



Activities and Athletic Handbook

South Summit High School Student/Parent Activity Handbook

I. Introduction

A. INTRODUCTION

Welcome to South Summit High School! You are joining a school that prides itself in success on the field, in the gym and most importantly in the classroom. Students of SSHS enjoy teams and organizations of the highest caliber. Those who participate in our athletic programs recognize the importance of being a “Student Athlete” (notice “student” comes before the “athlete”). We welcome all students to participate and contribute to a culture of excellence through discipline, respect and integrity. SSHS athletes pride themselves on overcoming challenges through hard work, preparation, focus and endurance. These are important life skills that benefit our students throughout their lives. South Summit High School is a member of the Utah High School Activities Association (UHSAA) at the 3A level for all sports except football, which plays in the 2A North division. SSHS pertains to Region 13.

The purpose of the Student Activity Handbook is to explain the policies and procedures of South Summit’s interscholastic athletic and activities program. Please use this as a guide to answer any questions you might have concerning your interscholastic experience while attending South Summit High School.

Students and their parents/guardians should become acquainted with the specific rules, regulations, policies, and standards for conduct and academic achievement. Failure to adhere to regulations may result in the loss of participation on a temporary or permanent basis. It is, therefore, important for you to be aware of these requirements.

Good luck in all of your academic and athletic endeavors.

Shad Stevens
Athletic/Activities Director

Wade Woolstenhulme
Principal

B. MISSION STATEMENT

South Summit athletes and activity participants represent our school by promoting integrity, sportsmanship, ethical behavior, and citizenship. Participation in interscholastic athletics and activities provides student athletes with an opportunity to mature and to develop life skills, while experiencing the challenges offered in a healthy, competitive atmosphere.

II. ELIGIBILITY & PARTICIPATION

A. AGE

No student shall be eligible to participate in an activity that has reached nineteen (19) years of age prior to the first day of September of the school year in which such participation is intended.

B. SPORTS SEASON RULE

1. No student shall participate in more than four seasons in any one activity after entering the ninth grade.
2. A student shall have no more than one season of eligibility per sport per year.

C. ACADEMIC ELIGIBILITY FOR PARTICIPATION IN ATHLETICS

The goal of South Summit High School is to foster an environment of excellence in academics, activities, and athletics. Because academic performance is the keystone of the school community, it is the standard against which eligibility for participation in activities and athletics is measured.

To be eligible to participate in the athletic and activity programs at South Summit High School, participating students must meet the following academic standards:

1. Participating students must attend a minimum of four (4) credit-bearing classes for each semester.
2. Participating students cannot fail more than one subject during the proceeding grading period.
3. Participating students must maintain a GPA of 2.0 or higher for the proceeding grading period, based on a 4.0 scale.
4. Participating students may not be failing more than one subject during the season in which they are participating. Grades will be reviewed weekly from the start of the semester. Each review period will begin on a Monday even when school is closed.
5. Participating students may not have a GPA below 2.0 during the season in which they are participating. Grades will be reviewed weekly from the start of the semester. Each review period will begin on a Monday even when school is closed.

If Participating students fail to meet the in-season academic requirements defined above, they will be given one week to meet the eligibility requirements. During this recovery week, student athletes can still participate in the activity or on the team as full members. If after the recovery week students do not meet the eligibility requirements, they cannot participate in the activity in any way whatsoever, on a week-to-week basis, until all academic requirements are met. At that time, they may return to full membership in the activity or on the team.

D. BEHAVIORAL EXPECTATIONS

Students who participate in extra-curricular activities at South Summit are expected to be role models at all times for their peers and to represent the school with the highest degree of leadership, sportsmanship, and citizenship. These expectations exist both in and out of season.

1. Students who are serving an out-of-school suspension are also suspended from all practices and games occurring during the suspension period. This will include holidays and weekends.
2. Students who are serving an in-school suspension (ISS) are also suspended from all practices and games occurring during the suspension period. This will include holidays and weekends.
3. Students with outstanding parking tickets or fines may also be suspended from participation in athletics or activities until their obligations are met.
4. Students are expected to engage in positive and constructive behavior. Team initiations, rituals, or any group and/or individual behavior that can be construed as hazing is strictly prohibited. Students found to have violated this standard may be suspended or dismissed from the team or activity.
5. Students who receive three disciplinary referrals during a quarter will be placed on Disciplinary probation for the remainder of the quarter. During the probationary period if the student receives another disciplinary referral they will receive a one-week suspension from all extra-curricular participation. Any subsequent disciplinary referrals during the probationary period will result in suspension from all extracurricular activities for a period of three weeks for each referral.
6. The use of drugs, tobacco, alcohol or vaping will not be tolerated. Students who violate this policy by using, possessing, supplying, or being in constructive possession* of these substances will be suspended from participation as described below:
 - a. **First Offense:** Suspension for three consecutive games, meets, matches, competitions, or performances at the same level of participation (and any intervening levels) and all practices occurring during this period. Tournaments will be considered one game regardless of their duration
 - b. **Second Offense:** Six-week suspension from all games, meets, matches, competitions, or performances and practices. Student participation in an assessment by a licensed substance abuse intervention or treatment program with prescribed follow-up is required. Student may return to eligible status after the six-week period and the assessment has been completed and positive participation the prescribed follow-up is occurring.
 - c. **Third Offense:** An eighteen-week suspension from all games, meets, matches, competitions, performances, and practices. Reinstatement of eligibility at the end of the eighteen-week suspension is predicated upon the successful completion of a formal assessment, intervention, and treatment program.
 - i. **Violations carry over year-to-year and sport/activity to sport/activity. There is no fresh start each year.**
 - ii. **Any violation beyond the third offense carries the same penalty as the third offense.**
 - iii. **In accordance with the UHSAA, penalties for violations follow the student to any school to which he/she transfers.**
7. Student participants are not to be in the presence of alcohol or drugs at parties or other gatherings. Consequences for attendance at a party/gathering where drugs, alcohol, or tobacco are present are as follows:
 - a. On the first offense, there will be a suspension of at least 1 game, meet, match, competition, or performance at the same level of participation (and any intervening levels).
 - b. Additional offenses could result in removal from extracurricular participation.

- c. Consequences may be modified depending upon the degree of participation by the individual student.
8. Students will not use profanity, vulgar language, or obscene gesture while representing South Summit High School at any games, meets, matches, competitions, performances, or practices. Students in violation of this standard will be referred to their head coach or advisor.

It is the policy of South Summit High School that each team, club, or group may also enforce their own policies and standards that extend beyond what is described in this handbook.

E. ATTENDANCE

Academic success requires that a student be present, on time, and participating in class. Attendance will be taken for each class, and students are expected to be in school and in each of their classes on time, except in the case of illness or emergency. South Summit students involved in athletics or activities are expected to adhere to the following:

1. Students are expected the full day of an activity unless prior arrangements have been made with the administration.
2. Absences will be checked each Monday, and a student with excessive absences (5 or more per quarter) will forfeit extracurricular participation in all games/meets/performances/competitions **until the following Monday**. To regain eligibility, absences over the allowed amount must be made in up during the suspension period. Practice during this period is allowed.
3. Tardies will be checked each Monday, and a student with excessive tardies (5 or more per quarter) will forfeit extracurricular participation in all games/meets/performances/competitions **until the following Monday**. To regain eligibility, tardies over the allowed amount must be made in up during the suspension period. Practice during this period is allowed.
4. Students who receive a sluff will be required to miss the next game/meet/activity.

III. Procedures and Information

F. LETTERING REQUIREMENTS

Lettering requirements will be established and communicated by each varsity coach. Lower level teams receive certificates of participation.

G. Student-Athlete Process for Communicating and Resolving Concerns

Athletic involvement, while fun and rewarding, can be very time consuming and emotional. Due to the level of effort and emotion invested, conflicts between players and coaches will inevitably arise. All conflicts should be addressed professionally and as soon as possible. To accomplish this, please follow these guidelines:

FIRST STEP: Student-Athlete and Coach Contact

The student-athlete should meet individually with the coach to share concerns and/or discuss any issues or conflicts. If at all possible, it is the student-athlete's responsibility to make an attempt to meet with the coach before involving others.

Times to avoid initiating contact with a coach:

- Immediately prior to and/or right after a contest
- During an active practice session
- During a time when other students are present and/or when the discussion is readily visible by others
- When it is apparent that there is not sufficient time to allow for complete discussion

SECOND STEP: Parent/Guardian and Coach Contact

If a conflict between a student-athlete and a coach remains unresolved or becomes a chronic issue, the parent/guardian and student-athlete should schedule a meeting with the coach. The student-athlete should be involved and present at this meeting.

THIRD STEP: Parent/Guardian and Athletic Director Contact

If a satisfactory resolution is not reached through direct contact with the coach, the student-athlete and parent/guardian should inform the coach that they intend to contact the Athletic Director. A meeting with the Athletic Director should be scheduled through the Athletic Office.

FOURTH STEP: Parent/Guardian and Principal Contact

If existing concerns remain following a meeting with the Athletic Director, the student-athlete and parent/guardian should acknowledge such and initiate contact with the High School Principal.

Please Note: If you believe that, due to the seriousness and/or nature of your concerns and/or complaint, you are unable or unwilling to follow these procedures, you may express your concerns directly to the Athletic Director and/or building principal.

Try-outs

It should be understood that representing South Summit High School through athletics is a privilege. Students are encouraged to become involved in athletics each season. Participating in tryouts is necessary in order to be considered for an athletic team. In some programs, there is a risk of not being selected for a team. Team sizes may be limited due to the nature of the sport, the number of candidates, or to ensure player safety and practice time. The approximate squad size will be announced after the first tryout.

The coaching staff of each team has the sole responsibility for selecting members of the team, determining the level of play and the amount of playing time. Prior to tryouts, all candidates will be informed as to the expectations that the coach has for them during tryouts.

Whenever possible, no cuts will be made until after two days of tryouts. Any student not selected is encouraged to explore other opportunities on teams that have not finalized their rosters. If a student is not selected for a team, he/she may personally contact the coach for an explanation.

Playing Time

Students volunteering to participate in interscholastic athletic programs at the High School level must understand that playing time is not guaranteed. All playing time decisions are made by the coaching staff and it is to be expected that time will vary from individual to individual. The South Summit Athletic Department will take no part in playing time decisions. All athletes are encouraged to speak to their coaches about what areas they can improve in order to earn playing time.

Out of Season Sports Involvement

Participation in out of season clinics, camps, leagues, or other related sport activities is strictly up to the discretion of the student athlete and his/her parents/guardians. While such participation will undoubtedly improve one's knowledge and skill, it is the individual's decision whether or not he/she wishes to become involved in such activities. Participation in such activities will have no bearing on the student athlete's participation on a South Summit High School athletic team. The Athletic Department encourages all students to take full advantage of the activities we offer and become involved in more than one sport.

According to UHSAA rules, a coach or any other representative of the school may not require an athlete to participate in a sport nor training program outside of the UHSAA defined sport season. Voluntary conditioning sessions, open to all students in the school, may be conducted between seasons, provided no candidate is either required to participate or penalized for not doing so.

Register My Athlete

Athlete registrations should be completed by parents or guardians.

Prior to individual sport team selection starting dates, you must register your student-athlete on the Register My Athlete website. All students interested in participating on any UHSAA team or activity during the upcoming school year must do the following **prior** to trying out. This information must also be completed if you are transferring to South Summit High School from another school. (Freshman transitioning from the middle school are **NOT** considered to be coming from another school)

Go to <https://home.registermyathlete.com/login/>

Follow the basic steps below to register your athlete for the first time...

1. Create an account: Do this by clicking the "Create An Account" button. After filling in the required information the system will automatically log you in and you will be required to accept the terms of use.
2. Add a new athlete: The next step is to add an athlete. You can do so by click the "My Athletes" tab on the left-hand side of the page or by clicking "Add Athlete" underneath the "My Athletes" tab. This only needs to be done once during your athlete's entire career. The information entered here will carry over from year to year. This information includes your athlete's contact information and medical information
3. The athlete's profile: After you've created your athlete you will be brought to their Profile page. This page is a summary of their info and involvement.
4. Register for a sport: Click "+ Register For A Sport" to begin registration, you will be asked to choose which sport your athlete is registering for.
5. Your registration checklist: This page shows the status of your athlete's registration. You will be asked to complete several steps to complete registration including agreeing to documents, completing the physical, and answering the UHSAA tryout checklist.
6. Physicals: You must print off the physical forms and return them to the high school where we will upload them to your registration. Parents may also upload physicals to their registrations. You cannot tryout for a team without a completed, valid physical!
7. Complete registration: Your registration is complete once all items on the checklist have been completed.
8. Payment may be made online or at the high school.
9. After registration: After registration is complete, you can login at any time to view the status of your athlete and their participation on the team.
10. Additional Athletes If you have additional athletes to register, you can repeat steps 2-8 for them under your same account.

Once your athlete has been added to your account, you only need to follow steps 4-8 to register for sports.

**SOUTH SUMMIT HIGH SCHOOL
STUDENT & PARENT ACTIVITIES HANDBOOK SIGN OFF FORM**

As a participating student I have read the rules and regulations of the South Summit Activates Department and agree to abide by them as a member of any athletic team or club. I understand that violation of said rules and policy will result in possible disciplinary action.

As a parent/guardian of the student-athlete I have read the rules and regulations of the South Summit Activities Department and understand that violation of said rules and policy will result in possible disciplinary action.

The undersigned agree and/or acknowledge as follows:

1. There is no fundamental right to participate in interscholastic activities and participation in a South Summit High School activity program is a privilege.
2. We have received a copy of the "STUDENT & PARENT ATHLETIC HANDBOOK" and have read and understand all of its terms and conditions.
3. We understand that *this signed form must be on file* in order for any student-athlete to have the privilege of participating in any South Summit High School activity program.
4. We shall comply with and be bound by all terms and conditions of this handbook.

Student

Grade

Date

Parent/Guardian

Date