

Nenana

Lynx

Athletic Handbook

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Athletic Department Mission Statement

There is a rich tradition at Nenana High School. We view interscholastic athletics as a unifying force within the school community. Which affected not just those who take active part on teams but the entire student body. We invite all students to take part in as many athletic programs as possible.

Participation in Nenana High School Athletics however, is a privilege and not a right; that privilege is earned by each participant through his or her adherence to the rules and policies set forth in this handbook.

The athletic program is an extension of the academic program. And all athletes are to strive for excellence in both the classroom and on the athletic field. Good sportsmanship, commitment to team, and the development of skills and strategies necessary for interscholastic competition are essential to a successful athletic program.

The central goal of this athletic program is to foster certain characteristics and qualities - respect for self and others, honesty, integrity, commitment, reliability, common sense and perseverance. The values learned through the athletic experience will help individuals become more productive members of the community.

Letter of Introduction

Dear Student-Athlete,

A great athletic tradition is not built overnight; it takes the hard work of many people over many years. For many students, being a member of a Nenana athletic team is a

fulfillment of an early ambition. The attainment of this goal carries traditions and responsibilities.

As a member of an interscholastic team of Nenana School District, you have inherited a wonderful tradition which you are challenged to uphold. When you wear black and gold, the members of the Athletic Department assume that you not only understand our traditions, but you are also willing to assume the responsibilities that go with them. The contributions you make will be a satisfying accomplishment for you and your family.

It is the role of the Athletic Department to establish and enforce rules that govern the spirit of competition for the school. These rules need a broad basis of community support which is achieved only through communication to you and your parent(s)/guardian(s). It is my goal to accomplish this objective through this athletic handbook. It will acquaint you with specific policies that are necessary for a well-organized program of athletics.

Our coaching staff is proud to be a positive part of your character development. I wish you the best of luck in your athletic endeavors and I look forward to your success while wearing our Lynx black and gold uniforms. Remember that your participation in athletics prepares you for your life as an adult.

Sincerely,
Dean Overbey
Activities Director
Nenana High School

Athletic Philosophy

The Nenana School Athletic Program provides a variety of experiences to enhance the development of favorable habits that will prepare students for adult life in a democratic society: to work with others, to be successful, to develop sportsmanship, to improve, to enjoy athletics, and to develop desirable personal health habits.

The interscholastic athletic program shall be conducted in accordance with existing School Board and Alaska School Activities Association policies, rules, and regulations, (available from athletic director). While the School Board takes great pride in winning it does not condone "winning at

any cost." It discourages any and all pressures that might lead to neglecting good sportsmanship and good mental, and physical health. At all times, the athletic program will be conducted as an educational activity.

The value of sport comes not in scoring goals, but in pursuing them. At the highest levels of competition, only a few are privileged to join in the pursuit. At the high school level we are proud to say the door is open much wider. The majority of the nation's high school students engage in sport at some level, and they gain lifelong benefits in the process. We need to make sure the door stays open.

Sports are about teamwork skills, leadership, commitment, self-discipline, determination, and fun; winning is a bonus. Sportsmanship is a value that will be taught, emphasized, and expected.

Middle School Philosophy

At the middle school level, the focus is on learning sport fundamentals such as game rules, basic skills, and team play. Through practices and competitive play, coaches also promote social and emotional growth, healthy competition, and physiologically appropriate demands on the adolescent body.

All students in fifth, sixth, seventh, and eight grades are encouraged to participate in the Middle School athletic program. The number of teams and size of the team in any sport will be determined by the availability of qualified coaches, safe and appropriate facilities, and financial resources. Practice sessions are vital to the desired development of the adolescent athlete and athletic programs. The Nenana School District adheres to the Alaska School Activities Association rules and regulations.

Occasionally at the middle school level, practices and contest may be scheduled for Saturdays and vacations.

Junior Varsity Program Philosophy

At the Junior Varsity level, a high degree of dedication and commitment is expected as Junior Varsity players embrace the goal of potentially competing at the Varsity level. Increased emphasis is placed on physical conditioning, refinement of fundamental game performance skills, elements and strategies of team play, and emotional and social development necessary to compete at a higher level. The coaches at the Junior Varsity level work to achieve a

balance between individual and team development, and striving for victory. The outcome of the contest is a stronger consideration at this level; therefore, the commitment to practice sessions, physical conditioning, skill development, and playing ability are significant factors for a successful Junior Varsity team.

Varsity Program Philosophy

A committed attitude and advanced level of skill are necessary ingredients for an athlete's participation at the Varsity level. The skill development of the Junior Varsity level is further enhanced with a strong sense of improving already sound elements through more advanced training and self-discipline.

Participation on a varsity team during the previous season, or previous year does not guarantee a spot on the team roster. Those athletes demonstrating the best level of skill and attitude will be selected. While the primary goal continues to emphasize physical conditioning, skill development, and team strategy, winning contests at the Varsity level becomes a high priority and there is no guarantee that all team members will play in contests.

The Fundamentals of Sportsmanship

Sportsmanship is possessing, practicing and demonstrating the skills of a sportsman. Honesty, being fair-minded, having knowledge of rules, respecting rules and officials, demonstrating self-control, recognizing good play, treating others and all situations in a manner you would expect to be treated, and accepting victory with grace and defeat with dignity are expected behaviors of student athletes, coaches, and spectators.

Athlete:

- 1) Plays hard, fair and clean and perseveres in the face of adversity.
- 2) Wins with modesty; loses with poise and dignity.
- 3) Respects officials and accepts their decisions.
- 4) Represents his/her school with the highest standard of conduct at all times.

- 5) Displays pride in his/her personal actions at all times.

Coach:

- 1) Inspires athlete to compete within the definitions of sportsmanship.
- 2) Teaches the importance of competing fairly regardless of the outcome.
- 3) Sets a positive example for players and spectators in respecting the officials.
- 4) Models exemplary behavior at all times.

Spectator:

- 1) Refrains from booing or negative reference to players And officials.
- 2) Appreciates and commends good play from both teams.
- 3) Supports the goals of sportsmanship.
- 4) Supports the school team and coaches.

Athletic Communication Chain of Events

For the Student-Athlete

If a question concerning your participation arises, please:

- 1) Check the Handbook
- 2) Talk to your team captain(s)
- 3) Student-Athlete and/or captain(s) talk to the coach
- 4) Student-Athlete and/or captain(s) talk to the A.D.

For the Parent (s)/Guardian(s)

If a question or concern arises regarding your son/daughter's participation, please:

- 1) Talk to your son or daughter
- 2) Check the Handbook
- 3) Make an appointment to talk to the Coach of the Team

- 4) Make an appointment to talk to the Varsity Coach of that sports program
- 5) Make an appointment to talk to the Athletic Director

When the above steps have been taken and the situation warrants more clarification the following options are also available:

- 1) Make an appointment to talk to the A.D., Coach, and Parents/Guardians
- 2) Make an appointment to talk to the A.D., Coach, Parents/Guardians and the Principal
- 3) Make an appointment to talk to the A.D., Coach, Parents/Guardians and the Superintendent

Expectations

Parents/Guardians expect the Athletic Director to:

- 1) Clearly communicate activities, schedules, handbook, etc.
- 2) Consistently and fairly enforce ASAA guidelines, Nenana student handbook, School Board Policy and coaches polices (available from athletic director)
- 3) Provide a safe environment for participation.
- 4) Ensure equal treatment of all participants.
- 5) Supervise and evaluate coaches.

The Athletic Director expects the Parents/Guardians to:

- 1) Understand athletic policies, rules and expectations while abiding by the policies.
- 2) Display mature actions as spectators. Remember, we are here to encourage our athletes not discourage them.
- 3) Support the program through transportation, nutrition, medical treatment, etc.
- 4) Communicate with coaches regarding medical problems, personal problems, etc.

Coaches expect the Athletic Director to:

- 1) Support coaches visibly and verbally.
- 2) Be available for help, information, and concerns that may arise.

- 3) Communicate all changes, concerns, and positive aspects of the season.
- 4) Schedule practice and events that match the demands of the varsity coach and A.S.A.A.
- 5) Treat all programs equitably.
- 6) Be a resource to develop professional knowledge in their sport.

The Athletic Director expects the Coaches to:

- 1) Adhere to the policies.
- 2) Continue to learn as they teach.
- 3) Be a positive role model.
- 4) Develop professional relationship with coaching peers, faculty, parents/guardians, community members, etc.
- 5) Display leadership skills.
- 6) Provide fair and equitable expectations and consequences.

Student-Athletes expect the Athletic Director to:

- 1) Show support and visibility.
- 2) Be consistent with rules.
- 3) Show encouragement.
- 4) Be a positive role model.
- 5) Be available.
- 6) Offer counseling.

The Athletic Director expects the Student-Athletes to:

- 1) Display positive team conduct.
- 2) Be academically eligible.
- 3) Demonstrate commitment.
- 4) Exhibit self-discipline.
- 5) Be a positive role model for peers and youngster.

Athletic Department Policies

Participation: Any middle school or high school student who meets A.S.A.A. and Nenana School District eligibility guidelines (see appendix A) may try out for athletic teams. **It is important to understand that participation on an athletic team at Nenana is a privilege and not a right.** Maintaining one's membership on a team means accepting all of the responsibilities of an athlete.

Student Transfer/Residency Rule: Students who transfer during the school year with a corresponding move of parents shall be eligible as soon as properly enrolled.

A student who does not transfer with parents during the school year must wait 18 weeks to be eligible.

A student who enters the Living Center at the start of the school year is eligible as soon as properly enrolled.

A student who enters the Living Center during the school year must wait 18 weeks to be eligible.

A student who leaves the Living Center to go home must wait 18 weeks to be eligible.

If you have any transfer questions please see the Athletic Director to get clarification.

Dropping or Transferring Sports: On occasion an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- 1) Consult with the immediate coach of that team and then the varsity coach (head coach of the program).
- 2) Report the situation to the Athletic Director.
- 3) Check in all equipment.

Missing Practice/Tardy: An athlete will consult with his/her coach before missing practice. Missing practice or a game without a good reason will be dealt with by the coach of that specific team. These expectations will be distributed and discussed at the first practice with the student/athletes.

Travel: All athletes must travel to athletic contest in transportation approved by the Athletic Department unless the parents make previous arrangements for an exceptional situation.

- 1) Athletes will remain with their team and under the supervision of their coach when attending away contest.
- 2) Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
- 3) All regular school bus rules will be followed.

Departure at away contests: *The parent/guardian of the athlete must check his/her son/daughter "out" from the coach in order to prevent leaving a student behind. If an athlete is to ride with another adult, the athlete must have a signed note from his/her parent/guardian allowing him/her to do so. That adult will check the athlete out with the coach as well and assume responsibility for that athlete.*

Requirements For Participation

Pre-season Meeting: Strongly recommended but left to the discretion of various teams.

Physical Examination: A yearly physical exam is required. The physical must be completed and given to the coach prior to participation. The examination covers all sports for the entire school year. The completed form will remain on file in the Office for the year.

Risk of Participation: All athletes and parents/guardians must realize the risk of serious injury, which may be a result of athletic participation. The Nenana City School District will use the following **safeguards to make every effort to eliminate injury.**

- 1) Conduct a parent-guardian/athlete meeting to explain the athletic policies and to advise, caution and warn parents-guardian/athletes of the potential injury.
- 2) Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.

Insurance: All athletes and parents are required to fill out ASAA consent for Travel and Participation forms.

Reporting an Injury: All injuries, which occur while participating in athletics, will be reported to the coach.

Academic Eligibility: In order to participate on an athletic team, each athlete must have satisfied all academic requirements. For further specifics and clarification please refer to the (See appendix A).

Drug and Alcohol Policy: All athletes are required to follow the Nenana School District Drug and Alcohol Policy. For further specifics and clarification please refer to the (See appendix B).

Conflicts in Extracurricular Activities: An individual student who attempts to participate in several extracurricular activities will create conflict of obligations and interests. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of activities but students must minimize conflicts. The student/athlete will communicate with all persons involved to minimize conflicts.

Attendance: Students who miss part of the school day due to absence are **not allowed to practice** (unless excused). Students are required to be in attendance the day of and the day after a contest per student handbook.

Vacation Policy: Vacations by athletic team members during a sports season are strongly discouraged. The absence of student-athletes can affect team dynamics, league competition, and the overall conditioning level of an athlete. In the event of an absence due to a vacation, an athlete must:

- 1) Contact the head coach prior to vacation.
- 2) Be willing to assume consequences related to their status on their team.

Release from Class: If early dismissal is granted for an athletic contest, it is the responsibility of the athletes to see their teacher the day before the classes they will miss. All work shall be made up at the convenience of the teacher.

Team Selection: In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at Nenana, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, coaches criteria for team selection and other factors will place limitations of the most effective team size for any particular sport.

Sample Criteria for Team Selection:

- 1) Physical attributes of the student strength, agility, stamina, running, jumping, throwing, and kicking.
- 2) Attitude, character and work ethic.
- 3) Skills particular to the sport.
- 4) Skills particular to a "position".
- 5) Team needs.
- 6) Previous experience in the sport.

Team Reduction Policies: Selecting the team members of and athletic team *is the sole responsibility of the coaches of those teams*. Prior to trying out, the coach will provide

the following information:

- 1) Extent of try-out period.
- 2) Criteria to be used to select the team.
- 3) Number to be selected.
- 4) Expectations of the athlete during tryouts.
- 5) Practice commitment if they make the team.
- 6) Game commitments.

When a team cut becomes a necessity, candidates shall be informed of the cut by the coach, including the reason for the action.

Equipment/Uniforms: School equipment checked out by the athlete is their responsibility. They are to keep it clean and in good condition. Loss of any equipment and/or uniform is the athlete's financial obligation.

Locker Room Etiquette: Proper use of the lockers and team room is expected. Take pride in your school, respecting the property and the custodial staff that maintains it.

- 1) Rough-housing and throwing of objects is not allowed in the locker room. Hazing of players is not allowed.
- 2) All spikes or cleats must be put on and taken off before entering the school building.

Admission to Games: Most athletic events will have admission charges.