

ASHLAND JR-SR HIGH SCHOOL
ACTIVITIES HANDBOOK
2017-2018



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ASHLAND USD 220
EXTRACURRICULAR GUIDELINES

EXTRACURRICULAR ACTIVITIES

HIGH SCHOOL

JUNIOR HIGH

All-School Play

Band

Band

Basketball

Basketball

Cheerleading

Cheerleading

Football

Football

Scholar's Bowl

Forensics

Track and Field

Golf

Vocal

National Honor Society

Volleyball

Scholar's Bowl

Tennis

Track and Field

Vocal Music

Volleyball

Powerlifting

INTRODUCTION

This handbook was developed by the Ashland High School Athletic Director and approved by the Superintendent and the Board of Education (BOE). The purpose of this handbook is to give a general overview of the extracurricular activities at Ashland Junior Senior High School for which students may be eligible to receive a letter. This overview includes policies on eligibility, participation, drug and alcohol use, sportsmanship, and the school's philosophy on participation in extracurricular activity. It also contains various other policies that are related to the activities that USD 220 offers.

It is highly recommended that each head coach conduct a pre-season or early season meeting which includes the coaches players, and parents. The meetings will be used to explain to parents and students the object and purposes of our interscholastic activity program, as well as to explain the code of conduct which will be expected and enforced by the coach and by our district. Attendance at these meetings is not mandatory, but it is strongly recommended as these meetings answer many questions. Prior to being eligible for practice, students wishing to participate in a school sponsored interscholastic activity must turn in a properly completed and signed Kansas State High School Activities Association (KSHSAA) physical examination form (PPE) and a KSHSAA Concussion form. These are to be kept on file in the Athletic Director's office and copies of them are to be distributed to each head coach at the beginning of each season.

Parents and students must understand that they are expected to abide by the contents of this document in order to participate in extracurricular activities. In addition to those principles stated elsewhere in this document:

1. Parents and students will support meetings and practice sessions outside normal school hours.
2. Students will be responsible for assigned homework and classroom work interrupted by activities.
3. Students and parents will be responsible for the care and return of all school property and uniforms.
4. Students are responsible for wearing appropriate clothing for travel and home activities-the decision on such to be that of the coach/sponsor.
5. 5. Students are responsible for high standards of behavior as representatives of their school and community.
6. In the event that a student's behavior significantly interferes with the activity, the parent is responsible for taking custody of his/her child.

7. In the event that the student's behavior is a violation of the law, the sponsor will involve the law enforcement authorities in the community in which the incident occurred.

The items in this policy are designed to set forth procedures to help enforce existing USD 220 BOE policies and Student Handbook provisions, and, when necessary, to expand and supplement them. BOE and Student Handbook policies which have been approved by the BOE will take precedence when in conflict with these policies.

The standards established by the organizations' national, state, and local charters which are approved by the BOE will be supported by the Board of Education as an extension of its policies and the school's behavior codes. School activities are an extension of the school district's educational programs, policies, and rules. An effort will be made to keep open lines of communication between other agencies which may assist with the orderly operation of the school and those who may provide support services for students. Examples of these are the local law enforcement and the Department of Children and Families (DCF).

MISSION STATEMENT FOR

ASHLAND JUNIOR/SENIOR HIGH SCHOOL ACTIVITIES

Believing that a well balanced activities program provides the opportunity for physical, social, and emotional development, Ashland Junior/Senior High School will provide a diversified activities program for all students that complements their intellectual growth.

ASHLAND FIGHT SONG

Go Ashland, down the field

Fight on forever

Touch, Pass and make that goal

We'll win fair or stormy weather

This is our battle cry:

Fight on forever,

Ashland Bluejays, go for a touchdown

For Our School

THE IMPORTANCE OF ACTIVITIES

POSITION STATEMENT BY KSHSAA:

“A strong activities program can and should complement a school’s academic program. Activities are an integral part of the total curriculum of Kansas schools. A well-balanced activities program provides the opportunity for physical, social, and emotional development complementing intellectual growth. Participation in school activities encompasses all students without regard to sex, race, or creed and teaches that it is a privilege and an honor to represent one’s school. Interscholastic activities constitute a part of the right kind of “growing up” experiences for students. Participants learn to accept successes and failures, gain poise and confidence, achieve tolerance and understanding of others and gain the self-satisfaction of achieving goals. Under a well-administered school program, students and spectators become better citizens through participation and observation of activities conducted under established rules.”

ASHLAND JUNIOR/SENIOR HIGH SCHOOL

EXTRACURRICULAR ACTIVITIES GOALS

The goals for the overall extracurricular activities program at USD220 are to:

- A. Increase the educational opportunities for students and to better prepare them for life
- B. Develop physical conditioning and discipline of mind and body
- C. Learn to work together as a team for a common goal
- D. Develop an understanding for health and safety while participating in activities
- E. Provide enjoyment for students
- F. Learn responsibility and dedication
- G. Promote equity and a sense of order and discipline among students
- H. Promote standards of conduct for participants
- I. Promote citizenship
- J. Promote sportsmanship, self-control, and respect for authority, teammates, opponents, referees, and themselves

PHILOSOPHY AND PURPOSE OF EXTRACURRICULAR ACTIVITIES

Philosophy of Ashland Junior/Senior High School Activities

It is the intent of AJSHS to provide a positive, educational, and enjoyable experience which will enhance both the activities and the academic programs of USD 220.

General Purposes of USD 220 Activities

- A. Participants will be taught good training habits
- B. Fundamentals of the specific activity will be emphasized
- C. Being an active part of a team or organization will be emphasized
- D. Personal responsibility and good work habits will be developed
- E. Participants will learn to follow the rules of the specific activity and to respect the officials/judges
- F. Good sportsmanship and teamwork will be stressed
- G. Participants will accept the need to give class work priority over activity and athletic requirements

Specific Non-varsity Athletic/Activity Purposes

- A. The amount of playing time per participant will be determined by the coach/sponsor. It should be understood that all participants are not assured of equal competition/participation simply by being a member of the squad/organization/ensemble.
- B. All participants may not be selected for competition for various reasons. It may be necessary to assign different individuals to specific contests for various reasons.
- C. Participants must accept that it may be necessary to “cut” for different reasons.

Specific Varsity Athletic/Activity Purposes

- A. The dominant philosophy shall be that of playing within the rules to win. The coaches/sponsors will use their best judgment to use participants which allow the team the greatest opportunity for success. Rules of behavior as well as rules that apply to the game will be followed.
- B. Coaches/sponsors will strive to develop skills and physical conditioning in the case of athletes to take the student to his/her fullest potential.
- C. Participants must accept that it might be necessary to “cut” for different reasons

OTHER ITEMS CONCERNING USD 220 ACTIVITIES

All Kansas State High School Activities Association activity participants at USD 220 will meet the eligibility rules outlined and governed by the KSHSAA. Specifically, a student must have passed five subjects of unit weight during the previous semester and must be currently enrolled in at least five subjects of unit weight. Additionally, a student must be a bona fide undergraduate of our school and in good standing.

ASHLAND JUNIOR SENIOR HIGH SCHOOL

ELIGIBILITY POLICY

ELIGIBILITY POLICY (KSHSAA sponsored activities)

1. Grades will be turned in each Monday morning. Progress reports for "D" and "F" students will be sent home weekly. Students and parents are also encouraged to monitor grades, behavior and attendance on the online student management system.
2. Students will be allowed one week of probation when they have an F.
3. Grades will be based on the cumulative semester grade.
4. If grades have not been raised to a D the following week, the student will be ineligible to participate.
5. Ineligibility means that a student cannot participate in practice or any extra-curricular activities until he/she has regained eligibility.
6. An email will be sent to the parent/guardian of each student that has been declared ineligible.
7. Coaches and sponsors will be responsible for informing the student participant of their eligibility status. This should be done as early as possible and the student should have a thorough understanding of how his/her participation will be effected.

CODE OF CONDUCT

In order to elevate standards of sportsmanship and to encourage the growth of good citizenship, not only for students, but also the adults who come into contact with the school activities, the guidelines contained in KSHSAA Rule 52 shall be used at USD 220 as a guide for appropriate behavior. Following is the text of Rule 52:

Rule 52

CITIZENSHIP/SPORTSMANSHIP

INTRODUCTION—The effective American secondary school must support both an academic program and an activities program. We believe that these programs must do more than merely coexist—they must be integrated and support each other in “different” arenas. The concept of “sportsmanship” must be taught, modeled, expected and reinforced in the classroom and in all competitive activities. Therefore, all Kansas State High School Activities Association members stand together in support of the following sportsmanship policy.

PHILOSOPHY—Activities are an important aspect of the total education process in the American schools. They provide an arena for participants to grow, to excel, to understand and to value the concepts of SPORTSMANSHIP and teamwork. They are an opportunity for coaches and school staff to teach and model SPORTSMANSHIP, to build school pride, and to increase student/community involvement; this ultimately translates into improved academic performance. Activities are also an opportunity for the community to demonstrate its support for the participants and the school, and to model the concepts of SPORTSMANSHIP for our youth as respected representatives of society. **Sportsmanship is good citizenship in action!**

ALL ACTIONS are to be FOR, NOT AGAINST; POSITIVE, NOT NEGATIVE or DISRESPECTFUL!

Section 1: General Regulations (apply to grades 7-12)

Art. 1: SPORTSMANSHIP is a general way of thinking and behaving. The following sportsmanship policy items are listed below for clarification:

- A. Be courteous to all. (participants, coaches, officials, staff and fans)
- B. Know the rules, abide by and respect the official’s decisions.
- C. Win with character and lose with dignity.
- D. Display appreciation for good performance regardless of the team.
- E. Exercise self-control and reflect positively upon yourself, team and school.
- F Permit only positive sportsmanlike behavior to reflect on your school or its activities.

Art. 2: Enforcement Procedure:

- A. It is encouraged and recommended by the Kansas State High School Activities Association that local boards of education adopt these regulations and reinforce them as indicated herein.
- B. The Executive Board of the Kansas State High School Activities Association shall be responsible for the interpretation of these regulations, including “desirable and unacceptable behavior” and shall publish them in the association’s *Citizenship /Sportsmanship Manual*.

Penalty for Unsportsmanlike Conduct

A conference with an administrator will take place. Penalty may be anything up to and including forfeiture of the privilege to participate in or attend activities sponsored by the school.

Student Conduct at School Activities

Students are expected to conduct themselves at school activities in the same manner that they do during the regular school day. The same governing rules will apply. During school activities, students should cheer for their team not against the opposing team. Students are encouraged to cheer along with the cheerleaders and to support the team in a positive way demonstrating good sportsmanship.

Students will not be allowed to dress up in costumes. Face paint will be allowed as long as the painting is appropriate and students conduct themselves in an acceptable fashion. Appropriate clothing will be worn at all times. The purpose of attending the game is to cheer on our own team. The focus of everybody's attention should be on the team while the game is on and on the cheerleaders during intermissions. Anything that takes away from the intent of the competition will not be allowed. Students are encouraged to cheer for their team, aid the cheerleaders in creating school spirit and enjoy themselves during school events, but this must be done in a way that reflects positively on the school, team, and community. --AHS Student Handbook—

Other Actions That Bring Discredit

Athletes and activity participants represent themselves, their team or activity, and the school. During school-sponsored activities, certain kinds of behavior bring discredit to themselves, a team, the activity, the school, or the community. Examples of such behavior/actions that bring discredit could include criminal involvement, vandalism, theft, fighting, misbehavior, and insubordination.

Penalty

In the event of a situation that brings about such discredit, there will be a conference with an administrator and the sponsor in regard to the proper action according to the team rules and expectations, organization charters or constitutions, school policy, and BOE policy. Penalty can include dismissal from the squad.

If a student is charged with a crime (other than a minor traffic infraction) or charged as a juvenile offender, the student will not be allowed to participate until such charges are resolved. Following resolution of charges, a meeting will be held between the student, parent, and administrator to determine further action.

MISSING PRACTICES/COMPETITIONS GUIDELINES

Absences from practice or contests/games are determined in a similar manner as excused/unexcused absences from school. These guidelines are as follows:

Types of Absences

1. Excused

Absence for any of the following reasons and with parental approval and proper notification given to the school.

Death in the family: Parents or guardians must call or write the office to report the absence of students who need to be gone because of a death in the family.

Medical and Dental Appointments: Medical and dental appointments should be scheduled on Friday or at other times to minimize the loss of school time. However, when those appointments fall within a school day, parents and guardians must notify the office prior to leaving and present an appointment card or get a slip signed by the physician or dentist to be turned into the office upon the student's return.

Illness: The parent or guardian must telephone the school by 9:00 a.m. to report the nature and expected duration of the absence. If the parent or guardian does not call, the school reserves the right to list the absence unexcused. If a telephone is not accessible, the student must bring a note from the parent or guardian. Telephone calls must be made or notes presented within 24 hours or the absence will be unexcused. Students absent more than three consecutive days due to illness may be asked to present a written statement from a doctor to be re-admitted to school.

Pre-Arranged Absences

Pre-arranged absences agreed to by the coach/sponsor and/or administrator

2. Unexcused Absences

A. All absences that do not fall into the categories of the above excused absences.

B. Out-of-School Suspension (OSS) Any out-of-school suspensions regardless of the duration of the suspension will be treated as a single offense for the unexcused absence requirement.

III. Time lost from practice due to detentions or AAC etc. must be made up at the discretion of the coach/sponsor.

Penalties for Unexcused Absences:

Penalties for unexcused absences are the domain of the coach/sponsor. They will be handled individually by the coach/sponsor according to the team rules. Penalties may range from extra conditioning to suspension from competition or even dismissal from the team with loss of honors, recognitions, and awards.

The coach/sponsor will expect excused absences from activities to be made up when necessary to enable the participant adequate preparation for future competition.

Attendance Requirements for Participation/Practice

Students must be in attendance at school all day in order to be able to participate in practice or compete that day. For excused absences listed above “**exceptions**” may be granted if the student was in school for at least half a day, with prior administrative approval, or in the event of unforeseen circumstances with administrative approval.

Being Absent the Day of an Activity

If a student is ill and he/she is part of an extra-curricular activity the night he/she is sick, he/she may NOT participate unless he/she has attended school at least half a day (4 of 7 hours). The only exception to the rule would be the all-school play where there would be no substitute available. This rule does not apply to medical/dental appointments, etc.

Unique Guidelines Which Might Be Established For Each Activity

Printed materials dealing with rules, penalties, or expectations which may be unique to each sport or activity will be reviewed by the administrator prior to each school year and be made available to all interested parties.

USD 220 OVERNIGHT TRIP POLICY

OVERNIGHT STAYS

All Kansas State High School Activity Association (KSHSAA) trips that require students to stay overnight will be subject to this regulation. Any other requests for overnight stays must be approved by the Board of Education.

Students will be under the supervision of appropriate school personnel at all times when under the jurisdiction of the school.

Guidelines

In order to qualify for an overnight trip, one of the following criteria must be met:

1. The bus must leave before 6:00 a.m. in order arrive at the site of the activity with enough time to warm-up, take care of training necessities, etc.
2. The activity is in a location that is greater than a four-hour bus ride and/or 200 miles in one direction.

**Coaches may request permission for an overnight stay if it does not meet the above criteria. The superintendent will make the final decision on any request.

Responsibilities of Students

1. Students are expected to follow all school handbook regulations.
2. It is a privilege to take part in a school-sponsored activity. Students should conform to the rules and expectations of this regulation and the head sponsor. Students not only represent themselves but also their school and community.

General Guidelines

1. Consequences for student infractions may require parents to pick up the student at the activity. The head sponsor will contact the building administrator or superintendent prior to contacting parent(s).
2. Parents and/or students will be held responsible for any vandalism or theft that their son or daughter has caused or participated in. Students will be subject to law enforcement and school policy consequences.
3. Video games, movies, phone calls, and other room charges will not be allowed. Any student that makes charges to a room will be responsible for the charges, and consequences will be enforced for violating this guideline. Administration and coach/sponsor will determine an appropriate consequence.
4. If a student infraction involves drugs or alcohol, local law enforcement will be contacted.
5. The head sponsor will contact the building administrator or superintendent prior to contacting parents(s) or law enforcement.
6. Luggage checks will occur at anytime sponsor(s) believe reasonable suspicion exists that school regulations have been violated. Luggage checks will be witnessed by the student and another adult.
7. An open door rule will be in effect anytime mixed company is in the room. The doors shall remain open at all times. Students should go back to their assigned rooms at 10:30 p.m., lights out at 11:00 p.m. Sponsors may require students to be in their rooms and have lights out at earlier times.
8. Random room checks will be performed at the discretion of the head sponsor.
9. Room phones will be disconnected at 10:30 p.m. All calls will be directed to the head sponsor's room. The head sponsor will then relay any messages to the students.
10. If a student brings a cell phone with them, they will turn the phone in to a sponsor overnight. All phone calls will be directed to the head sponsors room. The head sponsor will then relay any messages to the students.

--USD Student Handbook--

USD 220 Drug Free Schools Policy

ARTICLE VII

SECTION XVI

USD 220 DRUG FREE SCHOOLS POLICY

Drug Free Schools and Communities Act

The unlawful possession, use, or distribution of illicit drugs and alcohol by students or school employees on school premises or as a part of any school activity is prohibited. This policy is required by the 1989 amendments to the Drug Free Schools and Communities Act, P.L. 102-226. This policy, and any curriculum used in conjunction with it, shall be evaluated at least every-other year using criteria developed by the superintendent and approved by the board. The board shall receive a report after each of these reviews is conducted.

CURRICULUM

All the district students shall be made aware of the legal, social and health consequences of drug and alcohol use. Students shall be instructed on effective techniques for resisting peer pressure to use illicit drugs or alcohol. Students shall also be informed that the use of illicit drugs and the unlawful possession and use of alcohol is both wrong and harmful.

STUDENT CONDUCT

As a condition of continued enrollment in the district, students shall abide by the terms of this policy.

Students shall not unlawfully manufacture, distribute, dispose, possess or use illicit drugs, controlled substances or alcoholic beverages on school district property, or at any school activity. Any student violating the terms of this policy will be reported to the appropriate law enforcement officials, and will be subject to the following sanctions:

- (1) First offense. A first violator shall be subject to the following sanctions:
 - (a) A punishment up to and including long term suspension;
 - (b) Suspension from all student activities for a period not less than one month.
- (2) Second offense. A second time violator shall be subject to the following sanctions:
 - (a) A punishment up to and including long term suspension;
 - (b) Suspension from all student activities for a period of not less than one semester or four months.
 - (c) A student placed on long term suspension under this policy may be re-admitted on a probationary status if the student agrees to complete a drug

and alcohol rehabilitation program. Name(s) of acceptable programs may be obtained from the school district office.

- (3) Third and Subsequent Offenses. A student who violates the terms of this policy for the third time, and any subsequent violations, shall be subject to the following sanctions.
 - (a) A punishment up to and including expulsion from school for the remainder of the semester and or the school year;
 - (b) Suspension from participation in and attendance at all school activities for the year;
 - (c) A student who is expelled from school under the terms of this policy may be readmitted during the term of the expulsion only if the student has completed a drug and alcohol education and rehabilitation program at an acceptable program.

Students who are suspended or expelled under the terms of this policy will be afforded the due process rights contained in board policies and Kansas statutes, K.S.A. 72-8901, et seq. Nothing in this policy is intended to diminish the ability of the district to take other disciplinary action against the student in accordance with other policies governing student discipline. In the event a student agrees to enter into and complete a drug education or rehabilitation program, the cost of such program will be borne by the student and his or her parents. Drug and alcohol counseling and rehabilitation programs are available for students of the district. A list of available programs along with names and addresses of contact persons for the program is on file with the board clerk. Parents or students should contact the directors of the programs to determine the cost and length of the program.

A copy of this policy and available counseling and rehabilitation programs will be provided to all students, and the parents of all students. Parents of all students will be notified that compliance with this policy is mandatory.

EMPLOYEE CONDUCT As a condition of continued employment in the district, all employees shall abide by the terms of this policy. Employees shall not unlawfully manufacture, distribute, dispense, possess or use illicit drugs, controlled substances, or alcoholic beverages on district property or at any school activity. Compliance with the terms of this policy is mandatory. Employees who are found violating the terms of this policy will be reported to the appropriate law enforcement officers. Additionally an employee who violates the terms of this policy may be subject to any of the following sanctions:

- (1) Required participation in a drug and alcohol education, treatment, counseling, or rehabilitation program;
- (2) Short term suspension with pay;
- (3) Short term suspension without pay;
- (4) Long term suspension without pay;
- (5) Termination or dismissal from employment. —USD 220 Board Policy May, 2012—

USD 220 HEAT PLAN

The USD 220 Heat Plan is a three-part plan. Each part is important to insure that the athletes in the Ashland school district are protected from the problems that can arise as coaches and athletes begin workouts during the hot summer months of August and September. The three parts are Education, Acclimation, and Hydration of Athletes for heat related problems.

Heat not only affects the performance of athletes but can also affect their health.

Part I: Education

Educating athletes to the need of how to best take care of themselves during hot weather workouts is only one part of the education needed to properly care for athletes. Coaches should educate themselves to stay abreast of all the latest information available concerning heat related problems among athletes.

Coaches should also help educate parents and others about their roles in helping to prevent heat related problems in athletes.

Heat Indexes

All coaches should use the Heat Index Calculator provided by the KSHSAA. This is an accurate tool that will give coaches specific information about weather and humidity conditions. Go to www.kshsaa.org and click on the Heat Index Calculator

While the index can aide coaches in identifying unfavorable conditions, coaches should remember that the heat index was developed for industry, and does not take into consideration the football uniform. The uniform can worsen the effects of unfavorable heat conditions and should be taken into consideration when determining the duration and intensity of practice, as well as the frequency of water breaks.

Coaches should always be aware of symptoms of heat illnesses; which are as follows:

IN OTHERS

- Irritability
- Confusion
- Belligerence
- Hyperventilation
- Refusal to Drink
- Staggering

IN YOURSELF

- Headache
- Dizziness
- Unusual Fatigue
- Heat Flush
- Paradoxical Chills
- Tingling Fingers

Ten tips coaches should know:

- Helmet and Jersey off whenever possible
- Easy access to water and electrolyte replacement drinks
- Gradually increase intensity and duration of workouts
- Gradually add equipment
- Use shade during breaks
- Quick access to cold towels and or cooling tubs
- Pre and post-practice weigh ins
- No “prove yourself” drills in the heat
- Closely monitor “At Risk” or poorly conditioned players
- Coaches need to make sure that each athlete is drinking plenty of water at each break

Coaches should observe athletes frequently and carefully before, during, and after practice. Coaches should be aware of the signs of the following heat related problems.

Symptoms of Heat Illness:

IN OTHERS

- Irritability
- Confusion
- Belligerence
- Hyperventilation
- Refusal to Drink
- Staggering

IN YOURSELF

- Headache
- Dizziness
- Unusual Fatigue
- Heat Flush
- Paradoxical Chills
- Tingling Fingers

Heat Exhaustion:

WARNING SIGNS

- Headache
- Nausea
- Vomiting
- Weakness
- Dizziness
- Rapid Pulse
- Profuse Sweating

TREATMENT

- Rest in cool shaded area
- Drink fluids
- Loosen or Remove Clothing or Equipment
- Send athlete and a coach to the pool

Heat Stroke:

WARNING SIGNS

- High Temperature
- Nausea
- Drowsiness
- Confusion/Disorientation
- Irrational Behavior
- Collapse - Coma

TREATMENT

- Call 911 immediately

RECOMMENDED MODIFICATIONS TO ATHLETIC PARTICIPATION BASED ON THE HEAT INDEX

HEAT INDEX	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/OR PROLONGED EXPOSURE
90° - 104°	Heat cramps or heat exhaustion possible <i>Modify practice; take water breaks every 15 to 20 minutes.</i>
105° - 124°	Heat cramps or heat exhaustion likely, Heatstroke possible <i>Modify practice, NO HELMET OR SHOULDER PADS, t-shirt and shorts only; frequent (every 15 minutes) water and rest breaks.</i>
>125°	Heat stroke highly likely <u>Recommended NO PRACTICE</u>

These are general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It should be remembered that heat illness can occur at lower temperatures.

Part II: Acclimation

All Athletes should undergo a period of acclimation to help reduce the negative effects of heat during hot weather workouts.

Football workouts should begin with several days of workouts in shorts, T-shirts, and helmets. Helmets should be removed frequently during the first workouts of the season and on any day that heat conditions are severe.

During the early part of the season, athletes should weigh themselves before and after practice to determine the amount of weight loss during practice. **Remember... "Weight loss during practice IS water loss – weight loss over a period of time is fat loss."** Athletes should replace the amount of fluid lost in practice before the next practice. .

Benefits of Heat Acclimation:

- Better drinking habits
- More body water
- More blood
- Lower heart rate
- More blood to skin
- Sweat sooner
- Sweat more
- Sweat more widely
- Sweat less salty
- Better heart output
- Stay cooler

Part III: Hydration

Proper hydration is essential in protecting athletes and maximizing their performance during hot weather. Dehydrated players heat up faster and lose the benefits of acclimation.

Coaches should make fluids available at all times during practice and should monitor athletes to make sure they are consuming enough fluids. Some athletes may lose more than three quarts of sweat per hour during the hot and humid weather.

The more an athlete sweats, the more susceptible they are to dehydration. Sweat loss leads to dehydration, fatigue, cramps, heat intolerance, and slow recovery. Athletes need to consume more than the eight cups of water per day normally recommended for proper hydration. Some will need several quarts to replace fluids lost during workouts.

Don't rely on thirst

Thirst kicks in too late and shuts off too early. Thirst usually occurs when athletes have already begun to dehydrate.

Athletes should drink 20oz. of fluids within an hour or two before practice or games. Drink regularly during practice and games to minimize weight loss.

Salt is not an enemy – athletes should use salt on food during meals.

Dehydration:

WARNING SIGNS

Thirst
Irritability
Fatigue
Loss of Performance
Muscle Cramps
Nausea
Vomiting

TREATMENT

Stop activity
Rest in cool shaded area
Drink fluids

Guidelines for proper hydration

- 2-3 hours before practice or games, drink 17-20oz. of fluid and another 7-10oz. 10-20 minutes prior to the start of an event.
- After exercising, drink at least 20oz. per pound of weight loss within two hours of finishing, training, or competition
- Athletes should monitor their frequency of urination as well as the color of their urine. A well hydrated athlete will have a clear urine, where as urine from an athlete not well hydrated will have a yellow to orange color

USD 220 Two-Sport Policy

A student wishing to participate in two sports during the same season must meet the following requirements:

1. **PARTICIPATION IN TWO SPORTS:** A student may participate in no more than two sports per season.
2. **COACHES'S APPROVAL:** A student must receive approval from the head coach of both sports. Without the approval of both coaches, a student must choose one of the sports.
3. **NO MORE THAN ONE TEAM SPORT:** At least one sport must be an individual sport. Both sports cannot be team sports.
4. **PRIMARY SPORT:** If both teams are Ashland High School teams, the athlete will designate a primary sport. If one team is a cooperative agreement team from another school, the Ashland High School sport will be the primary sport. When the two schedules conflict, competition in the primary sport will take precedence over competition in the secondary sport. When practice schedules conflict, practice for team sport will take precedence. Competition of either sport will take precedence over practice of the other. Exceptions must be agreed upon by the two head coaches. If the coaches and player cannot come to an agreement then the student must choose one sport over the other.
5. **COMBINED NUMBER OF SCHOOL-DAY COMPETITIONS:** A student can miss all or part of a school day only eight times during a season excluding state playoffs (Regional, Sub-State, State, etc).
6. **TRANSPORTATION:**
 - a. **Ashland High's Team:** If USD 220 enters into a cooperative agreement with another district out of necessity (our need – in order to field one of our regular sports [football, volleyball, basketball, track, girls' tennis, boys' golf], then regular transportation will be provided.
 - b. **Other School's Team:** If USD 220 is in a cooperative agreement with another district at their request or at the request of parents or students, USD 220 will not provide transportation to practices or to competitions. Ashland students participating on the cooperative team will not be allowed to drive themselves to practice or competitions. A release must be signed by the parents and the parents will assume the responsibility of driving the athletes to and from practices and competitions.
7. **QUALIFYING FOR TWO SIMULTANEOUS COMPETITIONS:** In regards to State tournaments, if a student qualifies in both track and baseball, the student may compete in both events provided the student's parents make the necessary transportation arrangements and the secondary sport's schedule does not interfere with the primary sport. USD 220 will not provide transportation between State events for a sport for which USD 220 is in a cooperative agreement with another school at their request or at the request of the student or parents.
8. **ACADEMIC REQUIREMENTS:** Student must maintain GPA of 3.0 with no Ds. Any GPA below 3.0 or grade below C will exclude the student from participation in the secondary sport for the remainder of the season. --AHS Student Handbook Policy adopted by BOE 1/10/11--

ASHLAND SCHOOL DISTRICT #220

Transportation Release of Liability

Extracurricular Activities (KSHSAA)

I have been informed, and I realize that the Catastrophic Accident Medical Coverage provided by the Kansas State High School Activities Association does not cover my child when they are being transported in vehicles that are not provided by the school district.

When I make arrangements for transportation other than the school's, I acknowledge that I am responsible for their well-being from that point forward.

Parent/Guardian

Date

Subscribed and sworn (affirmed) to before me this _____ day of

_____ 20 _____.

My commission expires _____ 20 _____.

USD 220 Transportation of Students to Athletic Summer Activities Policy

Coaches employed by the district may use school owned transportation to transport students to athletic summer team camps and team scrimmages with other schools.

Suggested Fee:

USD 220 will be reimbursed by the group at the state rate of mileage currently in use at the time of the trip.

Protocol

1. Use of school vehicles is based on availability
2. All requests must be submitted no later than one-week prior to the activity
3. Requests must be approved by the Athletic Director and Superintendent
4. All fees must be paid prior to departure

KSHSAA Transportation Guidelines (revised 2015)

School districts may permit school owned transportation to be used to transport students to athletic summer camps, clinics, workouts, or scrimmages with other schools. KSHSAA catastrophic insurance does not cover these summer activities. Individual school districts will decide whether to permit school owned transportation to be used for activities.

ACTIVITY TRIP SHEET

Coach _____ Date _____
 Activity _____ Location _____
 Class Dismissal Time _____ Departure Time _____
 Approx. Depart. Time from Competition Site _____
 Approximate Return Time to Ashland _____
 List any stops to be made _____

_____ I hereby verify that the bus driver gave emergency evacuation instructions before the bus left.

Bus Rider List:

NAME	UP	BACK	I, the undersigned parent/guardian give permission and accept responsibility for noted person to ride home with me.

- ***Highlight the Names of the Students, Coaches & Managers who will be riding the bus***
- ***Copy in triplicate: School Secretary, Coach, Bus Driver***
- ***Please turn in this Activity Trip Sheet at least one day before the trip***
- ***The coach assigned to these participants will be responsible for releasing students to their Parents. The Parent MUST sign this sheet to release their students. We will only release students to their parents, not to another student's parent.***

USD 220 Sport/Activity Purchasing and Fund Raising Policy

ARTICLE VI

SECTION II

SPECIFIC PURCHASING PROCEDURES

The business procedures governing the procurement, storage, issuance and delivery of all materials, supplies, and equipment required in the operation of the district schools is an administrative responsibility of the district superintendent's office. Purchases negotiated with suppliers by school personnel other than those authorized by the superintendent of schools or using purchase orders not assigned purchase order number will not be honored for payment.

Sport/Activity Purchasing and Fund Raising Procedures.

All sport/ activity clubs must have their own Activity Fund which is maintained by the superintendent's office. The purpose of this account is to provide each club with the means to keep its funds separate and to follow established accounting procedures for purchasing items and collecting funds. It is the responsibility of the district to purchase equipment and uniforms to adequately accommodate each sport/activity. However, these groups often desire additional items such as team shirts, team shoes, or other equipment. These additional items may be acquired in two ways.

- A. First, team members may be asked to pre-pay for any additional items. Students/coaches must bring all payments to the high school office so these funds can be deposited into the Activity Fund. The order will not be placed until all members have pre-paid for the item. A properly completed purchase order must be filled out BEFORE an order can be placed. The coach will then provide the high school office with a list of what each student has ordered including size, color, etc. Students will then pick-up the items from the office.*
- B. Second, the group may choose to purchase these items with funds from the Activity Fund. Coaches/Sponsors must make sure that the Fund has an adequate balance before placing an order. A properly completed purchase order must be filled out BEFORE an order can be placed. The coach will then provide the high school office with a list of what each student has ordered including size, color, etc. Students will then pick-up the items from the office.*
- C. Collection of Funds: All funds that are collected by outside fundraising means such as concession stands, car washes, odd jobs, raffles, donations, etc. must be deposited into the Activity Fund. Coaches/Sponsors are not allowed to establish any other fund outside the school's purview. Coaches/sponsors should take measures to timely deposit all funds with the superintendent's office as soon as possible after the event.*
- D. Funds requested from the Sheriff's office for student activity purposes must be requested by the athletic director. Coaches wishing to request the aforementioned funds will submit a detailed request to the athletic director. If the request is approved, the athletic director will contact the sheriff's office.*

Lettering Requirements

A coach or sponsor may letter an individual who otherwise may not have lettered at the discretion of the coach or sponsor.

In order to letter in one of the following sports or activities, the participant must finish the season in good standing.

HIGH SCHOOL

- All-School Play** -Attend all practices, rehearsals, and performances AND fulfill all assigned duties.
- Band:** -Play in pep band at all functions AND play in all contests and concerts.
- Basketball: Girls:** -Play an average of one quarter per varsity games played (example 26 games equals 26 quarters AND attend 90% of all practices. At the discretion of the coach, any athlete who would have otherwise lettered except for injury or illness which prevents them from meeting the above requirements will receive a letter. Any Senior who completes all four years will receive a letter.
- Basketball: Boys:** -Play in one varsity game. Any Senior who completes all four years will receive a letter.
- Cheerleading:** -Attend and cheer at all contests
- Football:** -Play in one half the varsity quarters played (example 9 games requires 18 quarters) AND attend 90% of practices. At the discretion of the coach, any athlete who would have otherwise lettered except for injury or illness which prevents them from meeting the above requirements will receive a letter. Any Senior who completes all four years will receive a letter.
- Forensics:** -Attend at least five meets including the League meet AND work in the Ashland meet. Break into finals at an invitational with at least 12 competitors in the event OR qualify for either State meet.
- Golf:** -Place in a varsity meet OR make the Regionals team.
- Powerlifting:** -Attend all meets including the state meet and/or medal in a meet.
- Scholar's Bowl:** -Attend 90% of the practices OR place in a varsity meet.

- Tennis:** -Attend all practices AND attend all meets and tournaments AND win a majority of sets at meets AND win a majority of sets at Regionals.
- Track:** -Score a point in a meet with five or more schools participating OR place in the top three if less than five schools participate.
- Vocal Music:** -participate in all scheduled events, contests, and concerts.
- Volleyball:** -Play in one-half the varsity games AND make the Sub-State team AND attend 90% of the practices.

JUNIOR HIGH

- Band:** -Play in pep band at all functions AND play in all contests and concerts.
- Basketball:** -Play in an average of 1/4 of the varsity quarters (Example: 10 games = 40 quarters. Attend 90% of the practices OR make the League tournament team.
- Cheerleading:** -Attend and cheer at all contests.
- Football:** -Play in half the varsity quarters (Example: 8 games = 16 quarters)
- Scholar's Bowl** -Place in a varsity meet.
- Track:** -Score a point in a meet with five or more schools participating OR place in the top three in a meet with less than five schools participating.
- Vocal Music:** -Participate in all scheduled events, concerts, and contests.
- Volleyball:** -Play in half the varsity games and attend 90% of the practices.

Cheerleading Tryouts.

The high school cheerleading squad will be limited to eight members. The members will be selected by a panel of outside judges who will score each contestant on a variety of areas. The top eight contestants will be selected and will serve as the high school squad.

The junior high squad will be open to all interested students. However, it may be necessary to form a Varsity squad and a Junior Varsity squad if there are more than six students trying out. Tryouts will be held, and the top six will form the Varsity squad. All others will be considered Junior Varsity cheerleaders. The Varsity squad will travel and cheer at both home and away events. The Junior Varsity will not travel but will cheer at all home events.

Ashland High School Hall of Fame

The Ashland High School Hall of Fame is dedicated to commemorating the outstanding accomplishments of its students, athletes, faculty, and alumni.

- The Hall of Fame was founded in 2001 and is located in the main hallway near the office in Ashland High School.
- Inductees are honored by having their photograph and information about their significant achievements added to the Hall.
- The criteria for induction into the Hall of Fame is that the teams or individuals have brought pride and honor to Ashland High School through their outstanding achievements.
- To nominate an individual or a team for induction consideration, contact the Ashland High School Activities Director or Principal for information or download, complete and submit the [Hall of Fame Nomination Form](#).

Ashland High School Hall of Fame

Constitution / Bylaws

Article I

PURPOSE / HISTORY

The Ashland High School Hall of Fame is dedicated to commemorating the outstanding accomplishments of its students, athletes, teams, faculty, alumni and friends. The Ashland High School Hall of Fame was founded in 2001 and is located in the main hallway near the office in Ashland High School. The Power Jay Activities Club sponsors the Hall of Fame. Inductees are honored by having their photograph and information about their significant achievements added to the Hall.

Article II

CATEGORIES OF MEMBERSHIP

1. Student / Athlete
2. Team
3. Faculty / Coach
4. Alumni
5. Friend

Article III

ELIGIBILITY

1. An Ashland High School student is eligible for nomination one year after his or her last day of attendance at Ashland High School.
2. An Ashland High School team is eligible for nomination one year after the last member of that team has graduated or otherwise left Ashland High School (coaches excluded – a coach may be inducted as a member of a team while he or she is still an employee of the school).
3. An Ashland High School faculty member is eligible for nomination one year after his or her last day of employment at Ashland High School.
4. Ashland High School alumni are eligible for nomination at any time for recognition to themselves and/or to Ashland High School that they have attained after leaving Ashland High School.

5. Friends of Ashland High School may be nominated based on special support of Ashland High School, either during an exceptional situation or over the course of many years.

The Selection Committee may make exceptions to the above-mentioned criteria by a majority vote of the Selection Committee.

Article IV

NOMINATION / SELECTION PROCEDURES

Nomination forms are available from the high school office at Ashland High School.

Nominations may be submitted at any time, in care of the Ashland High School principal, the Power Jay Activities Club president or the Ashland High School Alumni president. Nominations will not be made public. The Selection Committee will meet as necessary to consider the nominees. Exact deadlines and meeting dates will be determined by the committee each year. Effort will be made to limit the number of inductees in order to maintain the legitimacy of the Hall of Fame. Examples of criteria for nomination include state championships, All-American status, national or international acclaim, etc.

A minimum of two-thirds affirmative votes from the Selection Committee is required for induction.

In the event of a large number of nominees and widespread balloting in which no one receives the minimum two-thirds affirmative votes, the Selection Committee is authorized, at its discretion, to conduct preliminary balloting to reduce the number of nominees it deems workable or manageable for further discussion. In the preliminary balloting, the pool of nominees may be narrowed, but not elected into the Hall of Fame. From that point on, subsequent balloting should be aimed at meeting the two-thirds vote criteria.

In no case is the selection committee obligated to induct any nominees.

All voting will be done by secret ballot, with the Power Jay Activities Club president tabulating the votes.

Article V

SELECTION COMMITTEE

The Selection Committee will include a maximum of 9 or a minimum of 5 voting members. A quorum for conducting business will consist of 5 or more members of the Selection Committee.

The Power Jay Activities Club president shall chair the Selection Committee. If the president is unavailable, the Power Jay Activities Club vice president shall act as chair.

The Selection Committee will include the officers of the Power Jay Activities Club, the Ashland High School principal, the USD 220 Superintendent, the Ashland High School Activities Director, and the president of the Ashland High School Alumni organization.

Article VI

INDUCTION CEREMONY

Induction ceremonies will be held at public events as deemed appropriate by the inductee and the selection committee.

A plaque will be placed in the Ashland High School Hall of Fame to honor each inductee. The plaque will have a photograph of the inductee as well as information about his / her / their significant achievements. A certificate of induction will be presented to each inductee.

Article VII

AMENDMENTS TO THE CONSTITUTION / BYLAWS

This constitution may be amended or revised when such proposed action is approved by two-thirds vote of the Selection Committee. Proposed amendment(s) or revision(s) shall be submitted in writing to the Power Jay Activities Club president.

Ashland High School Hall of Fame

Nomination Form

Information about nominee

First Name _____

Last Name _____

Maiden Name _____

Category: (circle one) Student / Athlete Faculty / Coach Team
Alumni Friend

Years at Ashland High School _____

Mailing Address _____

Home Phone _____

City, State _____

Business Phone _____

Zip Code _____

email address _____

Information about person making the nomination

First Name _____

Last Name _____

Mailing Address _____

Home Phone _____

City, State _____

Business Phone _____

Zip Code _____

email address _____

AHS Activity Participation

(give complete details concerning specific performances, years, records, etc.)

AHS Honors

(details of honors, awards, recognition received as a result of accomplishments while at AHS)

Post-AHS Achievements

(detailed explanation of nominee's achievements since leaving AHS)

Other Information

(not previously listed)

Thank you on behalf of the nominee and on behalf of the Ashland High School Hall of Fame for providing this important information!

Please return this form with any supporting documentation to:

AHS Principal, Box 187,

Ashland, KS 67831