

**UNITED SOUTH CENTRAL
EXTRA-CURRICULAR
HANDBOOK**

2019-20

HANDBOOK

The Philosophy of United South Central High School

The purpose of United South Central High School is to create an environment in partnership with parents and the community that allows each student to develop his/her abilities.

Extra-Curricular Philosophy of United South Central High School

The JH, C, and JV Philosophy is to allow students to participate in as many activities as possible. No cuts are made at this level. Coaches are expected to play all student athletes, but not all will necessarily play the same amount of time. We would hope that students who participate in our extra-curricular programs enjoy their experience regardless of their skill level and/or playing time. Most of our programs allow the students to compete against opponents with similar skills. At these levels, participation is our main objective, and we promote the learning of social and athletic skills through the winning and losing process.

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The Varsity Philosophy is to participate at the highest level of high school athletics, which demands a greater amount of dedication on the part of the students. At this level, it may be necessary to cut some students because of facilities/coaching limitations and MSHSL restrictions put on official tournament squad sizes. Although we believe that all students should have an opportunity to participate at the varsity level, winning will not be sacrificed so that everyone has a chance to play.

United South Central High School Extra Curricular Schedule

Fall Activities

Cross Country	Grades
Starting Date: Aug. 12, 2019	7-12
Football	
Starting Date: Aug. 12, 2019	9-12
Aug. 19, 2019	7-8
Tennis	
Starting Date: Aug. 12, 2019	7-12
Volleyball	
Starting Date: Aug. 12, 2019	9-12
Aug. 19, 2019	7-8
Clay Target League	7-12
Fine Arts	
Fall Musical Nov. 15-17, 2019	7-12

Winter Activities

Boys Basketball	
Starting Date: Nov. 18, 2019	9-12
Nov. 18, 2019	7-8
Girls Basketball	
Starting Date: Nov. 11, 2019	9-12

	Nov. 18, 2019	7-8
Wrestling		
Starting Date:	Nov. 18, 2019	7-12
Fine Arts		
Sub-Section One Act Play Festival		Jan. 25, 2020
Junior High Solo-Ensemble		Feb. 1, 2020

Spring Activities

Baseball		
Starting Date:	Mar. 16, 2020	7-12
Softball		
Starting Date:	Mar. 9, 2020	9-12
	Mar. 16, 2020	7-8
Golf		
Starting Date:	Mar. 16, 2020	7-12
Track		
Starting Date:	Mar. 9, 2020	7-12
Clay Target League		7-12
Fine Arts		
Large Group Contest		Mar. 2, 2020
Sub-Section 5A Solo/Ensemble		Apr. 4, 2020
Pops and Pie Concert		May 15, 2020

United South Central High School Coaches & Directors

<u>Cross-Country (Boys):</u>	Head	Rita Augustine
<u>Cross-Country (Girls):</u>	Asst.	John Soucheray
<u>Football:</u>	Head	Brandon Neseth
	Asst.	Steve Bushlack
	Asst.	Pat Frank
	Asst.	Todd Rasmussen
<u>Tennis (Girls):</u>	Head	Amanda Henning
	Asst.	Kim Stevermer
<u>Volleyball:</u>	Head	Joe Kuechenmeister
	“JV”	TBD
	“C”	Margo Latusek
<u>Boys Basketball:</u>	Head	Taylor Ovrebo
	“JV”	Andy Johnson
	“C”	Brennan Magnuson
<u>Girls Basketball:</u>	Head	Dale Koestler
	“JV”	Anthony Jackson

“C” Mike Swanson

Wrestling: Head TBD
Asst. Dustin Dylla/Dan Dylla

Baseball: Head Pat Frank
Asst. Todd Rasmussen
“JV” Andy Johnson

Softball: Head Brandon Neseth
“JV” Margo Latusek

Golf (Boys& Girls): Head Brad Heggen
“JV” Cheryl Koestler

Track (Boys & Girls): Head John Soucheray
Asst. Burnett Walton, Christopher Welch
Asst. Kara Christianson, Brandon Hagenson

Clay Target League Head Darin Magnuson
Asst. Pat Gottberg
Asst. Michelle Gottberg

Band Dir. Bjorn Hagen

Choir Dir. Sheila Rame

Fall Musical Dir. Kirstyn Wegner

One Act Play Dir. Doug Sahr

Mock Trial Adv. Jennifer Bye

NHS Adv. Jennifer Bye

Student Gov. Adv. John Soucheray

Knowledge Bowl Adv. Kayt Klemek

FCCLA Adv. Nikki Feist

Speech Adv. TBD

Visual Arts Adv. Megan Levine

Robotics Adv. Doug Sahr

Extra-Curricular Forms Needed to Complete

Students must have Five (5) forms on file with the athletic director before they can practice or be issued equipment:

1. A physical must be completed and signed by a doctor. They are good for 3 years.
2. The parent permit questionnaire must be completed and signed by parents. This can be found on the back of the eligibility form.
3. The eligibility form must be read and signed by both parents and students.
4. An insurance waiver form must be read and signed by both parents and students.

5. The Concussion Management Addendum must be read and signed by both parents and students.

Extra-Curricular Mandatory Rules Meeting

All students and parent/guardian must attend the USC Rules and Policy meeting once every year from grades 7-12. This meeting will update parents on all school and MSHSL rules, policies, and procedures. This year's meeting is August 8th, 2019 @ 7:00pm in the High School Auditorium.

Fee Structure Policy

The extra-curricular fee system for all boys and girls in grade 7-12 will be as follows:

Grade 9-12 (Football \$85.00)	\$ 70.00
Grade 7-8	\$ 50.00
Fine Arts (Band/Choir)	\$ 25.00
Other Fine Arts	\$ 30.00
Maximum fee per family	\$ 300.00

1. Fees must be paid by the first contest.
2. Team managers do not pay fees.
3. No refunds will be issued except for medical reasons or family moves. Refunds will then be pro-rated.
4. No refunds for violations of team or MSHSL rules!

Injury Release

When a student has gone to a doctor for an injury or a major illness, he/she must have a release from the doctor before being allowed to participate in extra-curricular sports.

Insurance

The school does not carry medical insurance on students who participate in extra-curricular activities. Parents are responsible for their child. Information regarding student insurance that may be purchased can be obtained in the Athletic Director's office the first week of the school year.

Student Transportation to Extra-Curricular Activities Policy

Students must ride a school vehicle to extra-curricular activities away from home. Exceptions may be considered with prior approval from school administration. Students will then return to Wells in the same school vehicle they took to the activity. Though highly encouraged to return with school transportation, an exception to this rule will permit the students to ride home with an adult if they have a letter signed by their parent and principal and/or athletic director in advance.

Practice & Practice Times

The majority of United South Central extra-curricular activities will practice after the regular school day. Morning practices may occur in the winter months as gym space is limited. The following chart lays out approximate seasonal practice times.

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
3:25-5:45	3:15-5:15 (Session I)	3:25-5:45
	5:15-7:15 (Session II)	

Wednesdays Only

3:15-4:30 (Session I)
4:15-5:45 (Session II)

Athletes must join the team at the beginning of each season and attend all practices unless **excused by the head coach**. Failure to do so will result in removal from the team during the season or refusal to be on the team after the season starts.

Student activities are a vital part of secondary education. They provide opportunities for students to organize and play, to assume leadership roles, to gain recognition and identity, to experience self-governance, to build self-concept, to recreate physically and emotionally, and to mature socially.

A healthy balance of activity is important in the life of a student. Parents, students and school staff need to establish priorities recognizing that a good education depends upon a high value being placed upon the learning environment in the classroom and quality family time. Most students will find little time for a job if other more important factors have been properly considered.

With the above “philosophy” in mind, the following guidelines are to be used during the school year in connection with the USC extra-curricular activities program:

1. Wednesday is recognized as “Church/Family Night” with no school activities after 6:00pm. Future scheduling should reflect this policy. Exceptions will be allowed only after careful consideration and unavoidable circumstances. School board approval may be needed for any exceptions.
2. No practices will be allowed on Sunday and events may be scheduled only with School Board approval.
3. A student day at school should not begin before 6:00 a.m. and end no later than 10:00 p.m., therefore all activity practices should be held within these times. Students must be in school and stay in school, by 10:00am to participate in practices and events. The only exceptions are: appointments and funerals. ***New – if a student attends a.m. practice they must be in school for the remainder of the day or be penalized at the next activity by not participating.**
4. When inclement weather affects the practice session, the following procedures will be followed:
 - a. If the administration closes school because of the inclement weather, all practices are cancelled. **Games can be played and the decision is**

left to administration.

- b. In the event that there is inclement weather, but school is not closed, practices are optional.
5. It is recognized that student initiated practices or “captains practices” do occur. Attendance at these practices must be optional and coaches/directors may need to counsel students to limit the time devoted to these practices.
6. There is an ongoing need for frequent communications between classroom teachers and coaches/directors who must emphasize the importance of academics. It is understood that students be allowed to miss practices for tests, make-up labs, and special help from teachers, etc.
7. There is a need for communications between the Principal’s office and coaches/directors/advisors to monitor the eligibility list at the end of each grading period. It is our primary responsibility to ensure that all students attending school at USC successfully achieve a defined set of academic goals.
8. Two-a-day practices may be scheduled during the season. This practice is left up to the coaches’ discretion.

USC Weight Room Procedures

Students athletes are **STRONGLY** encouraged to participate in weight room conditioning through out the season. The weight room is open 3 days a week (M-W-F) year round from 6:30am – 8:00am. Individual coaches may arrange other times with their athletes depending on the needs/availability of the team. Weight Room participation is **NOT MANDATORY** unless requested by a head coach **DURING** their season as a practice or conditioning. All students must be **supervised** in the weight room.

JH Participation Policy

The following policy of the United South Central Public Schools pertains to the participation of Jr. High School students (grades 7-8) in the athletic programs at the senior high levels (grades 9-10-11-12).

In those sports where the middle school provides a team, student-athletes will participate at their respective level. Exceptional student-athletes may be asked to try-out for/participate at the senior high level. These individuals must clearly demonstrate:

- a. Athletic ability above and beyond their class (higher level potential).
- b. Satisfactory academic achievement.
- c. Satisfactory behavior.
- d. The physical and emotional maturity to accept this additional responsibility.

This criteria must be agreed upon by each of the following: 1) the student-athlete, 2) the parent or guardian, 3) the principal, 4) the athletic director, and 5) the senior high coach.

Jr. High School athletes participating on high school teams must complete all high school athletic registration requirements and are subject to all high school and Minnesota State High School League activity rules.

USC Traveling Team Philosophy

USC School approves of traveling teams and the use of our facilities for practice or games if they meet the following criteria.

1. All students in a grade or level are included. No cuts or limits on numbers.
2. The games and practices may not be held during any current USC athletic season.
3. Students and coaches on these teams represent our school, our athletic programs, and our community. Sportsmanship and proper behavior by students, coaches, and fans is expected.

CHEMICAL AWARENESS MEETINGS

Chemical Awareness meetings will be conducted each School year.

All students in an activity and parents will be required to attend this meeting each year or make arrangements with the activity director to go over these guidelines before they are allowed to participate.

The purpose of the meeting is:

- a. to create an awareness for students, parents and coaches of the chemical use problem among students and the hazards thereof.
- b. to clarify the rules, policies and procedures of the Minnesota State High School League, our high school, and individual teams/groups as they pertain to activities.

The format for the meeting is a large general session followed by small breakout sessions with each individual fall sport. Individual team meetings for winter and spring sports can be held just prior to those seasons. The general session consists of a welcome and introductions, an explanation of MSHSL and school rules, and comments by the activities director. The individual team meetings will cover an explanation of team rules, policies, and procedures. Coaches should be prepared to answer any questions about their program that students/parents may have.

Tobacco and Mood Altering Chemicals

A. Bylaw: During the calendar year, regardless of the quantity, a student shall not: (1) use or have in possession a beverage containing alcohol; (2) use or be in possession of tobacco; (3) have in their possession drug paraphernalia or (4) use or consume, have in possession, buy, sell, or give away any other controlled substance.

1. The bylaw applies to the twelve (12) month calendar year
2. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student's own use by her/his doctor

Category I & II and CO-CURRICULAR/ SCHOOL SPONSORED ACTIVITIES

First Violation:

Loss of eligibility for the next two [2] consecutive interscholastic contests or two [2] weeks, fourteen [14] calendar days of a season in which the student is a participant,

whichever is greater. No admittance to after school events (that student is not a member of) for two [2] weeks, fourteen [14] calendar days.

Second Violation:

Loss of eligibility for the next six (6) consecutive interscholastic contests or three (3) weeks, twenty one (21) calendar days, whichever is greater. No admittance to after school events (that student is not a member of) for four (4) weeks, twenty one (21) calendar days.

Third Violation:

Loss of eligibility for the next twelve (12) consecutive interscholastic contests or four (4) weeks, twenty eight (28) calendar days, whichever is greater. No participation and no admittance to after school events (that student is not a member of) for four (4) weeks, twenty eight (28) calendar days.

** A student who has had a violation will not be eligible for a leadership position (captain, officer, etc) or royalty (homecoming, snow week) for a calendar year.**

Category III SCHOOL DANCES and ACTIVITIES

Option I:

First Violation:

A student would perform four (4) hours of pre-approved community service and complete a form verifying the completion of said service. It has to be signed by parties involved.

Second Violation:

A student would perform eight (8) hours of pre-approved community service and complete the form verifying the completion of said service. It has to be signed by the appropriate parties that are involved.

Third Violation:

A student would perform sixteen (16) hours of pre-approved community service and complete the form verifying completion of said service. It has to be signed by the appropriate parties that are involved.

***If the student declines community service Option I, the student would be prohibited from attending or participating in a said number of similar activities until Option II has been satisfied.

Option II:

First Violation: Loss of eligibility for two (2) dances or activities
Second Violation: Loss of eligibility for four (4) dances or activities
Third Violation: Loss of eligibility for Twelve (12) dances or activities

Denial Disqualification: A student shall be disqualified from all interscholastic athletics for nine (9) additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate, and then is subsequently found guilty of the violation.

Community Service: Violation hours **MUST BE** community service hours not work related hours. They must be completed **PRIOR** to participation in any events. Violation hours must be turned in by Friday at 3pm for weekend activities.

**Students are allowed (expected) to practice, but they may neither compete nor participate in any contests until their consequence has been served and completed.

**Penalties shall be cumulative for all students beginning in grade 7. They will reset in grade 9 and be cumulative through the remainder of each athlete's high school career.

**Students are not to be publicly recognized during the term of the violation.

**Students must complete the activity season to satisfy the MSHSL violation requirements.

**The penalties for the use of tobacco, mood altering chemicals, and harassment are enforced twelve months a year.

**Students cannot use one category to satisfy another category.

Fair Hearing Procedure

The League Constitution provides a Fair Hearing Procedure for the student or parent contesting a school's failure to certify the eligibility of a student. **The student has 10 calendar days in which to appeal the school's decision.** The appeals process includes an appeal before a hearing panel at the school and the right, if desired, to appeal that decision to the League's Board of Directors. An independent hearing examiner panel will hear the appeal and make written findings of fact, conclusions and a recommendation for the Board of Directors following the hearing. The Board's decision shall be final. A complete listing of the Fair Hearing Procedure may be obtained from the athletic director or principal of the high school.

End of the Season Awards

No student-athlete may receive an end of the season award(s), (all conference, all-area, most valuable, etc...), if he or she is ineligible during that sport season. (Example: a student-athlete who becomes ineligible during the school year will not receive any individual award(s) during the season that the incident occurred...or if the violation should occur before he/she participates in an activity then the student-athlete will not receive any post season recognition during the season in which the violation is satisfied). By the "end of the season awards" we are referring to those awards nominated by the coach/team and voted on by coaches or by teammates.

Students MAY still letter in their respective sports, despite violation, if they have satisfied the ineligibility requirement and still meet the lettering criteria according to their coaches. Final decisions regarding the lettering of USC athletes is up to both the Coaches and Activities Director.

In conference sports where end of the season tournaments are held, an individual will be allowed to compete, as long as the regulations on missed contests and weeks has been met. Regardless of tournament placing, these individuals will not be recognized in any fashion as “all conference athletes”. This is true for all post-season individual tournaments.

Categorization of Activities

Category I Activities:

Athletic activities as listed in the athletic rules of the official MSHSL handbook-- including cheerleading.

Category II Activities:

Fine Arts, Student Council, Peer Helpers, FFA, FCCLA, Robotics, Homecoming Court, National Honor Society, Annual Staff, Math League, Knowledge Bowl, Public appearances of any other school related activities which are not league sponsored and or do not have a scheduled season of contests but which are under the jurisdiction and or cooperation of United South Central Schools.

Category III Activities:

Dances, School Functions, Homecoming Activities, Prom, class trips or functions as deemed by the school administration.

Student Code of Responsibilities

The member schools of the MSHSL believe that participation in interscholastic activities is a privilege that is accompanied by responsibility.

As a student participating in my school’s interscholastic activities, I understand and accept the following responsibilities:

- A. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- B. I will be fully responsible for my own actions and the consequences of my actions.
- C. I will respect the property of others.
- D. I will respect and obey the rules of my school and the laws of my community, state and country.
- E. I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

Any allegation under the USC Discipline Policy (Category 2, 3, and 4) could constitute a violation of the student code of responsibilities.

Penalty:

A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing with the MSHSL and is ineligible for a period of time as determined by the school administration. While a student not in good standing, a student may not serve any penalty for MSHSL bylaws violations.

Student/Coach Ejection From a Contest

Penalties:

Any student or coach disqualified from an interscholastic contest by game officials will be ineligible for the next regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level of competition.

The second violation carries loss of four (4) regularly scheduled game/meet ineligibility.

If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over in that particular sport until the next school year. In the case of a senior, the penalty will continue to the next sport season.

Student:

Any time a student-athlete is ejected from a game/meet, he/she will not participate the remainder of that day. The student is also suspended from the next scheduled, rescheduled, or contracted date at that level of competition and all games/meets in the interim at other levels of competition.

Coach:

Any time a coach is ejected from a game/meet, he/she does not coach the remainder of that day. The coach is also suspended from the next scheduled, rescheduled, or contracted date at that level of competition and all games/meets in the interim at other levels of competition.

Appeal:

A basketball coach may appeal the penalty only when he/she is disqualified for technical fouls and his/her actions did not contribute to the disqualification. The appeal will be heard by the local school administration. A complete report must be sent to the league for review.

Racial, Religious, Sexual Harassment/Violence and Hazing

I. General Statement of Policy

The Minnesota State High School League believes that all individuals should be treated with respect and dignity. Students should be able to participate in league-sponsored activities in an environment that is free from racial, religious, and sexual harassment/violence and hazing. It shall be a violation of this policy for a student participant in league activities to harass a person through conduct or communication that is determined to be racial, religious, and sexual harassment/violence and hazing defined by this policy.

II. Definitions:

- A. Racial harassment consists of physical or verbal conduct relating to an individual's race when the conduct:

1. Has the purpose or effect of creating an intimidating, hostile, or offensive working or academic environment; or
 2. Has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance; or
 3. Otherwise adversely affects an individual's employment or academic opportunities.
- B. Racial violence is a physical act of aggression or assault upon another because of, or in a manner related to race.
- C. Religious harassment consists of physical or verbal conduct relating to an individual's religion when the conduct:
1. Has the purpose or effect of creating an intimidating, hostile or offensive working or academic environment; or
 2. Has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance; or
 3. Otherwise adversely affects an individual's employment or academic opportunities.
- D. Religious violence is a physical act of aggression or assault upon another because of, or in a manner reasonably related to, religion..
- E. Assault is:
1. An act done with intent to cause fear in another of immediate bodily harm or death; or
 2. The intentional inflictions of or attempt to inflict bodily harm upon another; or
 3. The threat to do bodily harm to another with present ability to carry out the threat.
- F. Sexual harassment is a form of sex discrimination which violates Section 703 of Title VII of the Civil Rights Act of 1964, as amended, 42 U.S.C. 2000E, Et Seq. and Minnesota Statutes Sections 363.01-14, the Minnesota Human Rights Act.
1. Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, sexually motivated physical conduct or other verbal or physical conduct or communication of a sexual nature. Sexual harassment is illegal but may or may not be criminal activity.
 2. Sexual harassment may include but is not limited to:
 - a. Verbal, written/graphic harassment or abuse;
 - b. Subtle pressure for sexual activity;
 - c. Inappropriate patting or pinching;
 - d. Intentional brushing against the individual's body;
 - e. Demanding sexual favors accomplished by implied or overt threats concerning an individual's employment or educational status;
 - f. Demanding sexual favors accompanied by implied or overt promises of preferential treatment with regard to an individual's employment or educational status;
 - g. Any unwelcome touching of a sexual nature.

G. Sexual violence is a physical act of aggression that involves the touching of another's intimate parts, either above or underneath the other person's clothes, or forcing another to touch one's intimate parts, either above or underneath one's clothes. Intimate parts, as defined in Minnesota statutes 1990, Section 609.342, includes the primary genital area, groin, inner thigh, buttocks, or breast of a human being. Sexual violence is a criminal activity.

1. Sexual violence may include, but is not limited to:
 - a. Touching, patting, grabbing, or pinching another person's intimate parts, either same sex or opposite sex;
 - b. Coercing or forcing sexual touching on another;
 - c. Coercing or forcing sexual intercourse on another;
 - d. Threatening to force sexual touching or intercourse on another.

H. "Hazing" means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose.

1. The term hazing includes, but is not limited to
 - a. Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body.
 - b. Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
 - c. Any activity involving the consumption of any alcoholic beverage, drug, tobacco product, or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health of the safety.
 - d. Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation, that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.
 - e. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

III. School Actions and Responsibilities

A. Responsibilities under M.S. 126.46.

Any person who believes that he/she has been the victim of racial, religious, sexual harassment/violence and hazing, or any third person with knowledge or belief of conduct which may constitute racial, religious, sexual harassment/violence by a student participant in league-sponsored activities should report the alleged acts immediately to a responsible school district

official or directly to the human rights officer designated by that district's policy.

B. Investigation Process.

The school district human rights officer, upon receipt of a report or complaint alleging racial, religious, sexual harassment/violence and hazing shall immediately authorize an investigation. The investigating party shall provide a written report to the superintendent of schools and the district human rights officer or other designated official within the time frame required by the school district policies.

C. School District Action and Consequences.

Any school district action taken pursuant to this policy will be consistent with requirements of applicable collective bargaining agreements, Minnesota statutes and school district policies.

1. Upon determination that the complaint is valid, the school district will take such action as it deems necessary and appropriate to end racial/religious/sexual harassment/violence/hazing and prevent its recurrence.
2. The results of the investigation will be reported in writing to the complainant and the student's name in the complaint by the school district. The report will document the disciplinary action taken as a result of the complaint, eligibility affected by the disciplinary action and the date when the student will return to good standing and be eligible to participate in league-sponsored activities.
3. The student(s), their parent/guardian will be informed of their due process for the loss of eligibility.
4. Complaints, investigations and resolutions will be handled as discreetly as possible, with information being shared with those having a need to know and in accordance with the legal obligations of the member school.

Unmanned Aerial Vehicle (Drone) Policy

The use of unmanned aerial vehicles (UAV), also known as drones is prohibited for any purpose on United South Central Public School grounds without expressed written permission from administration. This includes: on the grounds, over the grounds or in and around any district building. This policy also applies to the Athletic Complex and to all event or practice facilities located within the United South Central School District. Any student in violation of said policy will be held in violation of the United South Central Code of Responsibilities. Any non-student or adult found to be in violation of said policy will be reported to law enforcement.

School Eligibility Policy

The athletic or fine arts arena is an extension of the school classroom. All school policies regarding harassment, behavior, or actions apply to student athletes as well as coaches and advisors.

Academic Eligibility Policy

United South Central High School of Wells, Minnesota, in recognition and affirmation that the primary responsibility of all students attending school is the successful achievement of a defined set of academic goals culminating in graduation and that participation in extra-curricular and co-curricular activities is a privilege granted and commensurate with the maintenance progress toward those goals, hereby institutes the following academic ineligibility policy.

Eligibility Standards

A. If, at the end of any grading period, a student has acquired one failure or incomplete in any class; the student will be on probation for a week. At the end of the quarter any failures or incompletes, the student will be ineligible (no probation period). Grades will be reviewed at more frequent intervals as determined by the principal. Said student must turn in a blue slip that is signed by their teacher that they are passing by Friday at 2:00pm. Failure to do so will result in ineligibility for the following week.

B. If, at the end of any grading period, a student who is enrolled in any special education class is not meeting the goals of the IEP, or is not making reasonable progress towards IEP or classroom goals based on the case manager, the student will be declared ineligible.

Length and Terms of Ineligibility:

A. If a student is declared ineligible, he/she will be ineligible initially for a period of one class week.

B. If a student is declared ineligible, he/she will be re-evaluated at the end of one class week to determine his/her eligibility status. When the student is passing all classes, he/she becomes eligible for activities.

C. If at the end of the one week period the student is still failing, he/she will be monitored weekly to determine his/her progress. When the student has earned passing marks, he/she becomes eligible the following Monday for activities.

D. Ineligibility will begin on the Monday following the issuance of grade reports.

E. A student may practice during the term of ineligibility.

F. Students who withdrawal/fail for a class will immediately be ineligible for any activities for a full week on the Monday after WF is placed on the transcript. If WF happens on a Monday, the ineligibility will start immediately.

Process of Appeal:

A student who is declared ineligible shall have the right to appeal his/her ineligibility status by requesting, in writing, a hearing that shall include the following:

- The student
- Teacher(s) of the class(es)
- Athletic Director

Principal
Counselor

The appeal is to be completed with the following timeline:

Request for hearing: An appeal must be submitted in writing to the principal's office within twenty-four hours of notification of failure.

The hearing will be held within twenty-four hours after receipt of request of appeal. A decision of eligibility status will be rendered at this time.

The student will remain eligible during the process of appeal.

Varsity Letter Philosophy

The varsity letter award is presented to the student that reaches a high level of achievement in each state high school league sponsored activity. The purpose of the award is to have the student set their sights high and to work diligently to reach their goals. Once achieved, the student should feel proud of his/her accomplishments. Lettering criteria is established by each sport, and final decisions are made by coaches and the Athletic Director.

Award Requirements and Lettering

The following apply to all state high school league activities:

1. All applicants for an athletic award must successfully complete the season as established by the coach.
2. All applicants for any athletic award must have conformed to Minnesota State High School League and United South Central eligibility rules. The athlete must fulfill all requirements of violation within the sports season.
3. All applicants must have conformed to regulations for attendance at practice and contests, as established by the coach.
4. All applicants must have displayed at all times, to opponents, officials, and teammates, the type of sportsmanship as established by the school and/or its coaching staff.
5. All awards must be recommended to the Athletic Director by the coach in charge of each sport and must fulfill all general policies, general regulations and specific sport regulations.
6. All participants must have conformed to all rules for training as established by the Athletic Department and the coach of the particular sport.
7. In case a player has been injured during the season and is not permitted to participate further, he/she will be eligible for an award upon the special recommendation of the coach.
8. Letter may be given to senior candidates who have been out for an athletic activity for two consecutive years junior and senior year, but have not fulfilled the participation requirements as established by the coach of that athletic activity.
9. All candidates for athletic awards must have returned all equipment issued to them.
10. Presentation of awards:

- A. Awards for fall and winter sports will be presented at an award night at the end of the fall and winter sports season.
- B. Letter awards for spring sports will be presented by the individual coaches at the completion of the spring sport.
- C. An athletic banquet will be held in the spring. Senior plaques will be awarded at this time. All seniors that lettered their senior year, attend the Lion's Athletic Banquet, and are in good standing at the time of the athletic banquet, will receive a plaque. Students in grades 9-12 that have participated and completed at least one sport season during the year, as well as letter winners in grades 7-8, are guests at the banquet.

11. United South Central requirements:

- A. Letter to be issued to those applicants that have successfully accomplished all the requirements as outlined in the award policies.
- B. Certificate of participation to be issued to 7-11 grade athletes who have successfully completed the season.

Fall Activities

Cross Country (Boys & Girls)

1. Score 25 points for the season (see table in CC handbook).
2. Points will be earned in JV races as well. The same table will be used with the runner getting 1/10 of the points on the table.
3. Points will be double for the conference and section meets. Points will be quadrupled for the state meet.
4. Any points a runner earns during the season will be carried over to the next season if the runner doesn't letter.
5. Successfully complete the season.
6. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Football

Must play in one varsity quarter of every game during the season. Successfully complete the season. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Girls Tennis

Must play in one-third of the varsity schedule. Successfully complete the season. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Volleyball

Must play in one-third of the sets during the season (a set is a subdivision of a match). Successfully complete the season. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Winter Activities

Boys Basketball

Must play in one-third of the varsity halves during the season. Successfully complete the season. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Girls Basketball

Must play in one-third of the varsity halves during the season. Successfully complete the season. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Wrestling

1. Wrestle in no fewer than ten of the varsity matches.
2. Alternative: Place at least third in the conference and/or sub-section tournament.
3. Successfully complete the season. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Spring Activities

Baseball

Must play one-third of the varsity games. Successfully complete the season. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Boys Golf

Must play one-half of the varsity schedule. Successfully complete the season. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Girls Golf

Must play one-half of the varsity schedule. Successfully complete the season. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Softball

Must play one-third of the varsity games. Successfully complete the season. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Boys and Girls Track

1. Score 25 points in meets. The athlete receives all points scored in individual events plus 1/2 of the points scored by any relay team he is a member of.
2. Successfully complete the season as stated in the track expectations.
3. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the Athletic Director.

Clay Target League

1. Must have a varsity average (20) or finish in the top 25 in the conference by the end of the season.
2. Must not miss any competition rounds during the season.
3. Exceptions may be made due to extenuating circumstances at the request of the coach and the approval of the athletic director.

Other Clubs and Activities

Students are encouraged to participate in other clubs that are available at USC but not state high school league sponsored. They are: plays and musicals, FFA, FCCLA, Yearbook Staff, Knowledge Bowl, Mock Trial, Student Government, and Robotics. However MSHSL activities take precedence over club and Community Ed. type activities including dance, which is run by private businesses. Students are expected to participate in their league activity if they are out. Failure to do so could lead to dismissal from your team.

Conference Affiliation

United South Central is a member of the Gopher Athletic Conference. The Gopher Conf. is a highly competitive and prestigious conference that contains some of the quality schools and teams of not only south central Minnesota, but of the entire state. The following are a list of schools and their nicknames that are in the Gopher:

Bethlehem Academy	Cardinals
Blooming Prairie	Blossoms
Hayfield	Vikings
Maple River	Eagles
Medford	Tigers
New Richland-Hartland-Ellendale-Geneva	Panthers
Waterville-Elysian-Morristown	Buccaneers

**In some activities, we do not solely participate in the Gopher Conference. With the new district football schedule, we compete in the Mid-Southeast district. In Girls Tennis, the Rebels participate in the Minnesota River Conference.

Risk Related

Parents and students should be aware that there is a risk of injury when participating in extra-curricular activities. When parents allow their child to participate in these activities, they are assuming a portion of the liability if an injury should occur.

School Song

"Illinois Loyalty"

We're loyal to you in USC
It's time for one more victory
To our colors we're true
Silver, Red, Navy Blue
Rebels all through and through USC

United in name USC
Bound for honor and fame USC
As Rebels we stand together,
Showing our might forever,
Loyal to you USC