

IDAHO FALLS SCHOOL DISTRICT # 91 TRAINING RULES

The coach can set rules for training as long as they do not conflict with district policy.

Athletes are, because of their exposure to the public, ambassadors of the School District. The schools are often judged by the members of the community and in other communities by the actions of the young people who represent them in the athletic area. This is a weighty, but nonetheless real, responsibility that we place on the shoulders of our young people.

Because of the representative role that our athletes must naturally assume, and because athletic programs are optional, it is expected that all athletes, both boys and girls, will adhere to certain minimum standards of behavior and scholarship as established by the Board, the building administration, and the coach.

Violation of these standards at any time during the sport season in question shall be considered in two categories to be defined as:

I. MAJOR OFFENSES

- a) sale, use, or possession of drugs, alcohol, tobacco, or vaping
- b) felony offenses,
- c) petty theft,
- d) other serious disruptive acts or repeated minor offenses

II. MINOR OFFENSES

All disruptive actions not listed above to include but not limited to:

- a) unsportsmanlike actions;
- b) insubordination;
- c) violations of other rules and regulations as established by the coach and/or the building administration.

Those individuals found to be guilty of violating the behavior standards shall be dealt with in the following manner:

- I. Minor offenses should be handled by the coach and/or the building principals.
- II. Major offenses are to be reviewed by the coach and principal.
 - a) First violation: Suspension for 10% of the season's scheduled games as determined by the administration meant to be no less than one (1) game. If the offense occurs with less than 10% of the present season remaining, the suspension will then carry over to the next sport season in which the athlete participates.
 - b) Second violation: Suspension from the activity for remainder of that sport season with forfeiture of all awards gained during that season. The first violation may have occurred in a prior sports season. If less than 10% of the season remains, the suspension will carry over to the next sport season in which the athlete participates.
 - c) Third Violation: Suspension from the activities for the remainder of the school year. Previous two violations may have occurred in a prior sports season.
 - d) If there should be a fourth or subsequent violation, it will be treated the same as a third violation.
 - e) In the instance of extreme violations (such as felonies) any of the above steps may be bypassed.

The above penalties and standards are to be considered as minimum only. Coaches and administrators may set more rigid standards of conduct and dress, and they may take more serious action as the circumstances indicate. It shall be the responsibility of the principal or his designee, to see that every athlete has on file in the individual's school office a letter signed by him/her and the parents indicating knowledge of these regulations.

ATHLETIC CONSENT FORM

I/We give our consent for _____ to participate in organized high school athletics, realizing that such activity involves the potential for injury which is inherent in all sports. I/We acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis or even death. I/We acknowledge that I/we have read and understand this warning.

Our signature below confirms that we agree to abide by the IHSAA rules and training rules as established by the School District #91 School Board. These include, but are not limited to:

- 1. Student must be academically eligible to participate in the activity [passed 4 of 5 classes last semester] and be a full time student. Seminary does not count as a one of the required classes.**
- 2. Student will be in good academic standing during the season. A failing grade(s) will result in not being allowed to participate in competitions until grade is improved. Program and Athletic Director will assess each case individually.**
- 3. Student must have current physical or interim questionnaire and consent form on file with the District Athletic Director before being allowed to participate in tryouts or practices.**
- 4. Student must have 10 days of practice prior to the day of the first contest of an interscholastic athletic competition in the first sport season, mandatory for football and wrestling. 10 day requirement is not required if coming from one sport season into the next sport season if the second sport has commenced within a three week period.**
- 5. A student who participates in organized non-school sports scrimmage or competition after the first day of the school season is ineligible for the school team for the remainder of that sport season.**
- 6. Student's attendance in school is required on days of practice and contest days unless excused in advance.**
- 7. Student has paid the appropriate participation fee or made other arrangements prior to the team's first contest.**
- 8. Student has purchased an activity card prior to the team's first contest.**

I/We also understand that school health insurance is not provided by the school district. Insurance coverage is strongly recommended, but it is the responsibility of the individual family to arrange their own coverage. Please supply your insurance information on the Medical Treatment and Authorization Consent form in order for us to handle emergencies in an acceptable manner.

This consent includes travel to and from athletic contests and practice sessions. I further consent to treatment deemed necessary by physicians designated by school authorities for any illness or injury resulting from his/her athletic participation.

The signatures below indicate that participation in interscholastic athletics for the above school is entirely voluntary on my part, and also confirms that we have read and understand all of the requirements and regulations as printed on the attached papers.

Signature of Parent/Guardian

Signature of Athlete

Date

Athletic Problem Solving Protocol

The purpose of this protocol is to give parents and school administration a strict protocol that must be followed when concerns arise with athletic events or situation. As a school district, we feel that these concerns should be addressed with a bottom up approach allowing our Program Directors to have the opportunity to address the situation prior to administration getting involved. In order to maintain continuity and to best resolve issues of concern, the following protocol will be followed by all parties involved:

1. A 24 hour policy will be followed, meaning that no contact, including but not limited to electronic or face contact, can be made until after a 24 hour "cool down period" has taken place.
2. The first contact be the program director of the sport and any other assistant coach that might be directly involved in the situation. The goal is to resolve the issue at this level. Where appropriate this would be with the student athlete and the program director.
3. If there is still a concern, then the issue should be taken to the activities director of the school.
4. If a concern still persists, it will be taken to the building principal.
5. If the concern has not been resolved to the satisfaction of all parties involved, then it should be taken to the assistant superintendent of secondary education.
6. If the interested party still does not feel the issue has been resolved, he/she may appeal to the Board of Trustees through the superintendent and ask that the item be put on the next regularly scheduled business meeting's agenda.

***This protocol is to be used to address concerns identified by Board Policy (1012). Coaching strategies and playing time are guided at the discretion/judgement of the coach and concerns in those areas are best addressed between the student athlete and the coach.*

Travel Protocol

1. District-approved travel, when provided, must be used to travel to and from events unless:
 - a. The parent or guardian would like to take their athlete after the event, they may do so by checking him/her out, in writing, with the program director or another member of the coaching staff. **Participants are not allowed to ride with friends or family member other than a parent or guardian unless extenuating circumstances exist.**
 - b. Activities are in town, this includes activities that are played at any School District 91 school or school District 93 School (the exception would be for football where the numbers of athletes traveling is large).
 - c. Extenuating circumstances exist -the parent or guardian must provide a written request to the activities director 24 hours prior to the event.
2. Any out of state travel that is not part of the regular schedule must have school board approval prior to the event. All travel costs will be absorbed by the individual athletic program.

Resources: Board Policy 506.0 (Public Complaints) and Board Policy 1012.0 (Athletics)



Idaho Falls School District 91

A World Class Education

POSITIVE SPORTS PARENTING

A parent's "Coaching Job" is the toughest one of all and takes a lot of effort. Sometimes in a desire to help your child, best intentions can end up being counterproductive. Applying the rules of Positive Sports Parenting can go a long way toward fostering an environment where your child can enjoy and excel in sports.

1. Make sure your child knows win or lose, that you love them, you appreciate their efforts and you are not disappointed in them.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't "coach" on the way to the track, diamond or court; on the way home; at breakfast or dinner and so on.
4. Teach your child to enjoy the thrill of competition, trying, working to improve their skills and attitudes, taking the bumps and then coming back for more.
5. Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled, too; you lost as well; you were frightened; and you were not always heroic. Don't pressure your child because of your pride.
6. Don't compete with the coach. Young athletes often come home and chatter about "coach says this" or "coach says that." This is often hard, especially for parents who has had some sports experience.
7. Don't compare your child's skill, courage or attitudes with that of other members of the squad or team.
8. Get to know the coach so that you can be assured his or her philosophy, attitudes, ethics and knowledge are a good influence on your child.
9. Always remember, children tend to exaggerate both when praised and when criticized. Temper your reactions to their tales of woe or heroics.
10. Make a point of understanding courage. Explain that courage does not mean an absence of fear but means doing something in spite of fear or discomfort.
11. Never approach a coach before, during or after a contest to talk about your child.

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I have read the items of Positive Sports Parenting and will abide by this philosophy. In addition, I believe sportsmanship to be integral part of Idaho Falls School District #91 activities. Therefore, I commit myself and those of my family to promote a positive environment at district activities.

Parent or Guardian

Date