

25
26

ACTIVITIES HANDBOOK

DE SMET HIGH SCHOOL
DISTRICT 38-2

De Smet School District Mission Statement
The **MISSION** of the the De Smet School District is to educate
all students to their individual potential.

Our Vision
The **VISION** of the De Smet School District is to reach
Every Student Every Day



De Smet School District 38-2

Every Student Every Day

Pride & Tradition



DHS School Board Approved:

Table of Contents

INTRODUCTION.....	2
PHILOSOPHY.....	2
GOALS.....	2
CODE OF ETHICS.....	3
SCHOOL SONG.....	3
ACTIVITIES.....	4
ATHLETICS.....	5
ACCELERATION OF ATHLETES.....	6
ATHLETIC PARTICIPATION.....	6
PRACTICE REGULATIONS FOR HOLIDAYS, VACATIONS, AND WEDNESDAYS.....	7
LOCKER ROOMS.....	7
STUDENT OR ATHLETE USE OF PHYS-ED FACILITIES DURING THE SCHOOL DAY.....	8
USE OF PRACTICE FACILITIES AND EQUIPMENT (SAFETY).....	8
CANCELING AND RESCHEDULING EVENTS.....	8
CONCUSSIONS.....	8
POST-INJURY PROCEDURE.....	9
ELIGIBILITY/ATTENDANCE.....	9
TRAINING RULES.....	10
TRANSPORTATION.....	11
ATHLETIC, EXTRA-CURRICULAR, OR CO-CURRICULAR UNIFORMS.....	11
CHANGES TO ATHLETIC POLICIES.....	11
PEP BAND.....	11
CHEERLEADING.....	12
STUDENT COUNCIL.....	12
SPORTSMANSHIP.....	12
FAMILY NIGHT.....	13
ARTIFICIAL NOISEMAKERS.....	13
ENFORCING RULES AND REGULATIONS OF THE SDHSAA.....	13
SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION MORATORIUM.....	14

INTRODUCTION

The mission of the De Smet athletic department is to encourage student participation and to allow students to experience the benefits of competitive interscholastic sports in which they have the opportunity to learn cooperation, mental and physical toughness, sportsmanship, personal sacrifice, discipline, and accomplishment, along with many other character-building assets which enhance the total development of students.

Student participation in extracurricular activities has been linked to improved attendance, higher academic achievement, and greater student self-confidence and self-esteem. De Smet School provides students with the opportunity to participate in a comprehensive activities program that includes athletics, fine arts, and select clubs or organizations associated with academic areas.

Although the school district believes strongly in the value of student activities, participation in the activities program is a privilege, not a right. Students must obey the rules set out in this handbook and any additional rules created by their coach or activity advisor. This handbook is advisory and does not create a "contract" with parents, students, or staff. The administration reserves the right to make decisions and make rule revisions at any time to implement the educational program and to assure the well-being of all students. The administration is responsible for interpreting the rules contained in this handbook. If a situation or circumstance arises that is not specifically covered in this handbook, the administration will make a decision based on all applicable school district policies, and state and federal statutes and regulations.

Please read this handbook carefully. Students and their parents/legal guardians are responsible for complying with all the rules and procedures detailed in this handbook.

Parents must sign the Authorization and Acknowledgement form at the end of this handbook before their student will be permitted to participate in the district activity programs.

Students and parents/guardians must sign the Acknowledgement of Conduct Code prior to participation in an activity.

PHILOSOPHY

The major purpose is to provide wholesome opportunities for students to develop from their experiences, favorable habits and attitudes of social and group living in a democratic world. The secondary purpose of the activities program is to provide an opportunity for the community to participate, as a spectator, in these activities and develop positive school/community relationships.

The leadership should be of the highest quality so as to exemplify to the participants the desired type of individual to be developed from the athletic program. Measurement of success of the leadership should not be in terms of the tangible evidence of the victory and defeat record, but in the intangible personality development factors that are an outgrowth of the major objectives of the athletic program.

The athletic program shall always be in conformity with the general objective of the school and the athletic department shall be in line with the general policies of the institution. At no time, shall the program place the education curriculum secondary in emphasis; the program shall function as part of the whole curriculum and shall constantly strive for the development of a well-rounded individual, capable of taking her/his place in modern society.

GOALS

The goal of the activities program is to create good people, and good students, through participation and positive experiences in extra-curricular activities.

To fulfill the mission of the district, students will be provided with opportunities to identify non-academic areas of interest and opportunities to succeed where they have the potential to do so. To this end, students will be encouraged to do the following:

1. Pursue special interests and develop wise use of leisure time;
2. Improve their abilities to communicate and interact with other people and to develop a respect for the talents and interests of others;
3. Develop an awareness of individual differences in ability, cultural values and other areas of individuality;
4. Assume the responsibilities of citizenship, responsibility, loyalty, and respect;
5. Develop sound physical and mental health;
6. Develop an appreciation for and interest in fine arts activities;
7. Develop attitudes of sportsmanship and fair play both in competition and recreation;
8. Learn from their experiences with success and failure;
9. Give and receive recognition consistent with their abilities and performance
10. Be part of an organization larger than themselves with common goals that can be achieved only by cooperation, dedication, and teamwork;
11. Experience the self-confidence and positive self-worth that can serve as cornerstones for future achievements.

CODE OF ETHICS

It is the duty of all concerned with school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
 - a. To stress the values derived from playing the game fairly.
 - b. To show cordial courtesy to visiting teams and officials.
 - c. To establish a positive relationship between visitors and hosts.
 - d. To respect the integrity and judgment of sport officials.
 - e. To achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility.
 - f. To encourage leadership, use initiative, and good judgment by the players on the team.
 - g. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
 - h. To remember that an athletic contest is only a game - not a matter of life or death for the player, coach, school, fan or community.

SCHOOL SONG

College Boy

Show we're from De Smet boys,
School where we are true,
We'll fight together on to victory,
show what we can do, fight, fight, fight,
onward bulldogs fight em, beat em if you can,
and if we always stick together we will always win.
Beat them up, tear them up, Fight, Fight, Fight!

ACTIVITIES

Extracurricular activities are those events and activities in which a student represents De Smet School whether in De Smet or out of town.

Athletics refers to both boys and girls' competitive interscholastic sports.

Interscholastic: A contest among neighboring schools that must conform to standards.

Activity Lettering: Determined through the Athletic Director's office.

Extra Duty	Assignment	Staff
Athletic Director		Daniel Bettin
Boys Basketball	Head Coach Assistant JH	Jeff Gruenhagen DJ Bettin TBD
Cheerleading	Boys/Girls Basketball Football	Jada Henrich Jessica McCune
Cross Country	Head Coach	Cory Haugen
Drama	All School Play One-Act Play	Nicole Berg, Sydnee Winter Nicole Berg, Sydnee Winter
FCA	Advisor	Pastor Nate Bendorf Kyler Julius
FFA	Advisor	David VanderWal
Football	Head Coach Assistant JH	Brenden Pitts Mark Birkel, Dan Wilkinson Blake Hojer
Girls Basketball	Head Coach Assistant	Brenden Pitts Kyler Julius

	JH	Mike Luethmers
Golf	Head Coach Assistant	Cory Haugen Kyler Julius
NHS	Advisor Co-Advisor	Cassi Johnson Brandon Vockrodt
Oral Interp	Middle School/High School	Nicole Berg, Sydnee Winter
Pep Band	Instructor	Kayla Vockrodt
Prom	Advisor	Kyler Julius
Softball	Head Coach Assistant	Anne Kaufman Zachary Wipf
Student Council	Advisor	Daniel Bettin
Track	Head Coach Assistant JH	Andre' Lo DJ Bettin, Nick Carlson Lexi Johnson
Clay Target	Advisor	Jay Slayter
Volleyball	Head Coach Assistant JH	Vicki Dylla Alex Anderson Tianna DeJong
Wrestling	Boys Head Coach Girls Head Coach Assistant Coach	Steve Gilbertson Nathan Bendorf Mike Johnson, Andrew Olson
Yearbook	Advisor/Teacher	Lindsay Nolte

ATHLETICS

All eligible students will be allowed to try out for activities. It will be a policy that no students are "cut", that is, not allowed to be on any team. This does not mean, however, that all members of any given team will be allowed to dress for game(s) this being the prerogative of the head coach. The exception to this rule would be cheerleading where athletes must try out for one of eight (8) available positions in the fall and winter teams.

At the Junior High level, the board expects a philosophy of success while using as many players as possible. The expectation will not be, nor should be, that just because a player is suited for a game that he/she will play or receive proportional playing time. The board recognizes that many of the lessons learned in athletics are taught in practice, not in games, and herein lie many of the benefits in athletics.

The expectations of the junior high coaches are:

- * Teach good habits and stress fundamentals;
- * Make sure that the team can do at least one thing well;
- * Consistently praise good attitude and enthusiastic effort;
- * Emphasize the team concept and de-emphasize the individual;
- * Teach sportsmanship and self-control;
- * Teach personal responsibility and proper work ethic;
- * Encourage participation in varied extra-curricular activities;
- * Assist the varsity head coach in matters regarding the program.

At the varsity and JV level it is expected that the dominant philosophy will be that of playing to win. At this level, it is expected that the coach will use his/her best judgment to play players in a manner that will allow the team and program the greatest opportunities for success. The expectation will not be that just because a player is suited for a game that he/she will play or receive proportional playing time. The school recognizes that many of the lessons that are learned in athletics are taught in practice, not in games, and herein lie many of the benefits of athletics.

"C" Squad

"C" Squad is considered an opportunity for development for younger players not playing on the varsity or JV teams on a regular basis. Games will be scheduled based on participation numbers and the participation numbers of other schools. Participation in practice and contests will continue to be emphasized and no squad members will be cut on the basis of ability. Coaches will make every effort to give playing time to all players, but teams will strive to be competitive.

Junior High Squad

Junior High Squad is considered a developmental level for younger players. If participation numbers warrant, De Smet will field a 7th and an 8th-grade team. Games will be scheduled based on participation numbers at De Smet and the participation numbers of other schools. Participation in practice and contests will continue to be emphasized and no squad members will be cut on the basis of ability. Coaches will make every effort to give playing time to all players, but teams will strive to be competitive. Playing time will become equitable (based on skill and commitment) vs. equal.

The expectations of head coaches and assistants:

- Has teams that consistently play up to their ability;
- Has a demonstrated knowledge of the sport and its rules;
- Organizes and supervises the staff and program in an efficient manner;
- Shows concern for the athletes' general welfare;
- Communicates effectively with players;
- Represents the school in a positive manner in the community;
- Motivates and inspires players to reach their potential;
- Works well with Athletic Director, other coaches, and school personnel;
- Encourages participation in varied activities;
- Responsible for all equipment for their team;
- Responsible to see that all levels of his/her sport conduct a student meeting before the start of the season;
- All coaches are to be familiar and responsible for the enforcement of the rules and regulations of the SDHSAA;
- All coaches will complete the required NFHS training courses prescribed for each individual sport. Copies of completion certificates should be on file with the AD's office;
- The head coach or designated assistant is responsible for submitting game reports to the proper media outlets, SDHSAA, and monitoring Bound for any missing paperwork;
- The coaches are expected to work with any athlete who is interested and has a need to belong, not just work with the gifted and highly skilled athlete. Each athlete is entitled to our best effort

ACCELERATION OF ATHLETES

The acceleration of an athlete to a team above their grade level is discouraged by the De Smet Activities department. Any coach who plans to accelerate an athlete in grade 8 must meet with the Activities Director. Any suggestion to the athlete or their parent is made and any action is taken. In order for an athlete to be accelerated the following procedures must be followed:

1. With the exception of football and with the approval of the athletic director, coach, and the parents, 8th-grade students will be permitted to participate on the junior varsity and varsity teams when
 - a. the high school team has low participation numbers and to fill a team
 - b. when an exceptionally gifted 8th-grade student can assist our high school program; this will be on a case-by-case basis by the athletic director and coach.
2. 7th-grade students will not be allowed to participate in any high school team sports including football, volleyball, and basketball.
3. 7th and 8th grade students will be allowed to participate in high school sports, including cross country, wrestling, softball, and track.
4. High School Cheer will consist only of 9th-12th grade students.
5. Although golf is considered an individual sport, due to the high volume of high school participants and limited practice space, 7th and 8th grade students will not compete with varsity unless Rule 1 applies with low participation or an approved exceptionally gifted athlete.
6. If a junior high student is elevated and participates in a high school competition, they may be required to forfeit their ability to participate in the junior high competitions as decided by the coaching staff and athletic director.
7. With the approval of the athletic director and coach, space permitting, when there is no program available in the sport of volleyball and basketball, the 6th grade students may participate with the JH team, and only with the JH team. The goal of youth sports in De Smet is for parents to facilitate teams that encompass the K-6 grade students. These programs do not fall under De Smet School authority in any way except for coordination of facility usage.
8. Before any athlete can be accelerated, there must be a recommendation from the coaches to the Activities Director. Once that takes place, the AD will conduct a meeting with the athlete and their parents to determine if the acceleration is in the best interest of the student. Parents and the athlete must sign off in agreement to the acceleration.

Acceleration of an athlete on an emergency basis (ineligibilities or injuries) can take place but only if the parent of the athlete approves and the other members of the teams involved are informed, before the move, of the rationale for the movement.

ATHLETIC PARTICIPATION

It is the policy of the De Smet School District to provide a positive balance between curricular and extracurricular activities. Because participation in extracurricular activities requires a significant investment of time and energy, it is the intent of this policy to provide student access to a variety of activities and at the same time limit that access to a level reasonable to the age/grade level demands of the students.

1. Teachers will submit names of students who are failing after three weeks of each quarter. Students will be informed; this is the warning period.
2. Thereafter, throughout the quarter, teachers will submit student failures to the office every two weeks.
3. Following the warning period, students with one or more repeated failing grades in a class are ineligible to participate in activities for a minimum of one week beginning on a Wednesday and potentially ending on the following

Wednesday. This does not include practices. Students are not allowed to be dismissed early from school to travel with a team if they are ineligible.

4. Students will receive a failure warning before being put on the ineligible list.
5. Teachers must report all failures no later than 12:00 pm on the Monday following the scheduled reporting week.
6. A master list of students on the fail list will be sent out to teachers and coaches from the office.
7. Students will be informed immediately of their ineligibility. It is the responsibility of the student to contact the teacher. Teachers will provide input on reason(s) for failure and suggestions for change.
8. Teachers, coaches, and the activities director will communicate to determine if an ineligible student has become eligible or remains ineligible.
9. Teachers will attempt to provide students with reasonable opportunities to become eligible during their first week of ineligibility.
10. All grades should be computed from the beginning of the quarter and reflect a composite of the student's progress.
11. Failure is a grade of 65.99 percent or lower.
12. Students must be passing all classes at grade check time in order to be considered for participation in athletic contests, fine arts contests/productions, FFA activities, FCCLA activities, class trips, or any other activities deemed appropriate by the Principal/AD and/or the Advisor.
13. One or more failures at the end of a grading period make a student ineligible for the first week of the following grading period. This includes failure in the 4th Quarter, which will make a student ineligible for any competitions prior to the start of school and the first week of competition following the start of school.

GRADING PERIODS FOR 2025-2026

1 st quarter	ends October 17, 2025
2 nd quarter/first semester	ends December 19, 2025
3 rd quarter	ends March 6, 2026
4 th quarter/second semester	ends May 15, 2026

ELIGIBILITY/GRADE CHECK DATES

1 st quarter	Sept 5, 19, Oct. 3
2 nd quarter	Nov. 7, 21, Dec. 5
3 rd quarter	Jan. 23, Feb. 6, 20
4 th quarter	Mar. 27, Apr. 10, 24

Academic standards for students in grades 7 through 12 for participation in athletic activities, including cheerleading, are as follows:

- All students participating in sports activities under the control of the South Dakota High School Activities Association must at all times meet their standards.
- Students participating in one sport during any one sports season must maintain passing grades (D- or above) in all courses taken.
- Students participating in more than one sport during any one sports season must maintain a Grade of D- or better in all courses taken.

Where the school district maintains a separate 7th and 8th-grade program, 7th and 8th-grade students will not be allowed to participate in high school (grades 9-12) activities. Activities included are basketball, football, and volleyball. Any acceleration of a 7th or 8th-grade student will fall under the board-approved policy dated January 2022.

Where the school district does not maintain separate 7th and 8th-grade programs, 7th and 8th-grade students will be allowed to participate along with high school students. Activities included are cross country, wrestling, and golf.

In the sport of track where both 7th and 8th grade and high school programs are provided, students will generally participate with their grade level. Seventh and/or 8th-grade students may be allowed to compete at the high school level in special cases. Such cases might include the need for a 7th or 8th-grade student to fill out a high school relay team, etc. When 7th or 8th-grade students participate on such high school teams, the student's practice time and the time spent in competition must not exceed the amount of time required of a student participating only at the high school level.

PRACTICE REGULATIONS FOR HOLIDAYS, VACATIONS, AND WEDNESDAYS

1. If a coach calls a practice on any of the allowed days and parents do not desire that their son/daughter participate, no punitive action shall be taken by the coach nor shall it affect the student's status on the team.
 - a. Labor Day - may practice
 - b. Thanksgiving Day - may not practice
 - c. Winter Moratorium - no practice
 - d. New Year's Eve Day - may practice
 - e. New Year's Day - no practice
 - f. Good Friday - may practice
 - g. Easter Monday - may practice
 - h. Memorial Day - may practice
 - i. Early Release Days - may practice immediately following dismissal
 - j. Teacher's Staff Development Days - may practice at immediately after dismissal time or at regular times (exception: may practice if coach)
 - k. Summer Moratorium - no practice

2. Wednesday Practice Schedule
 - a. On Wednesdays, all teams must be out of the building by 6:00 p.m.
 - b. JH Practices are not allowed, unless the athlete has been accelerated to a JV level or above..
3. Starting Practice After School
 - a. No practice shall begin until the end of the school day
 - b. Teachers/Coaches are not to allow athletes into the locker rooms until the end of the school day.
 - c. Approval by the Activities Director is necessary for any change in this schedule
4. Snow Day/Early Release Days
 - a. No practice will be allowed on a snow day or if school is released due to inclement weather.
 - b. No "open gyms" will be allowed on a snow day or if school is released due to inclement weather.
 - c. Students are not allowed in the gym on snow days or if school is released due to inclement weather and should be at home safe from the elements.

LOCKER ROOMS

1. No running in the locker rooms.
2. No "snapping" of towels.
3. No water or soap fights.
4. No sliding in the shower areas.
5. Athletes are instructed that the improper turning on and off of the water in the shower area can be dangerous.
6. Shut off showers (when done using them).
7. Pick up towels.
8. All clothing, books, etc., should be kept in lockers.
9. Lockers should be closed and locked when not in use.
10. No glass containers (deodorant, etc.).
11. No electrical appliances near the shower area (hair dryer, etc.).
12. Locker Room access will be before school between 8:00 am - 8:10 am
13. Cell phones are prohibited from the locker room area.

STUDENT OR ATHLETE USE OF PHYS-ED FACILITIES DURING THE SCHOOL DAY

1. Students or athletes shall not be permitted the use of physical education facilities during the school day unless under the direct supervision of a coach.
2. Coaches and athletes are not to use the physical education equipment for athletic purposes. Sharing equipment can be done, but only with the permission of the physical education department. Coaches are not to assume physical education equipment can be used in their programs. Physical education instructors can use athletic equipment during the instructional day as they see fit.
3. Students and athletes will not be allowed on the gym floor without proper footwear. Street shoes, stocking feet, and/or bare feet will not be allowed on the gym floors.

USE OF PRACTICE FACILITIES AND EQUIPMENT (SAFETY)

CANCELING AND RESCHEDULING EVENTS

When classes are canceled due to inclement weather or other emergencies, scheduled activity practices and evening contests or events will usually be canceled as well. Should weather conditions improve during the day, the Administration will decide if an evening activity will go on as scheduled. A REMIND message will be sent and posted on the school's Facebook page.

CONCUSSIONS

The De Smet School Board recognizes that adolescent athletes are particularly vulnerable to the effects of a concussion. As a result of extensive research in recent years, it is now understood that a concussion has the potential to result in death or short and long-term changes in brain function. A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body.

Pursuant to SDCL 13-36-13, the De Smet School Board also recognizes the importance of ensuring the health and safety of the student-athlete and has established the following positions to be appropriate health-care personnel to evaluate possible concussions suffered by our student-athletes:

- Medical Doctors
- Doctors of Chiropractic Medicine
- Doctors of Osteopathy
- Physicians Assistants
- Nurse Practitioners
- Certified Athletic Trainers
- Emergency Medical Technicians

In accordance with South Dakota Codified Law, the district will take the following precautions regarding the education of student-athletes and parents prior to competition:

1. A concussion information sheet shall be signed and returned by any athlete who seeks to compete in activities sanctioned by the South Dakota High School Activities Association (SDHSAA) and the athlete's parent or guardian prior to the athlete's participation in any youth athletic activities sanctioned by the SDHSAA. A signed information sheet is effective for one academic year. These documents will be provided by the SDHSAA. The signed forms will be kept on file in the Principal's Office for the entire academic year. (SDCL 13-36-9)
2. De Smet School District coaches, both salaried and volunteers, will complete a training program approved by the SDHSAA to educate them on the signs and symptoms of a concussion injury. Each coach participating in athletic activities sanctioned by the SDHSAA shall complete the training program each academic year. Coaches will be required to provide evidence of completion to the Principal, which will be kept in the individual's personnel file. (SDCL 13-36-10)
3. An athlete shall be removed from participation in any athletic activity sanctioned by the SDHSAA at the time the athlete exhibits signs, symptoms, or behaviors consistent with a concussion or is suspected of sustaining a concussion (SDCL 13-36-11)
4. In the event a student-athlete misses playing time from practice or games as a result of a concussion or symptoms thereof, the student-athlete must be cleared to play by one of the appropriate healthcare professionals listed above. The district will provide a return-to-play form that needs to be signed by the appropriate healthcare professional, the parent, and a school administrator before the student-athlete will be allowed to return to training, practice, or competition. Depending on the restrictions placed on the student by the healthcare professional, more than one form may need to be signed before the student is allowed to participate fully. A copy of the form(s) will be kept in the student's file. (SDCL 13-36-12)

All athletes will complete an Impact Test assessment prior to the start of the sports season every year. This will be administered the Fall for all Fall Sports participants and will serve as a baseline test for the remainder of the school year. Athletes not participating in a Fall sport must complete the Impact Test assessment before participating in their Winter and/or Spring sport.

Should an athlete exhibit signs and/or symptoms of a concussion during competition, said athlete must be cleared for play by a healthcare professional prior to returning to competition.

The Return to Play form is available from the Offices of the Athletic Director, the Middle/High School Principal, or the SDHSAA website. Again, the health and welfare of the student-athlete is very important. The student-athlete will not be allowed to participate until the Return to Play form has all required signatures.

POST-INJURY PROCEDURE

In accordance with SDCL 13-36-11, students from the De Smet School District found to exhibit signs of a concussion will be removed from participation in an athletic event. The district will use the following protocol to facilitate an athlete's return to competition pursuant to SDCL 13-36-12 and 13-36-13.

1. The athlete and parent(s) will be contacted to schedule a consultation with the administration as soon as possible to discuss return to play protocol.
2. The Post Injury ImPACT Test will be administered by school-approved personnel within 72 hours of the initial injury if the athlete is physically able and available to take the test.
 - a. The ImPACT Testing program is designed to establish a baseline measurement of an athlete's cognitive processes and to assess progress after an injury.
3. School-approved personnel will communicate the results of the test to parent(s)/guardian(s) on the day the test is taken.
4. The student and parent(s)/guardian(s) are required to consult with a health care provider that is recognized as appropriate by the district and that is registered, certified, or otherwise recognized by the State of South Dakota to provide medical treatment and is trained and experienced in treatment, evaluation, management, and care of concussions.
5. The ImPACT Test results will be faxed to the above-named provider or given to the parent(s)/guardian(s) at their request.
6. The district will administer the ImPACT Test after seven days if the athlete is deemed asymptomatic by the district's certified athletic trainer or contracted health services provider unless the athlete is cleared to return to play prior to the seven-day mark.
7. The district will administer the ImPACT Test at any time at the request of the student's health care provider.
8. Students will be held from school-sanctioned training, practice, and competition until the **SDHSAA Return to Competition, Practice or Training form or a note is signed by the health care provider**, the parent/guardian, **AND** the High School Principal or Athletic Director.

ELIGIBILITY/ATTENDANCE

De Smet High School is a member of the South Dakota High School Interscholastic Activities Association and the school abides by its regulations.

To be eligible to participate in inter-school contests, a student must earn at least 3 credits each semester. All participating students must have a current SDHSAA physical and ImPACT cognitive assessment baseline test on file with the athletic director before they are allowed to begin practice in any sport.

No student will be able to participate in an activity if he/she is not in school by 10:30 a.m. on the day of the scheduled activity. An absence of more than ½ day on the day of an activity will result in the student not being allowed to participate/attend the activity that day or evening. An absence taken in the afternoon on the day of an activity will result in the student not being allowed to participate/attend the activity that day or evening. Activity includes practices, games, performances, and rehearsals. This does not relate to absences such as appointments (medical, dental, counselor, legal, driving tests), funerals, religious instruction, or absences that have prior approval by the Principal/AD. Verification may be requested if it is deemed these exceptions are being abused by the parent and/or the student. Any unexcused absence for the day (or any part of the day) of an activity will result in ineligibility for that day's activity. This would include unexcused absences for missed school or either in or out-of-school suspension.

Students absent from school due to illness or an unexcused absence will not be permitted to participate in any school-sponsored activity, including practice, on the day of their absence.

TRAINING RULES

You, the students of our school, are looked upon to set an example for the young people of our community. It is impossible to do your best and look your best if you are not in your best physical condition. This cannot be accomplished without a training program.

It is understood and agreed that the use and/or possession of alcohol, tobacco, e-cigarettes, e-cigs, electronic nicotine delivery systems, vaporizer cigarettes, and vape pens, or the use, possession, purchase, or distribution of any illegal substance, is prohibited by age as well as law. It is the position of the De Smet School District that any student found in violation of the law is also considered in violation of system policy concerning alcohol, tobacco, e-cigarettes, e-cigs, electronic nicotine delivery systems, vaporizer cigarettes, vape pens, illegal drugs, and/or other products not used for their intended purpose. A student shall not be readily accessible to, possess, use, distribute, or be under the influence of tobacco, tobacco products, alcohol, e-cigarettes, e-cigs, electronic nicotine delivery systems, vaporizer cigarettes, and vape pens, illegal and controlled substances as in accordance with SDCL 13-32-9. Students who have been found to be in violation of this policy will have the consequences listed below.

Since consequences require that students serve penalties for violations in the next activity in which the students participate, a student will not be allowed to enter an activity for the purpose of serving a penalty unless that student finishes the activity in good standing. The coaching staff and administration will determine if the criteria were met.

1st offense: Student will be suspended from participation in **all** activities the student is currently participating in, or will participate in, for a period of **2 weeks**. The student will forfeit any special awards for those activities (including lettering). Students will be allowed to partake in practices, but will not suit up for games.

2nd offense: Student shall not participate in any school activity or event in which the student is a participant in, or will participate in, for **six calendar weeks** beginning with the next scheduled event for the student. The student will forfeit all special awards (including lettering) for all the activities the student is involved with. Students will be allowed to partake in practices, but will not suit up for games.

3rd offense: Student will be ineligible for all activities for **one full calendar year (12 months)** from the next scheduled event. The student will forfeit all special awards (including lettering) for all the activities the student is involved with. Students will not be allowed to be part of the team. This includes participating with them in practice or sitting on the sidelines with the team. The 12-month suspension may be reduced to 3 months if the person participates in an assessment with a certified or licensed addiction counselor. If the assessment indicates the need for a higher level of care, the student is required to complete the prescribed program before becoming eligible to participate in extracurricular activities. Upon completion of the program with the addiction counselor and the 3-month suspension, the student would be allowed to return to activities.

4th offense: Student will be ineligible for all activities for one full calendar year (12 months) from the next scheduled event. The student will forfeit all special awards (including lettering) for all the activities the student is involved with. Students will not be allowed to be part of the team. This includes participating with them in practice or sitting on the sidelines with the team. The 12-month suspension may be reduced to 6 months if the person participates in an assessment with a certified or licensed addiction counselor. If the assessment indicates the need for a higher level of care, the student is required to complete the prescribed program before becoming eligible to participate in extracurricular activities. Upon completion of the program with the addiction counselor and the 6-month suspension, the student would be allowed to return to activities.

5th offense: Student will be ineligible for all activities for the remainder of their junior high/ high school career. The student will forfeit all special awards (including lettering) for all the activities the student is involved with. Students will not be allowed to be part of the team. This includes participating with them in practice or sitting on the sidelines with the team.

As a secondary school, accredited by the South Dakota Department of Education, we also adhere to South Dakota Codified Law and SDHSAA Activities Policy, which does outline additional penalties for illegal drug use: Any person adjudicated, convicted, or the subject of a suspended imposition of sentence for possession, use, or distribution of controlled substances or marijuana as defined in Chapter 22-24, is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education and Cultural Affairs for six (6) months. Upon a subsequent adjudication, conviction, or suspended imposition of sentence for possession, use or distribution of controlled substances or marijuana by a court of competent jurisdiction, that person is ineligible to participate in any extracurricular activity while that person is attending any school accredited by the Department of Education and Cultural Affairs.

These training rules will be enforced the entire year, which includes the summer months, regardless of whether or not the student is participating in an activity at the time of a violation. A student who violates these policies shall be ineligible to participate in activities according to the policy.

Training rules violations are cumulative. This means that starting their 7th grade year, any violations that a student would receive, will carry over and be with them throughout the course of their high school career.

If a student is involved in more than one activity at the time of a violation, the time period for the suspension, as well as all other consequences, will apply to all activities. The time period will begin whenever the next scheduled event (in any of the activities) for that student occurs.

HOURS

- A.** 11:00 – Weekdays; Sunday-Thursday
- B.** 1:00 – Weekends; Friday-Saturday
- C.** 10:00 – Night before a game (weekday or weekend). The head coach of any sport may make an exception on occasions such as holidays or school vacations.

Any violation of these hours will result in a one (1) game suspension for each occurrence up to three (3). The third penalty will result in suspension for the remainder of the year.

Excuses and exceptions will be granted only by the coach of each sport beforehand.

Any student participating in an extracurricular activity at the De Smet School, grades 7-1,2, automatically gives their consent for law enforcement officials to release information regarding the enforcement of this policy.

TRANSPORTATION

- All students going on school-sponsored trips will be transported by school-authorized transportation. Vehicles involved must be adequately covered by liability insurance and driven by a school-approved adult. Any exception to the previous statement will be made only after written permission has been granted by the parent with the approval of the superintendent or principal.
- Students will be allowed to ride home with their parents. Parents **MUST** communicate with the head coach or his/her designee at the event. Coaches should have a sign-out sheet available
- Students will not be allowed to ride home with anyone other than their parent/guardian. Exceptions will be made only with special permission from the superintendent or principal. Permission must be received *prior* to departure from the school. Do not assume that permission will be given—always ask!
- It is expected that all vehicles will leave together and return together as much as possible. Any schedule contrary to the one established by the school official in charge must be okayed by the principal or superintendent prior to departure time.
- Students should realize that it is a very difficult job to secure transportation to and from events. It is inconsiderate for parents or students to insist on special arrangements that seriously differ from the overall plan.
- Students are not permitted to drive themselves to events.

ATHLETIC, EXTRA-CURRICULAR, OR CO-CURRICULAR UNIFORMS

Athletic uniforms, choir robes, and band uniforms are the property of the school district and are loaned to the student for use only during scheduled events. Coaches and directors will issue uniforms to students and account for their return. Uniforms will be issued clean and in good condition. Students will be responsible for necessary cleaning and repairs during the season.

CHANGES TO ATHLETIC POLICIES

Students will conform to the rules and regulations of the school system. These will normally be published in the student handbook. From time to time it may be necessary to institute changes in rules and regulations prior to publishing a new student handbook. Students will be informed of such changes through daily announcements, bulletin board announcements, general assemblies, or any other media deemed advisable by the administration. Failure to abide by school rules and regulations will result in disciplinary action. It is the responsibility of each student to become aware of the rules and regulations they are expected to obey.

PEP BAND

Musical instruments owned by the school district will be issued to students. Students will be expected to assume the cost of repairs, which are a direct result of user neglect.

The Pep Band will play a predetermined number of events, balanced amongst those sports in the season.

CHEERLEADING

Cheerleaders are chosen from the student body and are responsible to the cheerleader advisor(s). Selection for each sport will be aided by the demand through cheerleader sign-up and tryouts. The cheerleader advisor(s) will be in charge of tryouts and arrangements to prepare teams for their performance.

Sports to be cheered at include the following:

1. Football
2. Girls and Boys Basketball

Tryouts for all sports will be held in the spring of the previous year. At this time, each person will be trying out for the football squad, but will also indicate his/her preference for winter sports.

Each contestant for a cheerleading position is rated on a one to ten-point scale for demonstrating the possession of four basic qualities. These qualities are:

1. Personality - determined by contestant's eye contact, pep and general appearance.
2. Arm and body movement - determined by the execution, precision, coordination and confidence of motion the contestant displays when the person cheers for the judges.
3. Voice - determined by vocal clearness, pitch and volume control that the contestant demonstrates
4. Physical ability - determined by the height and width of the contestant's jumps and by the coordination the person displays when performing the jumps.

The candidates with the highest composite scores will become football cheerleaders. These and additional candidates will be added according to judges points to fill the squads for winter sports activities.

Cheerleaders for each event will be transported by the advisor in a school vehicle. Cheerleaders will be held responsible for their conduct. Should there be any problems with the cheerleader's conduct, they are to be reported immediately to the cheerleading advisor and the Principal. If the Principal determines that the cheerleader(s) conduct was not consistent with the school district regulations, the cheerleader(s) will be removed from the squad for the remainder of the season. Cheerleaders will follow the regulations set up by the individual coaches while aboard the coach's team bus.

In case of injury to a cheerleader at an out-of-town event, the cheerleading advisor will be responsible for the person's care. The cheerleading advisor will be responsible for the cheerleaders at home and away events, regional and state tournaments, and events requiring an overnight stay.

In the event that the cheerleader advisor can not be present at a home event, the attending Principal will make arrangements for a cheerleader requiring immediate care.

STUDENT COUNCIL

Student representatives from each class shall be elected to serve on the Student Council by their peers. The student council members are the representatives of the student body. Their duties shall involve homecoming activities, school dances, and serve as spokespeople for the student body in evaluating school policies. The above representatives are in addition to elected officers (president, vice-president, secretary-treasurer).

Refer to the Student Council Handbook for more information.

SPORTSMANSHIP

Implementation of Sportsmanship

1. **Participants**
 - a. Coaches will meet prior to each season with players to inform them of sportsmanship behaviors and expectations.
 - b. Advisors of activity groups will discuss sportsmanship behavioral expectations with participants.
2. **Coaches and Athletic Staff**
 - a. A general meeting will be held in the fall with the athletic staff, coaches, and administrators to review the sportsmanship expectations outlined in the handbook.
 - b. Seasonal meetings with the coach/coaches involved in each activity will be held to review these expectations.
3. **Cheerleaders**
 - a. The advisor will meet with the cheerleaders on weekdays to direct their program and discuss problems that may arise.
 - b. The advisor will be in attendance at the various sports activities to ensure that rules are implemented.

Responsibilities of:

1. **Participants**
 - a. Abide by the rules of the game in letter and spirit.
 - b. Show proper respect for opponents and officials by
 - Applaud when another team is introduced
 - Show proper respect when the National Anthem is played
 - Shake hands with your opponent before and/or after a game as the sport warrants
 - Offer a helping hand to assist an opponent who is down; in a contact sport, unless the opponent appears injured
 - Refrain from negative yelling or booing when an opponent is shooting free throws
 - Display modesty in victory and graciousness in defeat
 - Show respect for the official's call by not yelling or booing after calls in which you disagree
 - Respond in a reasonable manner when an official's decision is not in your favor. Raise your hand to indicate that you respect the official's decision
 - Cooperate with the officials and,
 - Thank the officials after the game for officiating the game
 - c. Show respect for the opponent's facilities by
 - Leaving the locker rooms with all items picked up and put away
 - Refraining from defacing or destroying any property in the opponent's locker rooms or surrounding facilities
 - d. Abide by South Dakota State High School Activities Association eligibility rules:

- Participants are reminded that team members represent their school and community. Participation is an honor and privilege, not a right.
 - Participants' actions, attitudes, and personal appearance while representing their school and community are being observed by people of all ages. These characteristics will have a definite influence on the manner in which all look at sportsmanship. They reflect other areas of attitude development necessary for good sportsmanship.
2. Spirit Squad/Cheerleading
 - a. Personal appearance:
 - Dress in similar attire and in good taste.
 - Be neat and clean.
 - Keep hair neat and clean
 - Smile to promote enthusiasm.
 - b. Conduct:
 - Remember, you are a leader in all you do. What you do, others copy. Let your behavior be a model on and off the floor.
 - Be a good sport. Win or lose, wear a smile. The crowd will reflect your sportsmanship.
 - Assume your responsibilities willingly and strive never to let your team, your school, or other cheerleaders down.
 - Recognize your responsibility and report problems or difficulties to the proper adult authorities.
 - Greet the opponent's cheerleaders, if any, before and after the game, and make them comfortable.
 - Show respect for the opponent's facilities by conducting yourself in a reasonable and appropriate manner.
 - Conduct yells only when they do not distract or interrupt the play.
 - Select yells that are in good taste and do not offend either the home or the opponent's participants or spectators.
 - Discourage any booing or unnecessary yelling at the opponents or officials by the home crowd.
 - Refrain from showing negative emotions, especially if disgusted with a play or an official's call.
 - Cooperate with the band at all times.
 - Lead the crowd in showing more respect for the National Anthem and each school's song.
 - Assist school officials in keeping students off the playing floor before, during, and after the game.
 - Assist in promoting student and community awareness of upcoming activities and encourage their support.
 - Remember, the crowd will give back to you exactly what you give to them. Enthusiasm is highly contagious, so your spirit and excitement must be sincerely felt.

FAMILY NIGHT

Wednesday evenings will be reserved without exception for non-school activities. No contests or practices will be scheduled on Wednesday from 3:32 pm through the evening for K-8 (unless accelerated to JV level or above) and 6:00 pm through the evening for grades 9-12.

ARTIFICIAL NOISEMAKERS

Student and adult fan use of artificial noisemakers or laser lights is not allowed at indoor athletic events. The prohibition of such devices should be noted in the activities program.

ENFORCING RULES AND REGULATIONS OF THE SDHSAA

Guidelines for Compliance with SDHSAA Rules and Regulations

1. Any and all reported violations of South Dakota High School Activities Association Rules and Regulations must be reported to the Activities Director.
 - a. Coaches, directors, or advisors cannot declare a participant ineligible.
 - b. Coaches, directors, or advisors are directed to inform people who report violations to them to take their allegations to the Activities Director.
 - c. Coaches, directors, or advisors shall check with the Activities Director to ensure that the allegation has been reported.
 - d. Coaches, directors, or advisors will be informed of any violations by participants.
2. A coach, director, or advisor who directly witnesses a violation or who has a confession of a violation given to him/her is directed to report such an incident to the Activities Director
3. Coaches, directors, and advisors are expected to know the school policies regarding the evaluation and suspicion of chemical abuse problems.
4. Coaches, directors, and advisors are expected to act according to their professional judgment at all times.
5. Coaches, directors, and advisors will be informed by a list each Wednesday, the week of the eligibility check, when a participant is academically ineligible. All dates in the letter are to be adhered to regardless of cancellations, etc. Any student who does not follow the guidelines stated in the letter will not have their eligibility restored until the guidelines are fulfilled. Coaches must know that in order for a student to serve the ineligibility, he or she **must complete the season of the activity where the ineligibility was served. Please explain to students in your program who are ineligible for a period that if they do not come to practices or finish the season after they become eligible, they will again be declared ineligible.**
6. Ejection of a player or coach from SDHSAA events.
 - a. Ejections must be immediately reported to the Activities Director.
 - b. The AD must file a report with the SDHSAA regarding the incident.
 - c. Coaches are required to know the procedure for dealing with an ejection as outlined in the SDHSAA handbook.
 - d. Consequences for Player/Coach ejections:

1st Offense:

Player - They are not allowed to participate for the remainder of the contest or event they were ejected from, as well as any other/further competitions held on the same calendar day. They are also suspended from the next scheduled, rescheduled, or contracted contest, meet, or event at that level of competition, which is to include all games/meets in the interim at other levels of competition. Must complete the NFHS Sportsmanship class before returning to any competition.

Coach - They are not allowed to participate for the remainder of the contest or event they were ejected from, as well as any other/further competitions held on the same calendar day. They are also suspended from the next scheduled, rescheduled, or contracted contest, meet, or event at that level of competition, which is to include all games/meets in the interim at other levels of competition. Must complete the NFHS Sportsmanship class before being allowed to return to coach any level of competition.

2nd Offense:

Player - They are not allowed to participate for the remainder of the contest or event they were ejected from, as well as any other/further competitions held on the same calendar day.

They are also suspended from the next 3 scheduled, rescheduled, or contracted contests, meets, or events at that level of competition, which is to include all games/meets in the interim at other levels of competition. Must complete the NFHS Sportsmanship class before returning to any competition.

Coach - They are not allowed to participate for the remainder of the contest or event they were ejected from, as well as any other/further competitions held on the same calendar day. They are also suspended from the next three (3) scheduled, rescheduled, or contracted contests, meet, or event at that level of competition, which is to include all games/meets in the interim at other levels of competition. Must complete the NFHS Sportsmanship class before being allowed to return to coach at a level of competition.

3rd Offense:

Player - They are not allowed to participate for the remainder of the contest or event they were ejected from, as well as any other/further competitions held on the same calendar day. They are also suspended from any further school-sponsored extracurricular activities for the remainder of their high school careers.

Coach - They are not allowed to participate for the remainder of the contest or event they were ejected from as well as any other/further competitions held on the same calendar day. They will be terminated from any further employment with the De Smet School.

Note: A suspended player may travel with the team, be in the locker room, sit on the sidelines, etc., but may not be in uniform during the suspension.

Note: A suspended coach may not travel with the team or be at the venue during any contest(s) while under suspension.

Note: If the sport is football only, any player ejected/ disqualified for specifically violating the provisions of "Illegal Personal Conduct" shall be **1)** disqualified only for the remainder of the current game if the foul occurs in the first half of the contest or **2)** disqualified from the remainder of the current game, as well as all competition through the first half of the next varsity contest if the foul occurs in the second half of a game.

SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION MORATORIUM

Each year, the SDHSAA will set a winter and summer moratorium where coaches are not allowed to have contact with their teams. These dates are generally around the Christmas Break and the 4th of July timeframe. All De Smet facilities, including the weight room, will be off limits to students and coaches to avoid any incidents that could lead to a violation of the moratorium. The Activities Director will inform coaches and students of these dates each year.