



Player and Parent
**Activities
Manual**

TFSD MISSION STATEMENT

It is the mission of the Twin Falls School District to coordinate, supervise, and direct interscholastic activities that enhance and protect the total educational process of all student participants. All activities programs shall be formulated to promote citizenship and the academic mission of the school.

To the Student Athlete & Parent/Guardian

This manual is designed to inform participants and parents of the Twin Falls School District activities policies.

The following forms must be on file with the Activity Director before student athletes are allowed to participate.

High School Policy for Physicals -

Students participating in activities governed by the Idaho High School Activities Association will be required to follow the rules of that organization, as well as other applicable District Policies, rules and regulations. Student athletes will need a physical on file prior to their first day of practice for 9th and 11th grade, dated no earlier than May 1st of that year, and an interim questionnaire

(<http://idhsaa.org/manage/articlefiles/99-Interim%20Questionnaire.pdf>) prior to participation each year grades 9-12. Depending on the answers provided on the interim questionnaire, the student may be required to take a physical during 10th and 12th grade. If the student athlete did not participate during previous high school years (9-12), they will need a physical on file prior to the first practice regardless of grade level.

Transfer Students/Activity Cards

Transfer students –

Any athlete who has transferred into the school following the beginning of their 9th grade year must report to the Activities Director **before** they participate at any level. Transfer papers must be completed and filed before that student will become eligible to participate.

Activity cards –

Athletes are required to purchase activity cards **before** the first athletic contest. Students of the Twin Falls School District, who wish to participate in interscholastic activities, must adhere to the Idaho High School Activities Association (I.H.S.A.A.) rules and regulations; this district's activities association; local city ordinances and the laws of the State of Idaho; and this district's policies.

Interscholastic activities and competitions are recognized as a valid part of the total school program. Expenditure of school district funds in accordance with the district's expenditure and budgetary regulations is authorized for the support of these activities. The district will maintain membership in the I.H.S.A.A. for the appropriate grade levels.

All student participants in a sponsored I.H.S.A.A. activity must purchase a school activity card.

POSITIVE SPORTS PARENTING

A parent's "Coaching Job" is the toughest one of all and takes a lot of effort.

Sometimes in your desire to help your child, best intentions can end up being counterproductive.

Applying the Rules of Parents will go a long way towards fostering an environment your child can use to enjoy and excel in their sport.

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 home...at breakfast...and so on.
4. Teach them to **enjoy the thrills of competition**, trying, working, improving their skills and attitudes...taking the physical bumps and 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 as won; you were frightened; you backed off at times; and you were not always heroic.

Don't pressure them because of your pride.

POSITIVE SPORTS PARENTING CONTINUED

6. **Don't compete with the coach.** The young athlete often comes home and chatters on about 'coach says this, coach says that.' This is often hard to take, especially for a father or mother who has had some sports experience.

7. **Don't compare** the skill, courage or attitudes of your child with that of other members of the squad or team, at least not in front of them.

8. You should get to know the coach, so that you can be assured that his or her philosophy, attitudes, ethics and knowledge are a **good influence** on your child.

9. Always remember that children tend to exaggerate both when praised and when criticized. **Temper your reactions** to their tales of woe or heroics they bring home.

10. Make a point of **understanding courage**, and the fact that it is relative. Explain to your youngster that courage does not mean an absence of fear but means doing something in spite of fear or discomfort.

11. Never approach a coach **on game day** to talk about your child, before, during or after a contest.

SPORTSMANSHIP

All schools and athletic programs will comply with Twin Falls School District policies and with the Idaho High School Activities Association (I.H.S.A.A.) sportsmanship guidelines manual. Sportsmanship, as defined by the I.H.S.A.A., is those qualities of behavior which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on others' behavior as well.

Coaches, administration, athletes, and spectators should always exhibit sportsmanship.

ATHLETES GOALS FOR SPORTSMANSHIP

- ☐ Develop a sense of dignity under all circumstances
- ☐ Respect the rules of the game and the officials who administer the rules, and their decisions
- ☐ Respect opponents as fellow students; and acknowledge them for striving to do their best while you seek your best at the same time
- ☐ Refrain from engaging in all types of disrespectful behavior, specifically taunting, trash talk and other forms of intimidation
- ☐ Look at athletic participation as a potentially beneficial learning experience, whether you win or lose
- ☐ Educate other students and fans to understand the rules of the game, and the value of good sportsmanship

PARENTS GOALS FOR SPORTSMANSHIP

- ☐ Realize that athletics are a part of the educational experience, and the benefits of involvement go beyond the final score of a game
- ☐ Encourage all students to perform their best, just as we would urge them on with their classwork, knowing that others will always turn in better or lesser performances
- ☐ Participate in positive cheers that encourage our youngsters, and discourage any cheers that would redirect that focus including those taunt and intimidate opponents, their fans and officials
- ☐ Learn, understand and respect the rules of the game, the officials who administer them and their decisions
- ☐ Respect the task of coaches as teachers, support them as they strive to educate our youth through organized activities
- ☐ Respect our opponents as student athletes, and acknowledge them for striving to do their best

SPORTSMANSHIP

Gain an understanding and appreciation for the rules

The spirit of good sportsmanship depends on conformance to a rule's intent as well as to the letter of the rule.

Exercise representative behavior

The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. Your behavior influences others.

Recognize and appreciate skilled performances, regardless of affiliation

This not only represents good sportsmanship but reflects a true awareness of the game by recognizing and acknowledging quality.

Display respect for officials

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. The rule of good sportsmanship is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

Display respect for your opponent

Opponents are guests and should be treated cordially, provided with the best accommodations and accorded respect at all times. Be a positive representative of your school, team or family.

Display pride in your actions

Never allow your ego to interfere with good judgment or your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how you are perceived by others.

***SPORTSMANSHIP
RESPECT - INTEGRITY - ETHICS***

PARENTS INVOLVEMENT WITH ACTIVITIES

- ❑ Parents/legal guardians are encouraged to attend and support all school activities.
- ❑ Parents/legal guardians and all community supporters are expected to be positive role models by demonstrating good sportsmanship and personal leadership.
- ❑ When an audience is needed for a coach/supervisor, director or school administrator to address any concern regarding a student participant, each student will be represented on an individual basis. One complaint for an entire group or activity will not be addressed as a mass. Any concerns immediately following a contest shall be addressed the next day.

PARTICIPATION STANDARDS

Activities will be open to all students (subject to tryouts, when applicable) and administered according to the following standards:

- ❑ The building principals or their designees of each school shall certify the eligibility of all participants in accordance to the participation requirements stated herein. This includes home schooled and dual enrolled students.
- ❑ Activities Minimum GPA Requirements
 - Students who wish to participate in high school activities will be subject to eligibility requirements. Students must be enrolled full-time and must have passed 6 of 8 classes and maintain a 2.0 overall GPA in the semester prior to the beginning of the season. This policy applies to all students in the Twin Falls School District in grades 9-12. All activities governed by the Idaho High School Activities Association are covered by this policy. Students falling below the minimum standard will become academically ineligible. Any student on academic probation who fails to meet the requirements of that probation will also become academically ineligible.

PARTICIPATION STANDARDS CONTINUED

❑ Grades will be pulled as follows:

- Eligibility for participation in fall activities will be based on the student's semester GPA from the end of the previous semester (spring). Grades will be checked by the coaches with the 1st progress report at 4 weeks. All students with an I, D or an F will be placed on Academic Probation.
- Eligibility for participation in winter activities will be based on the student's semester GPA from the end of the previous semester (spring). Grades will also be checked by the coaches when tryouts begin. All students with an I, D or an F will be placed on Academic Probation.
- Eligibility for participation in spring activities will be based on the student's semester GPA from the end of the 1st semester (fall). Grades will be also checked by the coaches when tryouts begin. All students with an I, D or an F will be placed on Academic Probation

DEFINITIONS

Academically Ineligible –

Any student whose previous semester GPA is below 2.0 or did not pass 6 of 8 courses will be deemed academically ineligible. Any student on academic probation who has an I (incomplete), D or an F for two or more consecutive grading periods in the same class will be declared academically ineligible. Academically ineligible students will not be allowed to participate in competitive contests within their chosen activities. Students will have the opportunity to attend tutoring (see definition below) in an effort to bring their grades back up to a level above the 2.0 minimum; If a student earns C's or above in all classes on their progress report, he/she will be declared eligible.

DEFINITIONS CONTINUED

Academic Probation –

If a student has a D or an F in any class, he/she shall be placed on Academic Probation. During the probation period the student will still be able to practice and participate in the chosen activity. While on probation, the student will be required to attend tutoring until there is verification from the teacher that the grade is above a D. If the student fails to attend tutoring or still has a D or an F for two consecutive grading periods, he/she shall become academically ineligible.

Tutoring –

All students will be required to attend academic tutoring at least two times a week until there is verification from the teacher that the student no longer has a D or/an F. The tutoring may be provided the following ways:

- Tutoring provided by the classroom teacher in that particular class.
- Study tables led by coaches.
- Student peer tutors with approved supervision.
- Student may attend school-wide extra help sessions.
- Any other tutoring approved by principal or designee.

SCHOOL ATTENDANCE REQUIREMENTS

- ☐ A student must be in school at least one-half ($\frac{1}{2}$) day in order to participate in an activity that day. An exception would be made if the student has an approved medical appointment; in which case, the student must present to the attendance supervisor a signed statement from the doctor. This pertains to practice sessions and contests.

- ☐ For athletic activities, a student who has been injured and has had medical treatment cannot participate again without a doctor's release.

DRUGS - ALCOHOLIC BEVERAGES - TOBACCO PRODUCTS

Use or possession of alcoholic beverages, tobacco (smoking or chewing type), and/or illicit drugs by activities program participants is prohibited. Notwithstanding any other district policy violation, any civil or criminal law infraction or conduct by a student participant that is determined by the team head coach and building athletic/activities director to be detrimental to the activity program, school or school district will result in counseling by the team head coach and the building athletic/activities director with possible suspension or expulsion from activities.

We use a basic MINIMUM guideline of: (for a 4 year career)

1st offense: Player/Parent choice

20% season suspension with 10 counselor sessions
from the student assistance specialist

40 day suspension from the team

2nd offense: = 40 day suspension

3rd offense: = no participation in extracurricular activities.

OTHER PARTICIPATION REQUIREMENTS

- ❑ Notwithstanding any other district policy violation, any civil or criminal law infraction or conduct by a student participant that is determined by the team head coach and building activities director to be detrimental to the activity program, school or school district will result in counseling by the team head coach and the building activities director with possible suspension or expulsion from activities.

- ❑ The following travel policy applies to extracurricular activities:
 - School District approved transportation must be used.
 - Any out-of-state transportation must have prior approval by the school board in accordance to district policy.
 - Participants must travel together to and from contests away from their school in transportation provided by the school. The exceptions are:
 - Injury to a participant which would require alternate transportation
 - Arrangements between the participant's parent/guardian and the coach for the student participant to return with his/her parent/guardian.
 - Participants are NOT allowed to ride with friends or family members other than a parent or guardian.

OTHER PARTICIPATION REQUIREMENTS CONTINUED

- ❑ Violations requiring administrative action as established in the "Students Rights and Responsibilities" will entail:
 - Where the violation and disciplinary action involves in-school or out-of-school suspension, the participant shall not participate in practice or contest during the time of suspension.
 - Where suspension from school has resulted, the participant may be subject to suspension or expulsion from the activities team for the remainder of the season.

- ❑ Theft or malicious destruction of any school or individual equipment or property is not to be tolerated. Participants found to be responsible for the theft or malicious destruction of school property will be suspended from the team. A decision regarding further competition will be made by the building activities director, and the designated building administrator.

OTHER PARTICIPATION REQUIREMENTS CONTINUED

- ☐ In activities where the season is not dictated by the I.H.S.A.A. (i.e. speech, debate, music, and drama), the building principal, building activities director and team head coach will define the season.
- ☐ The rules and regulations in this code shall apply to any violation on or off the school premises during the season of participation.
- ☐ Additional team rules and regulations recommended by the team head coach must be approved in writing by the building principal and building activities director.
- ☐ Athletic Insurance: The District does not insure the individual athlete against injury. All athletes turning out for sports of any kind are recommended to carry some type of acceptable insurance protection or have a waiver on file signed by the parent/guardian. Student supplemental insurance is available to all students.
- ☐ Student athletes that play a club sport and not the same sport during the year in which they sign their letter of intent will not be allowed to sign said letter at the school in which the student attends.

HAZING PROHIBITION POLICY

This school district seeks to promote a safe environment where students may participate in a variety of extracurricular activities without compromising their health, safety, or welfare. Membership in groups and other organizations sponsored by this district is intended to provide students with athletic, social, intellectual, leadership, and service opportunities to complement the academic program. The educational purpose of sponsoring such organizations is compromised by hazing activities of any nature, as such activities are harmful to students. Students and staff are prohibited from engaging in any hazing activity, on or off school premises.

DEFINITION

Hazing is defined as any act by person, whether individually or in concert with others, against a student as a condition of attaining membership, or any office or status, in connection with any district-sponsored group or organization, when such act is intended, or is reasonably expected to have the effect of humiliating, embarrassing, intimidating, or demeaning a student, or endangering the mental or physical health of a student. Hazing also includes soliciting, directing, aiding, or otherwise participating actively or passively in such acts. Hazing occurs regardless of the consent or willingness of a student to participate in the activity.

HAZING PROHIBITION POLICY CONTINUED

EXCEPTIONS

Hazing does not include customary athletic events or similar contests or competitions, and is limited to those actions taken and situations created in connection with initiation into or affiliation with any group or organization.

REPORTING REQUIREMENTS

Preventing hazing is the responsibility of every student and staff member of this district. All staff members and students who become aware of hazing activities are required to immediately report such incidents to the building principal. The building principal, or designee, will investigate and determine whether hazing has occurred. If hazing has occurred, appropriate disciplinary action will be taken against the students and/or staff members involved. Additionally, any staff member or student who violates this policy will be referred to the local law enforcement agency for prosecution.

I.H.S.A.A. OUTSIDE COMPETITION RULES

8-11-1 Outside competition is defined as a student who competes in organized, non-school contests or events, including practice, after the starting date of the high school season in that sport, except as provided in Rule 12.

8-11-2 Violation of this rule will result in the following:

a. The student will be ineligible for the next regularly scheduled contest plus an additional regularly scheduled contest per infraction. Regularly scheduled contests include: season contest, district and state.

b. Infractions will be reported to the District Board of Control, who may levy additional fines or penalties.

8-11-3 A second violation during the four years of eligibility by that student of the outside competition rule will result in the following:

a. The student will be ineligible for the school team for the remainder of that sports season.

b. Additional assessments may be possible.

HEADS x UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice **one or more** of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:

Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



HEADS×UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR PARENTS

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms?

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports **one or more** symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed by Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (<i>even briefly</i>) • Shows mood, behavior, or personality changes • Can’t recall events <i>prior</i> to hit or fall • Can’t recall events <i>after</i> hit or fall 	<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light or noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just not “feeling right” or is “feeling down”

How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.

- Ensure that they follow their coaches’ rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?

1. **Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don’t let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it’s OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
2. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
3. **Teach your teen that it’s not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don’t let your teen convince you that s/he’s “just fine.”
4. **Tell all of your teen’s coaches and the student’s school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen’s coaches, school nurse, and teachers. If needed, they can help adjust your teen’s school activities during her/his recovery.

If you think your teen has a concussion:

Don’t assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion.

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