met the qualifications as a varsity team member. Letter award certificates will be presented to all members at the senior high level. Repeat letter winners will receive bars after they have the emblem for the sport.

CHEERLEADING

Cheerleaders have been selected for Varsity Football, Varsity Wrestling, Varsity Girls' Basketball, and Varsity Boys' Basketball. Cheerleaders will be under the same training rules as the athletes that they support and will be under the same policies and procedures listed in this handbook. Cheerleaders are under the supervision and direction of the athletic coach whenever the cheerleading sponsor is not in attendance. This will be coordinated through the activities director.

YELL LEADERS

Yell leaders, or support cheerleaders must be approved by the administration, wear school-approved clothes, and adhere to school rules as any other representative of McCook Central and Montrose High Schools. Yell leaders do not necessarily get to participate at all games, tournaments, etc.

Concussion Guidelines

The Boards of Education of the McCook Central and Montrose School Districts recognize the importance of rigor, accuracy, and communication in facing the issue of concussions in student athletes. Therefore, the Boards of Education direct their respective Superintendents and the McCook Central/Montrose Athletic Director to adhere to the following guidelines concerning concussions and head injuries to athletes:

1. These protocols apply to every coach, youth athlete, and their parent(s) or guardian(s) who seek to compete in activities sanctioned by the South Dakota High School Activities Association (SDHSAA).
2. All athletes must have, on record, a baseline neurocognitive test that is no more than two years old.
3. The cooperative will distribute information consistent with current medical knowledge to each member school, coach, athlete, and the athlete's parent(s) or guardian(s) regarding: the nature and risks of concussions; the signs, symptoms, and behaviors consistent with concussions; the need to alert appropriate medical professionals for diagnosis and treatment; and the need to follow proper medical direction and protocols for treatment and return-to-play after an athlete sustains a concussion.
4. Every coach participating in athletic activities sanctioned by the SDHSAA must complete yearly concussion training developed by the SDHSAA and the SDDOE.
5. Parent(s) or guardian(s) of a youth athlete must sign a consent for each academic year allowing the youth athlete to participate in an athletic activity. The form must include information about the nature and risks of concussions.

Removal from Play

An athlete shall be removed from participation in any athletic activity sanctioned by the SDHSAA at the time the athlete (a) exhibits signs, symptoms, or behaviors consistent with a concussion or (b) is suspected of sustaining a concussion.

Return-To-Play

Once an athlete has been removed from participation in an athletic activity sanctioned by the SDHSAA, the youth athlete may not return to athletic activities until (a) the athlete no longer exhibits signs, symptoms, or behavior consistent with a concussion and (b) receives an evaluation by a licensed health care provider trained in the evaluation and management of concussions and (c) receives written clearance to return-to-play from such health care provider.

Definition of "Health Care Provider"

Under these guidelines, "health care provider" means a person who is registered, certified, licensed, or otherwise recognized in law, by the State of South Dakota, to provide medical treatment and is trained and experienced in the evaluation, management, and care of concussions.

References

SDCL 13-36-9

<http://www.sdhsaa.com/Portals/0/PDFs/Athletics/Health-Safety/SDConcussionLegislation.pdf>

APPENDIX A*

This is the form that the South Dakota High School Activities Association recommends to member schools to get consent from parents and/or legal guardians for medical treatment when away from home on road trips for various activities.

This form is necessary for all students in case of injury or illness and parents cannot be contacted.

CONSENT FOR MEDICAL TREATMENT

I am the _____ (Mother-Father-Legal Guardian) of _____, who participates in extra-curricular activities for the McCook Central and Montrose School Districts. I hereby consent to any medical services that may be required while said child is under the supervision of an employee of McCook Central and Montrose School Districts, while on a school sponsored activity and hereby appoint said employee to act on behalf in securing necessary medical services from any duly licensed physician or osteopath.

_____ We have adequate insurance in case an injury would happen to occur.

Dated this _____ day of _____, 20_____.

Parent or Guardian's Signature

CONSENT OF CHILD

I, _____, have read the above consent form signed by my _____ (Mother-Father-Legal Guardian) and join with _____ (him/her) in the consent.

Dated this _____ day of _____, 20_____.

Student's Signature

***Return to your coach by the third day of practice.**

APPENDIX B*

TO THE ATHLETE AND THE PARENT

Detach this form and return it to the Athletic Director's Office prior to your participation on an athletic team.

We have read the Athletic Handbook and are familiar with the contents and agree to support these policies pertaining to McCook Central and Montrose High School Athletics

Comments or Suggestions:

Parent or Guardian Signature _____

Student Athlete Signature _____

***Return to your coach by the third day of practice.**

Dual Sport Application

Date: _____

Athlete Name: _____

School Year in which the application pertains: _____

Sports in which the athlete wants to participate:

Sport #1: _____

Sport #2: _____

Is a proposed plan for how this will be achieved, covering practices and competitions, included with this application?

Yes

No

Athlete Signature: _____

Parent Signature: _____

Coach #1 Signature: _____

Coach #2 Signature: _____

Office Use Only

Received Date: _____

Received By: _____

(Circle One):

APPROVED

DENIED

Complaint Process Notes: _____
