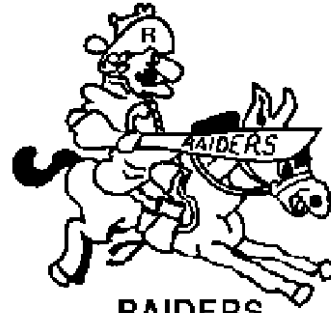




COBBLERS



RAIDERS

Rapid City Area Schools

High School Activities Handbook

***Activities not only develop character –
they absolutely expose character.
(Character is the qualities or features that
distinguish one person from another)***

Revised July, 2016

Rapid City Area School District

Activities Handbook

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NOTIFICATION

NON-DISCRIMINATION/EQUAL EDUCATION OPPORTUNITIES STATEMENT

The Rapid City Area School District 51-4 provides equal education opportunities for all its students, and does not discriminate against students, employees, or others in its policies, practices, programs and activities on the basis of race, color, ethnic background, national origin, pregnancy, student marital status, religion, creed, age, sex, citizenship, political affiliation, mental and/or physical challenge, disability, sexual orientation, or status as a veteran.

The District provides equal access to the Boy Scouts and other designated youth groups. See District Policy KG, —Community Use of School Facilitiesll.

The following person has been designated to handle inquiries or complaints regarding the District's nondiscrimination policies:

Human Resources Manager, 300 Sixth Street, Rapid City, South Dakota 57701, (605) 394-4014, RapidCityHumanResources@k12.sd.us.

For further information about anti-discrimination laws and regulations, or to file a complaint of discrimination with the Office for Civil Rights (OCR) in the U.S. Department of Education, please contact OCR at One Petticoat Lane, 1010 Walnut Street, Suite 320; Kansas City, MO 64106, Telephone 816-268-0550 (voice), or (877) 521-2172 (telecommunication device for the deaf, or TDD), or 816-823-1404 (fax), or ocr.KansasCity@ed.gov (email).

The District's anti-discrimination, anti-harassment, and anti-retaliation policies and grievance procedures may be accessed electronically at this link <http://public.rcas.org/administion/SA/Documents/Non-Discrimination%20Equal%20Education%20Opportunity%20Statement.pdf>, or obtained in hard-copy format at the District's Human Resources Office.

Students or parents have access to student school records. A student grievance procedure is set forth in the Handbook of the Policies, Procedures and Practices of the Rapid City Area School District in the principal's office.

Introduction

Programs are the foundation upon which to build, but advisors (i.e. coaches, directors) are the critical variable that determines whether desirable student outcomes will be achieved through student's activities. The students in the Rapid City Area School District are extremely fortunate to be the beneficiaries of a variety of student activities under the leadership of experienced, skilled and dedicated advisors. The sections of this book are not only directed at athletics, but for all activities that are offered by the district. **Please use this book as a means of direction as well as reference tool for students, parents and coaches throughout the school year.**

PARTICIPANTS AND PARENTS:

The primary purpose of education is to develop successful adults. While academic pursuits are essential in providing the necessary foundation, a variety of learning experiences enhance the probability of adult success. In fact, research indicates that successful participation in student activities is a valid predictor of adult success in career and community.

The Positive Relationship between activity participation and adult success may be related to several factors:

1. Activity participants are generally highly motivated due to special interests and talents.
2. Activities are characterized by close relationships between participants and their advisors, coaches and directors.
3. Student Activities are "Laboratories for Success" because they offer relevant and authentic learning experiences.
4. Activity participation is positively correlated with developmental goals such as higher self esteem, improved academic ability and grades, increased social and political activism, lower delinquency rates, higher education aspirations and increased feelings of control.
5. Activities are FUN!!!

The Rapid City Area School District attempts to satisfy the needs of all students by offering a balanced program of Student Activities:

1. Drama and Theater
2. Interscholastic Sports
3. Instrumental and Vocal Music
4. Speech Activities
5. Spirit Groups (Cheerleading and Dance Teams)
6. Student Council
7. Student Publications
8. Numerous Academic and Interest Clubs and Organizations

We **STRONGLY** encourage **EVERY STUDENT** to become fully involved by participating and/or supporting student activities. **GET INVOLVED, FIND YOUR NICHE!!!**

Philosophy and Objectives

Statement of Philosophy

The Board of Education shall provide a variety of co-curricular activities, the purpose of which may be both educational and recreational. It is recognized that well organized and implemented co-curricular programs can have a positive influence on the morale of the student body and serves as an important vehicle for good school and community relations. Programs should be conducted with the best interests of the participants as the primary consideration at all times.

Programs shall encourage participation by as many students as possible. Student participation may be limited by individual abilities and/or interests, the nature of activity and/or team concepts, but not by any criteria explicitly prohibited by federal and state discriminatory statutes.

Only qualified personnel shall be provided for instruction, coaching and supervision of co-curricular activities.

Since the Activities Program is based on participation and competition it is imperative that the will to succeed to be a basic concept which must permeate the entire program. Freshman and Junior Varsity levels of competition are based on establishing and improving skill development as well as participation. At the varsity level the objective is competition and striving to win. Because of numbers, tryouts may exist in some sports and activities, with the tryout procedure clearly outlined and identified.

The Varsity Head Coach/Advisor is the coordinator for his/her particular sport. If he/she is to have this responsibility, he/she must likewise have the opportunity to provide positive input for total program development. The Head Coach/Advisor is responsible for developing job assignments in cooperation with the Activities Director, program objectives and any other information that is relative to his/her particular program. Program development will be reviewed at the conclusion of a season by the Head Coach/Advisor and Activities Director.

The Varsity Head Coach/Advisor will in turn be consulted as to who will make up the coaching/advising staff at the high school each year.

Objectives of the Activities Program

The program of student activities will assist each student in:

1. Learning the wise use of leisure time.
2. The constructive use of unique talents and skills.
3. Developing new recreational interests and skills.
4. Developing positive habits that will contribute to a healthy lifestyle.
5. Developing leadership and collaborative skills.
6. Developing a work ethic.
7. Developing a positive attitude and increased motivation toward school.
8. Increasing understanding and participation in the democratic process.
9. Improve communication skills.
10. Developing a repertoire of marketable skills-problem solving, decision-making, goal setting, time management, etc.
11. Achieving successes that result in improved self-esteem.

Membership and Affiliations

South Dakota High School Activities Association

The State of South Dakota (SDCL 13-36-4) authorizes schools to delegate control, supervision and regulations of any and all high school interscholastic activities to a high school activities association. South Dakota school districts jointly and cooperatively, created and developed a voluntary nonprofit association for the advancement of interscholastic activities. The purpose of the South Dakota High School Activities Association (SDHSAA) is to direct and coordinate interscholastic activities that are conducted by member high schools. The SDHSAA sanctions and regulates activity programs for athletics, music, publications, speech and student council through a Board of Directors and an executive staff. Each article of the constitution and bylaw, rule and regulation of the SDHSAA, however, was ratified by member schools.

When a high school elects to become a member school, it adopts the SDHSAA rules as its own rules. The activities directors are the Rapid City School District's official representatives to the SDHSAA. The activities directors are responsible for administering the Rapid City Area School District activities program, following RCAS Board of Education policies, and additionally, following the rules and regulations of the SDHSAA. In order to insure compliance, each high school activity director should become and remain knowledgeable of the contents of the SDHSAA Rules and Administration Handbook. A copy of the handbook is available in the activity director's office at the high school. Program heads are supplied with copies of the section that governs their particular activity as well as sections on general topics such as student eligibility, contest regulations, and regular and out-of-season rules so that they are prepared to supervise their program.

While maintaining membership in the SDHSAA, the district will conduct all SDHSAA activities in accordance with the rules and regulations of the SDHSAA.

Student Participant Preseason Responsibilities

Preseason Responsibilities

It is the responsibility of the activity participant and the parent to make sure that the following is completed before the student participates in ATHLETICS for the Rapid City Area Schools. (This includes cheerleading, dance team and club sports.)

1. The student must have a **physical examination completed before the beginning of the activity**. A copy of the exam must be on file in the high school activities office. The physical must be completed annually and must be dated from the current year. If a student does not have a physical, he/she will NOT BE ALLOWED TO TRYOUT/PARTICIPATE.
2. The student must have the PARENT APPROVAL FORM completed, signed and on file in the activities office. This form includes vital information, such as medical consent, insurance carrier, activity transportation approval, medical history and emergency contacts if needed. If this form is not on file in the activities office, the student WILL NOT BE ALLOWED TO PARTICIPATE IN ANY INTERSCHOLASTIC COMPETITION.

3. Students and parents must read, sign and return the concussion awareness form. If the form is not on file, the student **WILL NOT BE ALLOWED TO PARTICIPATE IN ANY INTERSCHOLASTIC COMPETITION.**

4. The student and one (1) parent must attend a Preseason Meeting to be informed of rules and regulations that govern the activities program. The student and parent will be responsible to read the Rapid City Area Schools Activities Handbook and agree through signature to comply with all rules and policies contained therein. The requirements for team selection will be discussed at that meeting. Notification of team selection will be accomplished in a group meeting with the student activities participant and the coach/advisor.

Return to Competition, Practice or Training Guidelines for Concussed and Injured Student Activity Participants.

Guidelines for Concussed and Injured Student Activity Participants.

- All athletes must be baseline tested, using Impact (or other prescribed concussion assessment tool), every 2 years. If a student is diagnosed with a concussion they will be re-baseline tested prior to participation in their first sport of the athletic year.
- If an athlete sustains a concussion as deemed by medical staff, they will be removed from activity immediately and will not be able to return that day.
- In order to return to activity the athlete will need to be symptom free, have a normalized Impact score and be seen by a medical doctor who will provide written documentation that they are allowed to follow the prescribed return to play protocol which will be monitored by medical staff. If the athlete exhibits symptoms they will be withheld from activity until symptoms subside. ~ (Black Hills Concussion Recovery Team)

The **SDHSAA Return to Competition, Practice, or Training form** must be signed by all parties, AND successful completion of the concussions assessment must be verified by the athletic trainer. If the form is not signed, verified, and on file, the student **WILL NOT BE ALLOWED TO PARTICIPATE IN ANY INTERSCHOLASTIC COMPETITIONS, PRACTICE, OR TRAINING.**

Eligibility Rules and Guidelines

Academic Eligibility

The co-curricular programs are an integral part of the school curriculum and come under the authority of the principal to the same degree as do all other phases of the curriculum. Activity participation should not detract from academic achievement.

Academic eligibility period means the period of time during which a student may participate in interscholastic athletics and co-curricular activities. Academic eligibility periods are determined by the date of issuance of report cards reflecting grades earned during the:

1. First Semester.
2. Second Semester.

Academic ineligibility is the consequence that occurs when a student fails to meet academic eligibility standards at the end of an academic eligibility period.

Academic ineligibility period is the period of time during which a student is ineligible to participate in interscholastic athletic practices, interscholastic athletic contests, or co-curricular activities, contests or performances.

Interscholastic athletics are school approved, individual or team interscholastic athletic contests between two or more schools under the rules and regulations of the South Dakota High School Activities Association.

Co-curricular activities are school approved non-interscholastic athletic activities for which a student does not receive a letter grade and which normally occur outside of the regular instructional day. Co-curricular activities such as Band, Chorus, and Orchestra where the student does receive a letter grade are included to the extent that the co-curricular activity practices, performs or participates under the rules of the South Dakota High School Activities Association.

For students to be eligible for activities at Rapid City Area Schools, the following criteria must be followed. This applies to students in Grades 9-12 or middle school students involved in high school programs:

1. South Dakota High School Activity Association Academic Eligibility Rule:

- 1) **Preceding Semester:** The student, unless they are entering high school for the first time, shall have successfully passed twenty hours (four full time academic subjects) of class work for the preceding semester in order to be eligible for the following semester. Please note: SDHSAA Credit recovery. Students who have been declared ineligible because of academic deficiencies from the previous semester/trimester may earn scholastic/academic eligibility by taking an academic course(s) via the options approved by the South Dakota Department of Education. Examples include, but are not limited to, on-line courses, in-district credit recovery courses, summer school, alternative education settings, digital courses, etc. The principal must monitor the successful completion of the course(s) and reinstate eligibility only after the successful completion of 2 units of credit as per Chapter I, Part IV, Section 1, Subsection D., of the SDHSAA By-Laws.
- 2) **Current Semester:** The student shall be enrolled in an accredited high school and attend a minimum of twenty hours (four full time academic subjects) the current semester in order to be eligible to participate in activities sponsored by the SDHSAA.

2. Rapid City Area School District Academic Eligibility Requirements:

All freshman students entering the fall semester of their freshman year are automatically eligible for student activities for the first semester. At the conclusion of the first semester, the following academic requirements will apply:

Freshman students must have a current semester grade point average of **1.5** or better for the **previous semester** to be eligible for any co-curricular or interscholastic activity unless the student's eligibility requirements are modified through an Individual Education Plan (IEP) or 504 Plan.

Sophomore students must have a current grade point average of **1.6** or better for the **previous semester** to be eligible for any co-curricular or inter scholastic activity unless the student's eligibility requirements are modified through an Individual Education Plan (IEP) or 504 Plan.

Junior students must have a current grade point average of **1.8** or better for the **previous semester** to be eligible for any co-curricular or inter scholastic activity unless the student's eligibility requirements are modified through an Individual Education Plan (IEP) or 504 Plan.

Senior students must have a current grade point average of **2.0** or better for the **previous semester** to be eligible for any co-curricular or inter scholastic activity unless the student's eligibility requirements are modified through an Individual Education Plan (IEP) or 504 Plan.

Please Note: Students who fail to meet the current grade point average requirement will have a probationary period for the following semester in which they will remain eligible providing the student attends a supervised study period each day the student is in attendance for the following grading period (semester)

Seventh or eighth grade students competing at the high school level must meet the same requirements as the ninth grade students.

Home School Students

Home School Students residing in Rapid City Area School District boundaries may participate in all co-curricular and interscholastic programs offered through the schools. Homeschoolers will verify through their parent or agent that they have met the conditions listed in Board Policy IGD by a letter to the respective activities director that they have satisfied the requirements prescribed in Board Policy IGD prior to the beginning of the activity. ***Home School students must participate in SDHSAA and Club Sports at the high school in the district for which they reside.***

Additional paperwork will be required per SDHSAA guidelines.

Training Rules

Extra Curricular Activity Training Rules

During the entire school year, including the season of practice and the off-season, regardless of the quantity, a student shall not use or consume, have in possession, buy, sell, or give away: alcohol or tobacco which includes smokeless tobacco. According to state law, any person adjudicated, convicted, or the subject of an informal adjustment or court approved diversion program, or the subject of a suspended imposition of sentence for possession, use, or distribution of controlled substances or marijuana as defined in chapter 22-42 is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education and Cultural Affairs for one year. The one year suspension may be reduced to sixty school days if the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.

For purposes of administering the training rule policy the activities are divided into two categories.

Category I includes all activities that have a regular season including speech/debate, dance team, and sports. Category II includes all activities that do not have a regular season including but not limited to All State Band, All State Orchestra, All State Chorus, and One Act Plays. This includes all performances that are in conjunction with SDHSAA including plays, pep band, marching band and Raider Rarities and Cobbler Capers.

Category I

1. First Violation

After confirmation of the first violation, the student shall lose eligibility for the next two (2) interscholastic weeks of competition. ***Weeks of practice that are absent of interscholastic competition cannot be counted.***

- a. Following suspension for the first violation it is mandatory that before being readmitted to activities following the suspension, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

2. Second Violation

After confirmation of the second violation, the student shall be dropped immediately from the current sports season. Also, the student will be suspended for four (4) weeks of competition during the next sports season in which the student is a participant. ***Weeks of practice that are absent of interscholastic competition cannot be counted.***

- a. It is mandatory that before being readmitted to activities following suspension for the second violation, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

Training Rules

3. Third Violation

After confirmation of the third or subsequent violations, the student shall lose eligibility for one full year from the date of the violation.

- a. It is mandatory that before being readmitted to activities following suspension for the third violation, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

Category II includes all activities that do not have a regular season including but not limited to All State Band, All State Orchestra, All State Chorus, and One Act Plays. This includes all performances that are in conjunction with SDHSAA including plays, pep band, marching band, Raider Rarities and Cobbler Capers.

Category II

1. First Violation

After confirmation of the first violation, the student shall lose eligibility for the next two (2) events. If the student is a multiple fine art participant he or she will be ineligible for each activity for the next two (2) events.

- a. Following suspension for the first violation it is mandatory that before being readmitted to activities following the suspension, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

2. Second Violation

After confirmation of the second violation, the student shall lose eligibility for the next four (4) events. If the student is a multiple fine art participant he or she will be ineligible for each activity for the next four (4) events.

- a. It is mandatory that before being readmitted to activities following suspension for the second violation, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

3. Third Violation

After confirmation of the third or subsequent violations, the student shall lose eligibility for one full year from the date of the violation.

- a. It is mandatory that before being readmitted to activities following suspension for the third violation, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

4. Additional Training Rules Information:

- a. Violations and penalties apply during the off-season or during each sport in which the student participates.
- b. Rules in effect for the entire school year (or beginning with practice and extending through the end of the season if it begins before or extends beyond) the school calendar.

- c. Violations are cumulative throughout the entire school year whether they occur during the season of participation or the off-season. Violations are cumulative throughout the student's high school career.
 - d. Practice and conditioning weeks in which no contests are scheduled *cannot* be counted as penalty weeks.
 - e. Violations carry over from one sport to the next or from one school year to the next. If the violation occurs during the off-season, the suspension will be invoked at the beginning of the next sport season in which the student shall participate or the next school year. Example: *first violation occurs during the off-season in the spring. The suspension will be enforced during the first sport season the student shall participate in beginning the next school year. If the season does not allow the athlete to successfully complete the suspension, the suspension will carry over to the next season in which the athlete participates and competes.* For the suspension to be fulfilled, the athlete must complete the sport season in which the suspension is being carried out.
 - f. It would be up to the discretion of the coach as to whether the individual would continue to practice during the suspension.
 - g. It is not a violation if the student is present where alcohol, tobacco or any controlled substance is being used.
5. **Behavior Infractions:** Students may also be declared ineligible to participate in activities when a student's actions, conduct or standards of behavior create a negative image detrimental to the school or its programs. The penalties for behavior infractions would be the same as the training rules violations listed above. In addition, a student may face additional consequences as per the discipline matrix. A student in the crowd could face activity consequences and school consequences.
6. **Steps to be taken prior to assessing penalty:**
- a. Coach must meet with the student and discuss the specific problem.
 - b. The problem and intended penalty must be reviewed with the Principal and Athletic Director.
 - c. The Coach and Athletic Director must contact the parents and discuss the problem. If the parents refuse to meet with the coach and Athletic Director, the school will send a certified letter to the parents and a copy to the Principal.
 - d. In the event that the student or parents believe the student's rights have been violated, the right of appeal is available.

Student Attendance

A student must be in attendance at school for the entire school day in order to participate in any school-sponsored activity on that date. The Principal may grant an exception to this limitation.

The High School Principal can grant an exception to the attendance policy and he/she will act on these exceptions on an individual basis.

Activities participants will be required to sign an acknowledgement that they have read the above Athletic Rules and Regulations and agree to adhere to the regulations to the while participating in athletics for the Rapid City Area Schools.

Student Suspension from School

A student receiving a disciplinary suspension from school (in school suspension) can practice; however, cannot compete, participate, or attend any extra curricular activities during the day(s) of the suspension. A student receiving an out of school suspension is not allowed to practice, compete, participate, or attend any extra curricular activities during the out of school suspension.

Sunday/Wednesday Evening Practices

Practices on Wednesday evening and on Sunday should be avoided if at all possible. The following should be the procedure when practicing (including non-mandatory in-season workouts) on Wednesday evening and Sunday.

I. Wednesday Evening

High School:

- a. All practices should be completed and student out of the school building by 6:00 p.m. on Wednesday evenings.

II. Sunday Practices

- a. Practices will not occur in school facilities on Sunday morning or on Sunday evening.
- b. Practices may occur on Sunday afternoon in or on school facilities if at least one (1) of the following conditions are met:
 1. The practice may only occur if there is a scheduled or rescheduled event on the next day (Monday).
 2. The practice may occur if the team is currently involved in State level competition (i.e. Football Playoffs, District/Regional Tournaments, etc.)

In addition, the Ministerial Association must be notified and permission from the Ministerial Association must be granted for said practice to occur. Contact with the Ministerial Association will be made by the Superintendent or Activities Director.

SDHSAA Behavior Policies

Racial Harassment, Violence, and Taunting in SDHSAA Sponsored Athletic and Fine Arts Activities

I. General Statement of Policy

The South Dakota High School Activities Association believes that all individuals should be treated with respect and dignity. Students should be able to participate in SDHSAA sponsored activities in an environment that is free from racial slurs, racial harassment and racial discrimination.

Furthermore the SDHSAA disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin. It shall be a violation of this policy for a participant in SDHSAA activities to engage in racial harassment, racial violence or taunting.

II. Definitions

A. Racial Harassment: Racial harassment consists of conduct related to an individual's race when the conduct:

1. has the purpose or effect of creating an intimidating, hostile or offensive environment; or
2. has the purpose or effect of emotionally or unreasonably interfering with an individual's performance.

B. Racial Violence: Racial violence is a physical act of aggression or assault upon another because of, or in a manner reasonably related to race.

C. Taunting: Taunting includes any actions or comments by coaches or players which are intended to bait, anger, embarrass, ridicule or demean others.

SDHSAA Student Code of Ethics and Responsibilities

The member schools of the South Dakota High School Activities Association believe that participation in interscholastic activities is a privilege, which is accompanied by responsibility.

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

Equipment Check Out

A student participant is required to return his/her uniform and equipment at the end of the season. A student who fails to return school equipment at the end of the season assumes financial responsibility for the equipment. The student will be required to pay for any repairs needed, due to negligence, when the equipment was in the students' control. In addition, the student agrees to pay for, or replace with comparable equipment, any items lost or stolen while in his/her care.

SDHSAA Behavior Policies

SDHSAA Student/Coach Ejection Procedures

SDHSAA By-Laws state “Any student or coach ejected from an interscholastic contest by game officials will be ineligible for the next regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level of competition.”

If there is an ejection the following procedure must be followed:

1. The local administration (where the student is enrolled or coach is employed) must file a written report, using the appropriate form, notifying the SDHSAA of the ejection.
2. The SDHSAA Office will contact the official involved with the ejection and ask for a written report.
3. A copy of the Official's report will be forwarded to the school's activities director for their review.

A student must appeal his/her ejection to the SDHSAA if it can be verified that his/her actions did not contribute to the disqualification. This applies only to the student athlete who was wrongfully ejected due to recording of an incorrect number by the officials. A basketball coach may appeal the penalty only when he/she is disqualified for indirect technical fouls.

If there is an appeal the following procedure must be followed:

1. The student must make the appeal to the SDHSAA, not the coach/activities director on the student's behalf.
2. If the appeal is granted, the SDHSAA must file a written report explaining their decisions why the appeal was granted.

Parent Coach Responsibilities and Grievance Procedure

Parent/Coach/Advisor Communication

Parenting and coaching are both extremely difficult vocations. Mutual understanding and respect contributes to the acceptance of the action of both parties for the greater benefit of the student. Parents need to understand the expectations of specific programs. **PARENTS CAN EXPECT YOUR CHILD'S COACH TO COMMUNICATE:**

1. Philosophy
2. Expectations of your child as well as all squad members
3. Risk Management procedures
4. Student conduct responsibilities and consequences

As your child becomes involved in student activities, he/she will expect some very rewarding moments and have the opportunity to learn some of life's lessons. There may be times when your child and/or you may be disappointed. The COACH has the knowledge of and experience in the activity, but YOU know the child. At times a positive dialogue is beneficial. **COACHES EXPECT PARENTS TO COMMUNICATE.**

1. Concerns directly to them
2. Advance notification of conflicting schedules
3. Specific concerns regarding coaching philosophy or expectations
4. About treatment of the child, mentally or physically
5. About ways that a child can improve performance
6. Concerns about the child's behavior or attitude

Coaches are professionals who are involved in highly *competitive*, interscholastic activities. They are expected to make team decisions based upon what they believe is best for all participants. Certain issues must be left to the discretion of the COACH. **SOME TOPICS ARE NOT APPROPRIATE TO DISCUSS WITH THE COACH:**

1. Playing Time
2. Team Strategy
3. Play Calling
4. Other Students

Hopefully, your child will feel free to communicate with his/her coach. Interaction between parent and coach is also encouraged. **IF A PARENT DESIRES A CONFERENCE WITH A COACH, THE FOLLOWING PROCEDURE SHOULD BE USED.**

1. Call the coach at school in order to arrange an appointment. If the coach is not at school, the coach should supply a phone number to the students where he/she can be reached.
2. If the coach is unavailable, please leave a message with the school secretary.
3. **PLEASE DO NOT CONFRONT A COACH BEFORE OR AFTER A CONTEST OR PRACTICE. THESE TIMES CAN BE EMOTIONAL FOR BOTH PARENTS AND COACHES. IN ADDITION, THESE SITUATIONS CAN BE DIFFICULT FOR STUDENTS TO OBSERVE AND UNDERSTAND. MEETINGS OF THIS NATURE DO NOT PROMOTE RESOLUTION.**

On occasion, a parent-coach meeting does not provide satisfactory resolution. If that is the case, the parent is welcome to schedule a meeting with the activities director by calling the activities director at your school. If a complaint concerning a coach is made, the activities director will attempt to bring the parent and coach together for the purpose of resolution.

Public and Student Grievance Procedure

The Board of Education recognizes the rights of individuals and groups to present constructive complaints and/or ideas concerning school personnel, the curriculum, instructional materials or concerning school services and school facilities.

In the interest of handling all complaints and/or ideas fairly, expeditiously and at the lowest level, the Board has established the following guidelines:

4. Whenever a complaint or idea is offered directly to the Board as a whole or to an individual board member, the individual or group involved will be advised to take their concern to the appropriate school staff member. This could be a coach, an advisor, the activities director, a principal or the superintendent. The superintendent should try to be, to all intents and purposes, the ultimate authority in the complaint/idea procedure. The superintendent should always immediately be made aware of any complaint/idea being offered. The superintendent should also refer the party to the appropriate level person.
5. The individual or group will be advised of the proper channeling of complaints and ideas, which is as follows:
 - a. Coach/Advisor
 - b. Activities Director
 - c. Principal
 - d. Assistant Superintendent
 - e. Superintendent
 - f. Board of Education

Activities Travel Policies

Riding to and From School Activities

Students are to ride to/home from a game or contest in school vehicles; under *certain* circumstances, with permission of the Director of Activities and approval of the parent and coach/advisor, it would be possible to travel to or from a game or contest other than in a school vehicle. Students must ride home with their **own parent**. All parties must have a **Travel Release Form signed at least one day prior** to departure for the trip. Travel Release Forms are located in the Activities Office. The Travel Release Form allows a student to ride home with their own parent. The form does not provide permission for the student to ride with anyone other than their own parent or legal guardian. Extenuating circumstances may be considered by administration. Extenuating circumstances must be handled at least 3 days prior to the event.

The School District will be responsible for transporting students, participants, coaches, managers, statisticians and Board of Education recognized volunteer assistants that are recognized by the school board to and from athletic and activity events.

Squad Selection

Philosophy

In accordance with or philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Rapid City Area Schools, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Obviously, time, space, facilities, equipment, and other factors will place limitation on the most effective squad size for any particular sport.

Cutting Policies

1. Choosing the members of athletic squads is the sole responsibility of the coaches and outside evaluator (in volleyball and basketball) of those squads. An outside evaluator is hired by the district to provide a non biased perspective. The evaluator can not be affiliated with the athletic squad's school.
2. Lower level coaches shall take into consideration the policies established by the Head Coach in that particular program when selecting final team rosters.
3. Prior to try outs, the coach/advisors shall provide the following information to all candidates and parents for the team:
 - a. Extent of the try-out period;
 - b. Criteria used to select the team;
 - c. Number to be selected
 - d. Practice commitment if they make the team;
 - e. Game commitment.
4. When a squad cut becomes a necessity, the process will include the following:
 - a. Ensure that a consistent selection process exists in the High School programs for all student activities to include objective criteria rating instrument utilization. The rating sheet must be the basis for any cuts that are made. Each participant must have individual skills/abilities rated and recorded, resulting in an overall try-out score. These rating sheets will be used to provide feedback to the participant and parents if requested.
 - b. Ensure there is no pre-selection of participants.
 - c. Ensure that participation in Summer Camps/Activities is not included in the criteria utilized for selection. Provide extended periods of "try-outs" for students involved in the selection process. The try-outs should be extended to no less than five, two-hour sessions.
 - d. Ensure that consistent teams of evaluators exist on each campus within various grade levels (9th, sophomore, Junior, Varsity), and that the selection process is clearly communicated to all participants.
 - e. Provide for Activities Director approval of the final selection process utilized for all activities as well as a review of participants selected for participation. The activities director is ultimately responsible for the selection process. The activities director must sign off on participant selection and cuts. Signing will indicate approval and awareness of the process and the results.

Squad Selection Appeal Process

The parent/guardian and the student activity participant may request an informal meeting with the activities director if the parent/guardian and the student activity participant disagree with the decision of the coach. The decision of the activities director may be appealed using the formal public complaint process.

Middle School Petition Process

1. Middle School students (7-8 graders) may be petitioned following the Petition for Exceptional Athlete.
2. The following criteria will be taken into consideration whenever a senior high head coach petitions for a 7th or 8th Grade student.
 - a. Each individual case considered on its own merits.
 - b. The physical and emotional maturity of the individual will be considered. Often a young athlete becomes alone in an older group and finds it difficult to handle the situation. We must also keep in mind the importance of keeping students in their peer group.
 - c. Consideration will be given to the overall citizenship and scholarship of the individual.
 - d. The skill level of the individual will be advanced enough to merit varsity participation. Seventh or Eighth grade students cannot be utilized predominately at the sub-varsity levels except as specified in sections G and I.
 - e. The proposed change of participation for a 7th/8th grade middle school student will not result in serious damage to the middle school program.
 - f. The move must be educationally beneficial to the student.
 - g. A student may also become a candidate for a senior high team when it is determined there is no program available to that student in middle school. If no program exists at the middle school, provision 2D does not apply.
 - h. When a student has been given approval to compete in a high school program by the building principals, they become subject to the eligibility requirements of the high school to which they are petitioned.
 - i. An eighth grade student may become a candidate for a senior high team at the close of a middle school activity. When this occurs, provision 2D does not apply.
3. If the petition is successful, the student will compete on the senior high school level according to the following:
 - a. The student's day will end at the regularly scheduled middle school day.
 - b. Transportation from the middle school to the high school site will be the responsibility of the student, parent, and/or guardian.
 - c. If a 7th/8th grade student competes interscholastically at the high school level in a particular activity, he/she will not be allowed to move back to the middle school level of competition in that activity with the exception of 7th/8th grade students who are petitioned for a specific formal tryout period. These students will be allowed to move back to the middle school if they do not make the varsity team.
 - d. If a student has been petitioned to the high school level as a 7th grader, he/she are not guaranteed a varsity position as an 8th grader. Note that provision 2D will remain in effect stating that 7th/8th students cannot be utilized at sub varsity levels.
4. It is important that the steps on the Petition for Exceptional Athlete form be followed very closely and not be reversed. The family or student will not be contacted until steps 1 through 6 on the Petition for Exceptional athlete form are completed.

Dual Activity Participation

A student/participant may participate in two activities during the same season provided that the practice times for both were not in conflict so that a student may not miss any regularly scheduled practice or contest in an activity; thus, eliminating another student from participation in one of the activities. The student is responsible to communicate with the coach/advisor of both programs prior to the beginning of the season.

PETITION FOR EXCEPTIONAL ATHLETE

STUDENT'S NAME _____ DATE _____
SCHOOL _____ SPORT _____
GRADE _____ AGE _____ HEIGHT _____ WEIGHT _____
HEAD COACH _____

PROCEDURE TO BE FOLLOWED IN PETITIONING EXCEPTIONAL ATHLETE

STEP 1. Confer with the High School Activity Coordinator and present your rationale for this petition.

(High School Activity Coordinator) (Date) Approved _____
Not Approved _____

STEP 2. Confer with the High School Principal and present your rationale for this petition.

(High School Building Principal) (Date) Approved _____
Not Approved _____

STEP 3. Confer with the Middle School Principal and present your rationale for this petition.

(Middle School Building Principal) (Date) Approved _____
Not Approved _____

STEP 4. Confer with the middle school coach of the athlete who is to be petitioned and get his/her recommendations.

(Middle School Coach) (Date) Approved _____
Not Approved _____

STEP 5. Confer with the head coach of the middle school that the athlete attends as to the effect on total program.

(Middle School Head Coach) (Date) Approved _____
Not Approved _____

STEP 6. Confer with the Middle School Activity Coordinator and request that the Coordinator investigate the prospective student's citizenship, scholarship and maturity.

(Middle School Activity Coordinator) (Date) Approved _____
Not Approved _____

If steps 1, 2, 3, 4, 5 and 6 have all been approved to this point, the coach will proceed to the next steps in order of petitioning.

STEP 7. Parental permission will be requested so they are aware their child is being considered for advancement to a high level of competition.

(Parents) (Date) Approved _____
Not Approved _____

STEP 8. Consult with the student and find out what their feelings are concerning the move to a higher level of competition.

(Student) (Date) Approved _____
Not Approved _____

Team Selection Procedure by Activity

The information on the following pages represents the squad selection procedure by activity. Due to the large number of participants and other outlining factors, squad or group selection procedures must occur and are outlined for the following activities:

1. Boys and Girls Basketball
2. Cheerleading
3. All State Band
4. All State Chorus
5. All State Orchestra
6. Dance Team
7. Boys and Girls Golf
8. Oral Interpretation
9. Boys and Girls Soccer
10. Girls Volleyball
11. Soccer

Athletic Evaluation Form: Boys/Girls Basketball

Rapid City Area Schools

Evaluator # _____

Date: _____

The athlete evaluation form requires the evaluator to analyze and rate the athlete's effectiveness, behavior and performance on each of the relevant selection criteria during the try-outs using the scale explained below. Coaches and raters should make their decisions **independently** without discussion with other evaluators.

Remember: Your rating should reflect only the athlete's behavior and performance as demonstrated during the try-out sessions and should not incorporate past performance or classroom performance beyond district policies pertaining to athlete eligibility. At the conclusion of try-outs rate each athlete in the areas listed below and turn in all your evaluation forms. Coaches will then tally all evaluator's scores and place the totals on the Scoring Summary Sheet.

RATING SCALE:

10 = Outstanding	Athlete excels in virtually all aspects of the selection criteria and well beyond that of a typically competent athlete. Performance or behavior of this nature is a rare quality found only in a small percentage of the athletes . An athlete's demonstrated performance or behavior is clearly recognized as being consistently distinguished and far exceeds all expectations related to the selection criteria.
8 = Exceeds Expectations	Athlete performance or behavior consistently exceeds expected standards on the selection criteria. Athlete demonstrates unusual effectiveness and a high degree of proficiency in displaying or performing many of the aspects and components involved in the criteria being assessed.
6 = Meets Expectations	Athlete performance or behavior can be characterized as steady, competent and as meeting expected standards and/or level of performance associated with the selection criteria at this level.
4 = Needs Improvement	Athlete at times fails to demonstrate or meet expected behaviors and/or standards of performance on this selection criterion. Behaviors and/or performance at this level require some improvement in order to meet the expected standards and requirements on this criterion.
2 = Unacceptable	Athlete fails consistently short of the standards for competent and expected performance and/or necessary behaviors at this level. Performance is clearly below the level of expected performance and substantial and demonstrated athlete improvement in the criteria is necessary in the short-term.

Criteria 1: Skills. The degree to which the athlete demonstrates the relevant athletic skills required to compete at this level of proficiency as assessed through observation of the athlete's performance during designated try out exercises, drills, plays or activities established by the coaching staff. Points earned up to 70.

Criteria 2: Non-Skill Areas. The degree to which the athlete demonstrates a positive attitude and work ethic during try outs. Consideration should be given to athletes who display hustle, attentiveness, interaction, desire, a willingness to work hard, displays teamwork, leadership skills, overall concern for others and is coachable (the degree to which the athlete demonstrates an awareness and presence of the sport/activity). Points earned up to 30.

Skill Areas:	Scoring Ability	Ball Handling	Screening	Cutting/footwork	Re-bounding	Individual Defense	Team Defense	Total Criteria #1 (70 points possible)	Criteria #2 Total Points (30 points possible)	Total Points Criteria # 1 & 2	Criteria #3 Coach's factor (check if additional form is needed)
Student Names:											
1.											
2.											
3.											
4.											
5.											
6.											

Skill Areas: Student Names:	Scoring Ability	Ball Handling	Screen-ing	Cutting/ Footwork	Re-bound-ing	Individual Defense	Team Defense	Total Criteria #1 (70 points possible)	Criteria #2 Total Points (30 points possible)	Total Points Criteria # 1 & 2	Criteria #3 Coach's factor (check if additional form is needed)
1.											
2.											
3.											
4.											
5.											
6.											
7.											
8.											
9.											
10.											
11.											
12.											
13.											
14.											
15.											
16.											
17.											
18.											
19.											

Criteria 3: Coach's Factor: There are only three circumstances in which a coach may select a student athlete separate from Criteria 1 and 2 above. Those circumstances are as follows:

3A: Potential: This situation will apply when a unique student athlete comes along and demonstrates a special potential as a student both in terms of skill and leadership. (Note: It would be rare that more than a couple of students would fit this situation at any given time/year.)

3B: Position Uniqueness: This circumstance will only apply when an athlete plays a position that is unique to the team/sport (center, forward, guard, etc.).

3C: History: This situation will only apply if a student athlete was a member of a team the previous year and injury or some other circumstance prevented the athlete from trying out or demonstrating skills at the level they are capable.

If the coach selects a player based upon Factor 3, the coach must provide a rationale and justification detailing his/her reasons for making the recommendations and situation surrounding the criteria. In addition, the Athletic Director must review and sign off on any decision involving Criteria 3.

Justification and Explanation:

Approved by Athletic Director:

Signature: _____ Date: _____

Cheerleading

Philosophy

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Rapid City Area Schools. We encourage coaches to keep as many students as they can without unbalancing the integrity of the sport. Obviously, time, space, facilities, equipment, and other factors will place limitation on the most effective squad size for any particular sport.

Requirements for Cheer

Prior to try outs, the coach/advisors shall provide the following information to all candidates and parents for the team:

- Cheerleaders shall maintain grades as required by the SDHSAA and the Rapid City Area Schools
- Cheerleaders shall abide by all training rules and regulations written for extracurricular students
- Cheerleaders must pass an athletic physical
- Cheerleaders must sign a medical release form provided by the Rapid City Area Schools
- Cheerleaders will be judged on positive image, performance of jumps, cheers, gymnastic and dancing abilities.
- Extent of the try-out period
- Criteria used to select the team
- Number selected
- Practice commitment if they make the team
- Game/ Meet commitment

Selection of Cheerleaders

Cheerleaders shall be selected by the cheerleading coaches, athletic director/building administration, and other qualified judges. The athlete evaluation form requires the evaluator to analyze and rate the athlete's performance of jumps, dance, stunt and tumbling abilities. Cheerleaders will also be asked to perform cheers and chants where the athletes will be evaluated on crisp motions, voice control, and consistent speed of cheer, and facial expressions.

Apparel/Accessories for Cheer Tryouts

- Hair must be worn in a manner that is appropriate for the activity.
- Hair devices and accessories must be secure.
- Fingernails, including artificial nails, must be kept short, near the end of the finger.
- Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical- alert medal must be taped and may be visible.
- Cheerleaders must wear athletic shoes.
- When standing at attention, apparel must cover the midriff.

Squad Reduction

When a squad cut is necessary, the process will include the following:

- Ensure that a consistent selection process exists in the High School programs for student activities to include objective criteria rating instrument utilization. The rating sheet must be the basis for any cuts that are made. Each participant must have individual skills/abilities rated and recorded, resulting in an overall try out score. These rating sheets will be used to provide feedback to the participant and parents if requested.
- Ensure that there is no pre-selection of participants.

- Ensure that participation in Summer Camps/Activities is not included in the criteria utilized for selection. Provide extended periods of “try-outs” for students involved in the selection
- Ensure that consistent teams of evaluators exist on each campus within various grade levels (9th sophomore, Junior, Varsity) and that the selection process is clearly communicated to all participants.
- Provide for Activities Director approval of the final selection process utilized for all activities as well as a review of participants selected for participation. The activities director is ultimately responsible for the selection process. The activities director must sign off on participant selection and cuts. Signing will indicate approval and awareness of the process and the results.
- The parent/guardian and the student activity participant may request an informal meeting with the activities director if the parent/guardian and the student activity participant disagree with the decision of the coach. The decision of the activities director may be appealed using the formal public complaint process.

Judges Score Sheet

#	JUMPS- 2 jumps connected Coaches Choice	JUMPS- One single jump- Coaches Choice	CHEER Individual or Group Coaches Choice	DANCE Individual or Group Coaches Choice	TUMBLING 15 points	TOTAL 50 points
1	Height: 1pt Legs- 1 point Toes -1 point Landing -1 point Facials- 1 point Total: 10 points	Height of jump- 1 point Legs - 1 point Toes -1 point Landing - 1 point Facials- 1 point Total: 5 points	Motions- 4 points Facial-2 points Accuracy-2 points Rhythm- 1 point Voice control- 1 point Total: 10 points	Motions- 4 points Facials-2 points Accuracy-2 points Rhythm-2 points Total: 10 points	Cartwheel- 1 point Round off- 2 points Front hand spring- 3 points Standing backhand- 4 points RO Backhand or Tuck- 5 points Total: 15 Points	Total: 50 points

Jumps Category Explanation:

Height-Jumps at waist high; straight back

Legs - Legs remain straight throughout the whole jump sequence; knows the exact position of the legs

Toes - Toes pointed, not flexed throughout the jump sequence

Landing- Snaps legs together to land with both feet together and in control of the jump (should see this technique in both jumps)

Facials- Sincere smiles; does not look around to others for help; good contact; confidence

Cheer Category Explanation

Motions- Correctly executed, sharp, precise movements

Facials- Sincere smiles; does not look around to others for help; good eye contact; confident

Rhythm- Good timing, and control of movement

Accuracy- Knows the correct sequence and speed of the cheer

Voice- Loud, audible voice projection

Dance Point Category Explanation

Motions- Correctly executed, sharp, precise movements

Facials- Sincere smiles; does not look around to others for help; good eye contact; confident

Rhythm- Good timing, and control of movement

Accuracy- Knows the correct sequence and speed of the dance

Tumbling Point Category Explanation

Cartwheel is a sideways rotary movement performed by bringing the hands to the ground while the body inverts and the legs travel over the body, coming down to a standing position.

Round off is similar to a cartwheel except the gymnast lands with two feet placed together on the ground instead of one foot at a time, facing the direction they arrived from. This is achieved by twisting the hands and shoulders as the hands are placed on the ground. The two hands

are generally placed down one after the other, so that the first hand is twisted by 90 degrees and the second hand by almost 180 degrees from the direction of travel. This creates a handstand position facing the opposite direction the gymnast started in, which they then snap their hips down quickly to create backwards momentum.

Front Handspring is an acrobatic move in which a person executes a complete revolution of the body by lunging headfirst from an upright position into a [handstand](#) and then pushing off (i.e., "springing") from the floor with the hands so as to leap back to an upright position.

Back Handspring is a [tumbling](#) move where a cheerleader takes off from one or two feet, jumps backward onto their hands and lands on their feet. This skill can be done as a step-out skill or the cheerleader may land on two feet.

Round-off back Handspring is when a cheerleader combines of a round-off with a back handspring.

Round of Back Handspring tuck/ flip is when a cheerleader combines of a round-off with a back flip/tuck.

All-State Chorus

All-State Chorus is a state-wide event sponsored by the South Dakota High School Activities Association. The number of students who may participate is determined by a quota system created by the SDHSAA. For the past twenty-five years, each of our high schools has been allowed five quartets. A quartet consists of four singers with one girl soprano, one girl alto, one boy tenor and one boy bass. Every student selected must meet the eligibility rules established by the SDHSAA. Also those students selected must be prepared for a spot check by the MENC Choral Committee where quartets are selected by random and must demonstrate that they can sing any of the concert selections from memory and that each singer in the quartet is able to sing their part independently. Students attending All-State Chorus are also required to follow rules of conduct in rehearsal and to abide by curfew and conduct rules in hotels, travel, etc.

Students enrolled in any choir at Central or Stevens High School and who meet the Rapid City Area Schools eligibility requirements are eligible to audition for the South Dakota All-State Chorus. Preparation for the audition begins with distribution of selected audition pieces. These pieces are rehearsed in group settings in class or before or after school. Students in some ensembles are required to audition as a class assignment. An audition date is scheduled on the yearly fine arts calendar. Each student sings with a quartet on the selected pieces and is individually scored by the choral director on the criteria listed below. Each quartet is videotaped for reference. The director may choose to consult with the other high school choral director, as well.

The following criteria for selection are based on the National Federation Music Adjudication forms, as well as MENC and ACDA Honor Choir guidelines. Aspects which are unique to the South Dakota All-State Chorus are also incorporated, as well as principles of the Secondary Choral Curriculum adopted by the Rapid City Area Schools. Each of these ten items may receive a value of ten points for a total of one hundred points.

1. Part Independence: Accuracy while singing with one voice on a part
2. Tone Quality: Clarity, resonance, consistency in range
3. Intonation: Accuracy to the written pitch and to the ensemble
4. Rhythmic Accuracy: Correctness of note values, cutoffs, releases
5. Diction: Clear consonants and well-shaped vowels, all languages
6. Musicianship: Phrasing, dynamics, articulation, expression, style
7. Balance and Blend: Equality in parts and consonance in tone
8. State presence: Posture, appearance, memorization
9. Good standing in the choir: attendance, attitude, co-operation
10. Involvement in choir activities: willingness to give of self to group, seniority

All-State Band/Orchestra

The South Dakota High School Activities Association selects All State Band and Orchestra Participants.

Dance Team

Cobbler Coeds – Stevens Blues

A dance team member shall possess enthusiasm, school spirit, and leadership. She shall be honest, energetic and dedicated to promoting a positive image of the Rapid City Area Schools. All dance team members must pass an athletic physical. Members must maintain passing grades established by the South Dakota High School Activities Association.

Participation is open to all interested girls. The final decision for performing will be at the discretion of the administration and the advisor.

Tryouts are held in the spring. The advisor may elect to have fall tryouts if beneficial to the membership. Judges will include a minimum of the advisors from both high schools, cheerleading advisors from the high school, and at least two other qualified people from the community. It is up to the discretion of the advisor to choose qualified judges. Every member **must** tryout every year. There are typically two to three practices before the actual tryout. Girls will be judged in groups of two to four on kicks, splits, rhythm, jumps, potential ability, appearance, facial expressions, citizenship (attitude) and adaptation (learning 8-16 counts of new routine). Girls **MUST** wear appropriate aerobic wear and shoes for tryouts (no sweats). White shirts and red (CHS) or blue (SHS) shorts are best to wear.

Judging – Dance Team

1 – Poor 2 – Fair 3 – Good 4 – Very Good 5 – Excellent

#	DANCE	RHYTHM	STIFFNESS	KICKS	SPLITS	TOE TOUCH	LEAP	TURN	SMILE	ATTITUDE	OVERALL PERFORMANCE
1											
2											
3											
4											
5											

All practices are mandatory. If you miss a practice, you must make up the material you missed BEFORE the next practice. Generally the team will meet two to three times a week to learn and perfect routines. A monthly schedule will be prepared and given to each team member; however, changes can be made to the schedule. Typically, practices are held in the mornings (6-8 a.m.) or evenings (6-8 p.m.) plus Saturdays (7-8 a.m.). Plan to practice an average of six hours per week. Appropriate dancewear is required at all practices.

All members **MUST** be willing to commit the required time to practice. The member must attend 80% of the practices of that routine, demonstrate to the coach that she knows the routine, and attend the last two mandatory practices before any performance. The parent/guardian must clear any absence with the advisor prior to the missed practice (either by phone or in person). Sickness and medical excuses are the only acceptable reasons for missing practice. Dance members will be expected to follow the training rule guidelines as set for all athletes. Violation of duties stated in the constitution will lead to suspension or removal.

Boys and Girls Golf

The golf team will consist of no more than 20 players representing grades 9-12. The golf season is not meant to be a "Junior Golf" program and those trying out should have played competitive tournament golf. The team will consist of 15 players, grades 10-12 and 5 players, grade 9.

A player in grade 7 or 8 can be petitioned to join the team provided he or she meets the requirements as provided in the activities handbook. He or she will be required to abide by the try out regulations as set forth.

Golf Selection Process (36 holes)

All players will furnish their own equipment, purchase a team pass from Meadowbrook or have a yearly pass and must compete in the 36 hole tryout competition with scorekeepers.

Tryout competition may be held at any of the following courses:

- Meadowbrook Golf Course
- Hart Ranch Golf Course
- Red Rock Golf Course
- Executive Golf Course
- LaCroix Golf Course
- Elks Golf Course
- Fountain Springs Golf Course

Oral Interpretation

The student who has been the most successful in their event in prior meets will be the representative at State for each high school.

If there is an event in which no student has competed prior to State, any student will be eligible to compete in the event.

If more than one student would like to compete in an even such as the one above, then a panel of three judges (parents, teachers, etc.) will judge the student's performance an one competitor will be chosen.

Athletic Evaluation Form: Girls Volleyball

Rapid City Area Schools

Evaluator # _____

Date: _____

The athlete evaluation form requires the evaluator to analyze and rate the athlete's effectiveness, behavior and performance on each of the relevant selection criteria during the try-outs using the scale explained below. Coaches and raters should make their decisions **independently** without discussion with other evaluators.

Remember: Your rating should reflect only the athlete's behavior and performance as demonstrated during the try-out sessions and should not incorporate past performance or classroom performance beyond district policies pertaining to athlete eligibility. At the conclusion of try-outs rate each athlete in the areas listed below and turn in all your evaluation forms. Coaches will then tally all evaluators scores and place the totals on the Scoring Summary Sheet.

RATING SCALE:

10 = Outstanding	Athlete excels in virtually all aspects of the selection criteria and well beyond that of a typically competent athlete. Performance or behavior of this nature is a rare quality found only in a small percentage of the athletes . An athlete's demonstrated performance or behavior is clearly recognized as being consistently distinguished and far exceeds all expectations related to the selection criteria.
8 = Exceeds Expectations	Athlete performance or behavior consistently exceeds expected standards on the selection criteria. Athlete demonstrates unusual effectiveness and a high degree of proficiency in displaying or performing many of the aspects and components involved in the criteria being assessed.
6 = Meets Expectations	Athlete performance or behavior can be characterized as steady, competent and as meeting expected standards and/or level of performance associated with the selection criteria at this level.
4 = Needs Improvement	Athlete at times fails to demonstrate or meet expected behaviors and/or standards of performance on this selection criterion. Behaviors and/or performance at this level require some improvement in order to meet the expected standards and requirements on this criterion.
2 = Unacceptable	Athlete fails consistently short of the standards for competent and expected performance and/or necessary behaviors at this level. Performance is clearly below the level of expected performance and substantial and demonstrated athlete improvement in the criteria is necessary in the short-term.

Criteria 1: Skills. The degree to which the athlete demonstrates the relevant athletic skills required to compete at this level of proficiency as assessed through observation of the athlete's performance during designated try-out exercises, drills, plays or activities established by the coaching staff.

Criteria 2: Non-Skill Areas. The degree to which the athlete demonstrates a positive attitude and work ethic during try-outs. Consideration should be given to athletes who display hustle, attentiveness, desire, a willingness to work hard, and displays teamwork, position communication, overall concern for others and is coachable (the degree to which the athlete demonstrates an awareness and presence of the sport/activity). Points earned up to 30.

Skill Areas:	Pass	Set	Hit	Serve	Defense	Athleticism	Skills used in Team Play	Total Criteria #1 (70 possible)	Criteria #2 Total Points (30 possible)	Total Points Criteria # 1 & 2	Criteria #3 Coach's factor (check if additional form is needed)
Student Names:											
1.											
2.											
3.											
4.											
5.											

6.											
Skill Areas:	Pass	Set	Hit	Serve	Defense	Athleticism	Skills used in team play	Total Criteria #1 (70 points possible)	Criteria #2 Total Points (30 possible)	Total Points Criteria # 1 & 2	Criteria #3 Coach's factor (check if additional form is needed)
Student Names:											
1.											
2.											
3.											
4.											
5.											
6.											
7.											
8.											
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10.											
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15.											
16.											
17.											
18.											

19.											
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Criteria 3: Coach's Factor: There are only three circumstances in which a coach may select a student athlete separate from Criteria 1 and 2 above. Those circumstances are as follows:

3A: Potential: This situation will apply when a unique student athlete comes along and demonstrates a special potential as a student both in terms of skill and leadership. **(Note: It would be rare that more than a couple of students would fit this situation at any given time/year.)**

3B: Position Uniqueness: This circumstance will only apply when an athlete plays a position that is unique to the team/sport (center, setter, etc.).

3C: History: This situation will only apply if a student athlete was a member of the team the previous year and injury or some other circumstance prevented the athlete from trying out or demonstrating skills at the level they are capable.

If the coach selects a player based upon Factor 3, the coach must provide a rationale and justification detailing his/her reasons for making the recommendations and situation surrounding the criteria. In addition, the Athletic Director must review and sign off on any decision involving Criteria 3.

Justification and Explanation:

Approved by Athletic Director:

Signature: _____ Date: _____

Athletic Evaluation Form: Soccer

Rapid City Area Schools

Evaluator # _____ Date: _____

The athlete evaluation form requires the evaluator to analyze and rate the athlete's effectiveness, behavior and performance on each of the relevant selection criteria during the try-outs using the scale explained below. Coaches and raters should make their decisions **independently** without discussion with other evaluators.

Remember: Your rating should reflect only the athlete's behavior and performance as demonstrated during the try-out sessions and should not incorporate past performance or classroom performance beyond district policies pertaining to athlete eligibility. At the conclusion of try-outs rate each athlete in the areas listed below and turn in all your evaluation forms. Coaches will then tally all evaluators' scores and place the totals on the Scoring Summary Sheet.

RATING SCALE:

10 = Outstanding	Athlete excels in virtually all aspects of the selection criteria and well beyond that of a typically competent athlete. Performance or behavior of this nature is a rare quality found only in a small percentage of the athletes . An athlete's demonstrated performance or behavior is clearly recognized as being consistently distinguished and far exceeds all expectations related to the selection criteria.
8 = Exceeds Expectations	Athlete performance or behavior consistently exceeds expected standards on the selection criteria. Athlete demonstrates unusual effectiveness and a high degree of proficiency in displaying or performing many of the aspects and components involved in the criteria being assessed.
6 = Meets Expectations	Athlete performance or behavior can be characterized as steady, competent and as meeting expected standards and/or level of performance associated with the selection criteria at this level.
4 = Needs Improvement	Athlete at times fails to demonstrate or meet expected behaviors and/or standards of performance on this selection criterion. Behaviors and/or performance at this level require some improvement in order to meet the expected standards and requirements on this criterion.
2 = Unacceptable	Athlete fails consistently short of the standards for competent and expected performance and/or necessary behaviors at this level. Performance is clearly below the level of expected performance and substantial and demonstrated athlete improvement in the criteria is necessary in the short-term.

Criteria 1: Skills. The degree to which the athlete demonstrates the relevant athletic skills required to compete at this level of proficiency as assessed through observation of the athlete's performance during designated try-out exercises, drills, plays or activities established by the coaching staff.

Criteria 2: Non-Skill Areas. The degree to which the athlete demonstrates a positive attitude and work ethic during try-outs. Consideration should be given to athletes who display hustle, attentiveness, desire, a willingness to work hard, and displays teamwork, position communication, overall concern for others and is coachable (the degree to which the athlete demonstrates an awareness and presence of the sport/activity). Points earned up to 30.

Skill Areas:	Dribbling	Passing	Shooting	IND Defense	Team Defense	Footwork	Speed	Total Criteria #1 (70 possible)	Criteria #2 Total Points (30 possible)	Total Points Criteria # 1 & 2	Criteria #3 Coach's factor (check if additional form is needed)
Student Names:											
1.											
2.											
3.											
4.											
5.											
6.											

Skill Areas: Student Names:	Dribbling	Passing	Shooting	IND Defense	Team Defense	Footwork	Speed	Total Criteria #1 (70 points possible)	Criteria #2 Total Points (30 possible)	Total Points Criteria # 1 & 2	Criteria #3 Coach's factor (check if additional form is needed)	
1.												
2.												
3.												
4.												
5.												
6.												
7.												
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10.												
11.												
12.												
13.												
14.												
15.												
16.												
17.												
18.												
19.												

Criteria 3: Coach's Factor: There are only three circumstances in which a coach may select a student athlete separate from Criteria 1 and 2 above. Those circumstances are as follows:

3A: Potential: This situation will apply when a unique student athlete comes along and demonstrates a special potential as a student both in terms of skill and leadership. **(Note: It would be rare that more than a couple of students would fit this situation at any given time/year.)**

3B: Position Uniqueness: This circumstance will only apply when an athlete plays a position that is unique to the team/sport (center, setter, etc.).

3C: History: This situation will only apply if a student athlete was a member of the team the previous year and injury or some other circumstance prevented the athlete from trying out or demonstrating skills at the level they are capable.

If the coach selects a player based upon Factor 3, the coach must provide a rationale and justification detailing his/her reasons for making the recommendations and situation surrounding the criteria. In addition, the Athletic Director must review and sign off on any decision involving Criteria 3.

Justification and Explanation:

Approved by Athletic Director:

Signature: _____ Date: _____

Lettering and Awards

School Sponsored Activity Lettering Requirements

Lettering

1. All awards will be recommended by the head coaches/advisor to the activities director.
2. Coaches/advisors may letter deserving student/participants who have not fulfilled their requirements, but deserve to Letter. Regular, conscientious attendance at practice or injury/illness that prevent participation are among criteria to be considered even though failing to meet the listed requirements as established by the coaches/advisors and listed on the following pages, explained to the student/participants and on file in the activity director's office. Only varsity level student/participants can earn a letter.
3. A student/participant may receive only one letter from the school; subsequent awards will be recognized by certificates and pins reflecting the sport in which the student has lettered.
4. Dismissal from or quitting an activity forfeits receiving a letter and all other honors or recognition.
5. Students may only receive their letter after all school issued uniforms and equipment have been turned in to the head coach/advisor.

Athletic Awards

Athletes must complete the season in "good standing" in order to be eligible for any award or to earn special awards. If either hardship case or special situations arise that warrant consideration of whether or not an athlete should or should not receive an award, the head coach and/or staff will make a recommendation to the activities director for a final decision.

Each athlete will receive a varsity letter when they first meet the requirements to letter in any VARSITY SPORT. Corresponding letter will be represented by the student receiving a pin, which reflects the sport in which he/she lettered. The student may only receive this pin at the end of season awards banquet.

Athletic Awards that a student is eligible for at the Rapid City Area Schools

1. Participation Award—Award given to a participant who has not met the criteria for lettering but completed the season in good standing.
2. **Varsity Letter**—as determined by the coaching staff.
3. Special Awards—Special awards for a sport can be given by the head coach with consultation with the activities director.
4. **GOLD Letter Award**—Plaque given to student who has PARTICIPATED in three different sports for all four high school years. Those seasons are defined as for **Boys**: Fall (Football, Golf or Cross Country, Soccer), Winter (Basketball, Wrestling, Club Swimming, Club Men's Gymnastics), Spring (Track, Tennis, Club Baseball). **Girls**: Fall (Cross Country, Tennis, Volleyball, Soccer, Club Softball, Competitive Cheer, Competitive Dance), Winter (Basketball, Club Swimming, Gymnastics), Spring (Track or Golf)
5. **White Letter** A student can receive a white letter if he/she letters in 3 sports in one year. Club sports that have a letter agreement with the district can be considered.

Activity Awards

1. **Activity Letter**—Activity letters may be awarded to students who participate in *non-athletic* activities. The criteria for receiving an activity letter will be determined by the advisor and submitted to the Director of Activities. Those non-athletic activities in which a student can earn an activity letter are as follows: Drama, Knowledge Bowl, Debate, (Oral Interp, Student Congress), Choir, Band, Orchestra, Performance Dance, and Sideline Cheer. Recipients will receive a certificate and an activity letter for first time recipients.

RAPID CITY AREA HIGH SCHOOLS

Lettering Requirements by Activity

The information on the following pages represents the lettering requirements for each school sponsored activity. The information presented for lettering is consistent with both Stevens and Central High Schools.

BASKETBALL, BOYS AND GIRLS

Lettering Requirements

1. The athlete must have participated in a minimum of 16 quarters (A student earns credit for participating in a quarter when he/she officially enters the game.) in a varsity game and completed the season as an active member of the team.

OR

The athlete must be a member of the district or regional tournament team.

OR

The athlete must be a senior (four (4) year member not previously lettered).

CHEERLEADING

Lettering Requirements

- Must be a member of a varsity cheering squad.
- Must attend every game or match unless excused by the advisor.
- Adheres to rules outlined in the constitution.
- Must display proper conduct as outlined in the constitution.
- Must maintain grades as set forth by the SDHSAA.
- Dismissal from the squad or quitting the squad for any reason will make the individual ineligible for lettering.
- Junior Varsity Cheerleaders will receive a first season or second season certificate. First season varsity cheerleaders meeting all the above requirements will receive a letter award. Second and third season varsity will receive a pin and four season varsity cheerleaders will receive a plaque.
- Cheerleaders must return all uniforms, pompoms and megaphones before they will be eligible to receive an award for the season.

There will be an awards ceremony after each sports season where cheerleaders will be awarded certificates, letters, pins, or plaques.

RAPID CITY AREA HIGH SCHOOLS

CROSS COUNTRY, BOYS AND GIRLS

Lettering Requirements

Point System

Single letter points are earned through meet and/or practice performances.
A minimum of ten (10) points is required.
Non-letter winners accumulated points apply to the following season.

Point Options

1. Athlete must run a minimum of 200 officially logged practice miles to qualify.
2. Girls will earn 1 point for each subsequent 100 miles.
Boys will earn 1 point for each subsequent 200 miles.
3. Major Meets:
 - Northern Hills Invitational
 - Mitchell Invitational
 - Liberty Bell Classic
 - Rapid City Elks Invitational
 - Sturgis Invitational
 - a. Compete in varsity division
 - b. Run J.V. with time equal to or faster than last scoring varsity runner (pushers are technically scorers)
 - c. If no J.V. runner meets time standard, top J.V. runner earns 1 point
 - d. J.V. placers earn .5 point
 - e. Northern Hills Invitational – Frosh race; placers earn .5 point
 - f. Huron Invitational – 9th and 10th race; placers earn .5 point
4. JV/Class “A” Meets:
 - Belle Fourche Invitational
 - Douglas Early Bird
 - Custer Invitational
 - a. Varsity division placers will earn 1 point
 - b. J.V. division placers will earn .5 point
5. Open Meets:
 - “AA” Quad
 - Greater Dakota Conference
 - a. Finish in top 7 team runners to earn 1 point
 - b. Finish in top half of all competing runners to earn 1 point
 - c. Finish ahead of corresponding runner from other teams to earn 1 point
6. Any runner that participates in all the meets they are eligible to compete in, yet don't earn points in any of the above ways, earns 1 point for competing in a sporting manner.
7. South Dakota High School Activities Association Team Championships:
 - a. All runners that make the state meet team
 - b. State meet team alternates
 - c. Any team members that attend the state meet
8. The athlete must complete the entire season unless excused for injury.

RAPID CITY AREA HIGH SCHOOLS

DANCE TEAM

Lettering Requirements

- Dance team member must attend every practice unless excused by the advisor;
- Adheres to the rules as outlined in the constitution;
- Must return property of the dance team;
- Participants must complete the season unless excused for injury;

DEBATE

Lettering Requirements

1. You must reach 150 National Forensic League Points in one season.
2. If a student does not achieve 150 points in one season they will letter upon reaching 250 NFL points over their career.

National Forensic League Credit Point Schedule

	1st	2nd	3rd	4th	5th	All Other
Original Speeches	6	5	4	3	2	1
Interpretation	5	4	3	2	1	1
Other Contests	4	3	2	1	1	1

If only four schools compete in the contest, points shall be reduced by one; if only three schools, by two. No points are allowed for a two school contest. **Reductions apply only to the individual events category, not debate.**

DRAMA

Lettering Requirements

Participation in four productions with a mixture of technical and acting positions.

FOOTBALL

Lettering Requirements

All seniors who complete the entire season.

Underclassmen must complete the entire season (unless excused for injury) and participate in 7 quarters (Player enters the game and plays a “down”.) of varsity football games.

RAPID CITY AREA HIGH SCHOOLS

BOYS/GIRLS GOLF

Lettering Requirements

1. Compete in one-half of all matches at the varsity level **or**
2. Finish an 18 hole tournament, in competition, with an individual place equal to the number of teams entries. (Example – ten teams, must finish in the top ten; five teams, must finish in the top five, etc.) **or**
3. Be a member of the conference, region, or state tournament team **or**
4. Finish an 18 hole tournament, in competition, with an individual score of 79 or lower (boys), or 89 or lower (girls), or in a 9 hole meet, in competition, have an individual score of 39 or lower (boys) or 45 or lower (girls). **or**
5. Be a senior, a three-year team member, who has not previously lettered **or**
6. Must finish the season unless excused by the coach for injuries.

GYMNASTICS

Lettering Requirements

To be eligible for a varsity letter, the athlete must meet four (4) of the six (6) following requirements:

1. The gymnast attends at least ninety (90) percent of practices. Head coach must excuse all absences.
2. The gymnast is a competitor or alternate on the regional or state gymnastics team.
3. The gymnast must contribute to team score three (3) times throughout the season.
4. The gymnast must have conformed to the state and local eligibility rules.
5. High Scores: The gymnast must receive a specific average for one or more events at four (4) different meets. Average as follows: Floor 8.0, Beam 7.5, Bars 7.5 and Vault 8.0.
6. The gymnast qualifies for the State Gymnastics meet as an individual competitor.

RAPID CITY AREA HIGH SCHOOLS

STUDENT MANAGERS

Lettering Requirements

To obtain a varsity letter in athletics, a manager must meet the following requirements:

1. A manager must complete the entire season unless excused for health or injury.
2. A manager must attend all practices/games unless the coach excuses them.
3. Any unexcused absence from practice requires a call from the parent/guardian to verify the absence. Failure to contact the coach before the next scheduled practice/game will result in an unexcused absence.
4. If the student receives a third unexcused absence, they will not letter for the season.
5. The coach will provide the manager a statement of duties to include inventory, cleanup, and equipment storage.

RAPID CITY AREA HIGH SCHOOLS

MUSIC DEPARTMENT

Lettering Points

Band

Band Award Points. Complete each posted time period. Point sheets need to be turned in on time to count toward letter/pin awards. A total of 750 points are required each year to qualify for a letter/pin award.

Performances:

_____	Marching Band/Jazz Band Performance	30
_____	Marching Band Drill at Field	6 Points/Day
_____	Pep Band for Tournament	50
_____	Pep Band for Basketball or Wrestling	25
_____	Pep Band at Pep Assembly	5
_____	Large Group Contest	75
_____	Sectional (30 minutes)	5
_____	All State Audition (Band/Jazz/Orchestra)	25
_____	All State Member (Band/Jazz/Orchestra)	150
_____	Honor Band Audition	25
_____	Honor Band Member	50
_____	Solo Performance (Recital/Contest)	25
_____	Small Ensemble Performance	15
_____	Perfect Attendance	50 (No tardies or absences for any reason each quarter)
_____	Total Points	

Penalty Points will be assessed by the director(s) as follows:

- Unexcused absence-10 points (per occurrence)
- Equipment and music storage or care violation-10 points (per occurrence)
- Improper Uniform or Dress-10 points (per occurrence)

A student needs 750 points/year to letter.

MUSIC DEPARTMENT (Cont.)

Choir

The goal is to recognize participation in choral activities outside of classroom assignments.

A choir letter is earned by a student who accumulates a total of 200 points. Points earned may be carried over from one school year to the next.

Choir Point System:

Points	Activity
60	Concert Choir
50	Women's Choir
40	Men's Chorus
40	9 th Grade Chorus
50	Stevens High Singers/Central High Singers
40	Poetry in Motion
30	Blue and Silver Express(SHS)/Central 9 th Grade Select Ensemble
25	Selection and Participation in All State Chorus
10	Selection and Participation in SD-ACDA Junior Honor Choir
50	Selection and Participation in SD-ACDA Senior Honor Choir
20	Preparation and Performance of a vocal solo at Region VIII Contest
30	Preparation and Performance in the Young Vocal Artist Competition
25	Student Accompanist (throughout the entire school year)

Awards (Cumulative)

200	Choir Letter
400	Pin
600	Chenille Letter
800	Pin

Orchestra

Points accumulate throughout the course of one year only. The following items can earn one point.

1. Participation in orchestra for one year;
2. Participation in all major public performances for the year unless the absence is excused by the director;
3. All State Audition;
4. Solo Performance at Contest;
5. Member of a performing string quartet registered in chamber class for entire year;
6. Selection for solo performance at Chamber Music/Solo Contest;
7. Selection for Concert/senior Chamber Orchestra in public performance.

Each of the following will earn the student **two** points.

1. Receive a superior rating on solo at contest;
2. Be selected for All State Orchestra and participate;
3. Be selected for SD Honors Orchestra and Participate

A total of **eight** points must be acquired during the course of the year to receive a letter.

A guard pin may be awarded to students previously receiving the orchestra letter.

RAPID CITY AREA HIGH SCHOOLS

Special Olympics Lettering Requirements

1. Students must attend all area and state meets.
2. Students must have consistent attendance in all practices. Athletes are expected to attend all practices unless it is excused to illness or other unpreventable absence.
3. Students must show active participation in practice and competition.
4. Students must display good sportsmanship, attitude and teamwork throughout the season.
5. Eligibility for a letter is limited to those students in Grades 9-12.
6. Letters and end of season awards will be presented at the end of each sports season. The sport seasons are as follows:
 - Fall: Bowling
 - Winter: Basketball
 - Spring: Track and Field and Swimming
 - Summer: Softball

ORAL INTERPRETATION

Lettering Requirements

1. Students must participate in and attend all Oral Interpretation practices unless excused by the coach.
2. Students must participate in the State Oral Interpretation Festival.

TENNIS

Lettering Requirements

1. The athlete must earn 12 points to letter. To earn points the athlete must play in 12 varsity matches (12 points). One singles match equals one point. If the athlete plays singles and doubles in one match the athlete earns two points. The athlete will receive 6 points for playing in the Rapid City Invitational. The athlete will letter for playing in the State Tournament.
2. An athlete must complete the season unless excused by the coach for illness or injury.
3. Seniors who have completed three seasons and have not previously lettered will letter.

RAPID CITY AREA HIGH SCHOOLS

BOYS & GIRLS TRACK AND FIELD

Lettering Requirements

A varsity letter can be earned by accumulating letter points. These points can be earned by attending practices, participating in meets, and helping run meets when help is needed. Points will also be deducted for missed practices - - - unexcused absences 1 point, unexcused meets 6 points. These points will be carried from one season to the next. If an athlete participates in Track and Field for two continuous years, they will be eligible for a varsity letter if they have not accumulated enough points.

A letter point will be earned for each practice attended from the official beginning of spring track through the last practice before the Cobbler-Raider Dual/GDC (Greater Dakota Conference). The practice or practices on Spring break will be worth 3 letter points. On meet days you can earn a point for participating in the meet or attending practice, providing there is practice that particular day.

Letter points can also be earned by placing in any varsity meet. The number of letter points earned will be equal to those awarded for a place in that particular meet. Relay team members will receive the points that their team received for their place. The number of points awarded for a place will vary from meet to meet, depending on the number of teams entered in the meet and the number of places given.

To earn a varsity letter, an athlete must earn 4 letter points (35 practice points + 12 meet points = 47 letter points). If any practices are lost due to bad weather, the number of points required for lettering will be reduced accordingly.

PRACTICE DATES:

The dates will be worked out before the beginning of each season of competition due to the changes in the yearly school calendar.

VOLLEYBALL

Lettering Requirements

TO ATTAIN A VARSITY LETTER IN GIRLS VOLLEYBALL, THE ATHLETE MUST MEET REQUIREMENT #1 AND AT LEAST ONE OF THE FOLLOWING REQUIREMENTS:

1. The athlete must complete the entire season unless excused for health or injury. **AND**
2. An athlete must start a minimum of 10 matches during the season (starting six (6) players and their assigned substitutes in the rotation **OR**
3. Play a minimum of 50% of the matches during the season **OR**
4. Be a contributing member of a varsity team that qualifies for the State tournament **OR**
5. A senior athlete who is a three year team/program member

RAPID CITY AREA HIGH SCHOOLS

WRESTLING

Lettering Requirements

WRESTLERS:

1. Complete the entire season with a maximum of three (3) unexcused absences unless excused for health or injury.

AND

2. Compete as a member of the varsity team and win at least six (6) varsity matches. Forfeits do NOT count.

OR

3. J.V. wrestlers can letter by finishing first or second in any of the varsity tournaments they compete in.

OR

4. Seniors that have wrestled the past three (3) years.

Knowledge Bowl

Lettering Requirements

Criteria for Knowledge Bowl:

1. The student will have been selected to compete in a minimum of one half of the school scheduled varsity meets. These meets may include 3 to 4 conference meets, the regional hills tournament, 1 invitational meet, and the department of energy science bowl meet.

AND

2. The student will attend scheduled practices at the discretion of the coach.

RAPID CITY AREA SCHOOLS

Club Sport Lettering Agreements

The Board of Education has entered into Lettering Agreements with outside sports organizations and associations with the sole intent to provide students enrolled in the Rapid City Area School District participating in said club sports with the opportunity to earn a letter. The Club Sport Lettering Agreement provides the outside organizations with two objectives: 1) The opportunity for the Club Sport team to use the High School Name and 2) The opportunity for the student participants to letter. **Club Sport teams and participants are expected to follow all rules and regulations as outlined in the Rapid City Area School District Activities Handbook.**

The Rapid City Area School District is NOT responsible for the funding or hiring of coaches for Club Sports Teams. Any questions or concerns regarding any facet of the club sport team should be directed to that club sport's governing body, not the high school's or the Rapid City Area School District.

The Club Sport teams currently recognized by the Rapid City Area School District's Board of Education include the following: Baseball, , Men' Gymnastics, Softball, Swimming and Hockey.

The Lettering Agreements for the recognized club sports are represented on the following pages:

RAPID CITY AREA SCHOOLS

Club Sport Release of Information Form

I hereby authorize the Activities Offices of the Rapid City Area School District to release academic and other information regarding my son/daughter to the Coaches of the aforementioned Club Sport Organization/s and/or their designated representative. The information to be released will be limited to a "Yes" or "No" response for each question relative to the organization.

Organization(s) authorized

Student Name

Parent Signature

Date

RAPID CITY AREA SCHOOL DISTRICT

CLUB SPORT Lettering Agreement

High School Baseball

1. High school baseball will be offered as a club sport at Rapid City Central High School and Rapid City Stevens High School respectively by the agreeing parties hereafter referred to as "Club Baseball".
2. Participation will be limited to the students in grades 9-12. Only students who are enrolled in Rapid City Public Schools will be allowed to participate in club baseball. Participants will play for the club team representing the high school in which they are enrolled. Middle school participants will need to follow the petition process for consideration to participate on a high school team.
3. Participants will be required to follow all rules and regulations of the South Dakota High School Activities Association as well as the Rapid City Public Schools including, but not limited to, physical examinations, academic eligibility, age, enrollment in school, activity rules, Sunday participation and Wednesday night activities. Sunday participation and Wednesday night activities compliance shall be interpreted as allowing Club Baseball to schedule Sunday and Wednesday night practices and contests, however, students that choose not to attend scheduled contests or practices on Wednesday night and Sunday may do so without any repercussions from the baseball organization. Club Baseball shall be conducted under sanction of the South Dakota High School Baseball Association and shall operate in compliance with the Association's Administrative Manual, current year. The current year administrative manual of the South Dakota High School Baseball Association must be provided to the high school activities office prior to the beginning of the season. A list of all participants must be submitted to the activities office following the first organized practice.
4. Club Baseball will follow all School Board approved policies as outlined in pages 3-9 of the Rapid City Area Schools High School Activities Handbook, dated June 2005.
5. The baseball season will be conducted and scheduled in conjunction with the South Dakota High School Baseball Association calendar.
6. Schedule must be submitted to High School Activities Director thirty (30) days prior to start of season.
7. Participants may earn a letter which is to be funded by Club Baseball. To be eligible for a letter, the student/athlete shall comply with the following criteria:
 - a. Must have participated in a minimum of 33% of the regular season varsity innings (pitchers participation requirements will be that they are in the regular season starting rotation or, as a relief pitcher, participate in at least 25% of the varsity games) OR
 - b. Must be a member of the district or regional team as named by the South Dakota High School Baseball Association, OR
 - c. Must be a senior and have been a member of the team for three years (except two years during the second season of each Club Baseball program).

Under any of these criteria, the athlete must complete the season as an active member of the team. The coach may make exceptions for injury or health circumstances upon mandatory proof from a medical professional.

8. A written agreement incorporating the above terms must be approved by the Rapid City School Board and signed by all parties. All parties have the right to cancel this agreement within fourteen (14) calendar days notice if the above provisions have not been met.

RAPID CITY AREA SCHOOL DISTRICT

CLUB SPORT Lettering Agreement

Post 320 and Post 22 Legion Baseball

1. High school baseball will be offered as a club sport at Rapid City Central High School and Rapid City Stevens High School respectively by the agreeing parties hereafter referred to as "Club Baseball".
2. Participation will be limited to the students in grades 9-12. Middle school participants will need to follow the petition process for consideration to participate on a high school team.
3. Participants will be required to follow all rules and regulations of the South Dakota High School Activities Association as well as the Rapid City Public Schools including, but not limited to, physical examinations, academic eligibility, age, enrollment in school, activity rules, Sunday participation and Wednesday night activities. Sunday participation and Wednesday night activities compliance shall be interpreted as allowing Club Baseball to schedule Sunday and Wednesday night practices and contests, however, students that choose not to attend scheduled contests or practices on Wednesday night and Sunday may do so without any repercussions from the baseball organization. Club Baseball shall be conducted under sanction of the South Dakota American Legion Baseball Association and shall operate in compliance with the Association's Administrative Manual, current year. The current year administrative manual of the American Legion Baseball Association must be provided to the high school activities office prior to the beginning of the season. A list of all participants must be submitted to the activities office following the first organized practice.
4. Club Baseball will follow all School Board approved policies as outlined in pages 3-9 of the Rapid City Area Schools High School Activities Handbook, dated June 2005.
5. The baseball season will be conducted and scheduled in conjunction with the American Legion Baseball Calendar.
6. Schedule must be submitted to High School Activities Director thirty (30) days prior to start of season.
7. Participants may earn a letter which is to be funded by Club Baseball. To be eligible for a letter, the student/athlete shall comply with the following criteria:
 - d. Must have participated in a minimum of 33% of the regular season varsity innings (pitchers participation requirements will be that they are in the regular season starting rotation or, as a relief pitcher, participate in at least 25% of the varsity games) **OR**
 - e. Must be a member of the district or regional team as named by the South Dakota High School Baseball Association, **OR**
 - f. Must be a senior and have been a member of the team for three years (except two years during the second season of each Club Baseball program).

Under any of these criteria, the athlete must complete the season as an active member of the team. The coach may make exceptions for injury or health circumstances upon mandatory proof from a medical professional.

8. A written agreement incorporating the above terms must be approved by the Rapid City School Board and signed by all parties. All parties have the right to cancel this agreement within fourteen (14) calendar days notice if the above provisions have not been met.

RAPID CITY AREA SCHOOL DISTRICT

CLUB SPORT Lettering Agreement

Club Hockey

1. Rushmore Hockey Association will offer high school hockey as a club sport for students at Rapid City Central High School and Rapid City Stevens High School respectively by the agreeing parties hereafter referred to as "Club Hockey".
2. Participation will be limited to the students in grades 9-12. Only students who are currently enrolled in Rapid City Public Schools will be allowed to participate in club hockey for lettering purposes only. Middle school participants will need to follow the petition process for consideration to participate on a high school team.
3. Participants will be required to follow all rules and regulations of the South Dakota High School Activities Association as well as the Rapid City Public Schools including, but not limited to, physical examinations, academic eligibility, age, enrollment in school, activity rules, Sunday participation and Wednesday night activities. Sunday participation and Wednesday night activities compliance shall be interpreted as allowing Club Hockey to schedule Sunday and Wednesday night practices and contests, however, students that choose not to attend scheduled contests or practices on Wednesday night and Sunday may do so without any repercussions from the hockey organization. Club Hockey shall be conducted under sanction of the South Dakota Amateur Hockey Association and shall operate in compliance with the Association's Administrative Manual, current year. The current year administrative manual of the South Dakota Amateur Hockey Association must be provided to the high school activities office prior to the beginning of the season. A list of all participants must be submitted to the activities office following the first organized practice.
4. Club Hockey will follow all School Board approved policies as outlined in pages 4-12 of the Rapid City Area Schools High School Activities Handbook, dated July, 2008.
5. The hockey season will be conducted and scheduled in conjunction with the South Dakota Amateur Hockey Association's calendar.
6. Schedule must be submitted to High School Activities Director thirty (30) days prior to start of season.
7. Student absences for travel to/from hockey games will be considered as an athletic absence and will not be counted against the student for scheduling purposes.
8. Participants may earn a letter, which is to be funded by Club Hockey. To be eligible for a letter, the student/athlete must have participated in a minimum of 33% of the regular season varsity periods (goalies participation requirements will be that they are in the regular season starting rotation or, as a back up goalie, participate in at least 25% of the varsity games)

Under any of these criteria, the athlete must complete the season as an active member of the team. The coach may make exceptions for injury or health circumstances upon mandatory proof from a medical professional.

9. A written agreement incorporating the above terms must be approved by the Rapid City School Board and signed by all parties. All parties have the right to cancel this agreement within fourteen (14) calendar days notice if the above provisions have not been met.

RAPID CITY AREA SCHOOL DISTRICT

CLUB SPORT Lettering Agreement

Club Men's Gymnastics

1. Rapid City Gymnastics Academy will offer high school gymnastics as a club sport for male students at Rapid City Central High School and Rapid City Stevens High School respectively by the agreeing parties hereafter referred to as "Club Men's Gymnastics".
2. Participation will be limited to the students in grades 9-12. Only students who are currently enrolled in Rapid City Public Schools will be allowed to participate in club men's gymnastics for lettering purposes only. Middle school participants will need to follow the petition process for consideration to participate on a high school team.
3. Participants will be required to follow all rules and regulations of the South Dakota High School Activities Association as well as the Rapid City Public Schools including, but not limited to, physical examinations, academic eligibility, age, enrollment in school, activity rules, Sunday participation and Wednesday night activities. Sunday participation and Wednesday night activities compliance shall be interpreted as allowing Club Men's Gymnastics to schedule Sunday and Wednesday night practices and contests, however, students that choose not to attend scheduled contests or practices on Wednesday night and Sunday may do so without any repercussions from the gymnastics organization. Club Men's Gymnastics shall be conducted under sanction of USA Gymnastics and shall operate in compliance with the USA Gymnastics Code of Ethical Conduct available here: https://usagym.org/pages/aboutus/pages/code_of_ethics.html.

All gymnastics clubs must meet requirements and be Registered Members of USA Gymnastics. Requirements can be found here:

https://usagym.org/pages/membership/pages/reg_requirements.html?prog=au

Valid USA Gymnastics Registration number and certificate of insurance must be provided to the high school activities office prior to the beginning of the season. A list of all participants must be submitted to the activities office following the first organized practice.

4. Men's Club Gymnastics will follow all School Board approved policies as outlined in pages 4-12 of the Rapid City Area Schools High School Activities Handbook, dated July, 2008.
5. The competitive men's gymnastics season will be conducted and scheduled in conjunction with the USA Gymnastics Men's Region IV calendar.
6. Schedule must be submitted to High School Activities Director thirty (30) days prior to start of season.
7. Student absences for travel to/from gymnastics meets will be considered as an athletic absence and will not be counted against the student for scheduling purposes.
8. Participants may earn a letter, which is to be funded by Club Men's Gymnastics. To be eligible for a letter, the student/athlete must have participated in a minimum of 50% of the regular season meet schedule and submit a score from one or more USA Gymnastics sanctioned meets consistent with Regional Qualifying requirements for his Level (5-10). The athlete must complete the season as an active member of the team. The coach may make exceptions for injury or health circumstances upon mandatory proof from a medical professional.

9. A written agreement incorporating the above terms must be approved by the Rapid City School Board and signed by all parties. All parties have the right to cancel this agreement within fourteen (14) calendar days notice if the above provisions have not been met.

MEN'S CLUB GYMNASTICS

Lettering Requirements

To be eligible for a varsity letter, the athlete must meet three (3) of the six (6) following requirements:

1. The gymnast attends at least ninety (90) percent of practices. Head coach must excuse all absences.
2. The gymnast is a competitor on the state gymnastics team.
3. When there are enough athletes to constitute a Team (minimum of 3 athletes in a given Level) the gymnast must contribute to team score one (1) time throughout the season.
4. The gymnast must be a registered member of USA Gymnastics and have conformed to USA Gymnastics eligibility rules.
5. The gymnast receives two (2) top 10 scores on any individual event in a single USA Gymnastics sanctioned meet or is the all-around champion at a given meet.
6. The gymnast qualifies to USA Gymnastics Men's Region IV competition as an individual competitor.

RAPID CITY AREA SCHOOL DISTRICT

CLUB SPORT Lettering Agreement-Girls Softball

1. High school softball is not offered by the Rapid City Area School District (hereinafter "District") but is available in our community as a club sport.
2. The Sponsors of the high school softball teams (hereinafter "Club Sport Sponsor") may use the names "Stevens" and "Central" high schools and the associated mascots for two of their teams only upon compliance with this Agreement.
3. Participation in high school club softball will be determined by the Club Sport Sponsor. The Club Sport Sponsor will be solely responsible for preparing and adopting requirements such as residency, enrollment, academic performance and the like. The Club Sport Sponsor may decide, in their sole discretion, to follow the South Dakota High School Activities Association requirements in the extracurricular rules and regulations of the District. The club sponsors may submit a list of prospective softball participants to the District for review and the respective Activities' Directors shall identify any names on the list that do not meet the eligibility requirements for District activities. **NOTWITHSTANDING THIS REVIEW, THE CLUB SPORT SPONSOR SHALL DETERMINE IN ITS SOLE DISCRETION WHETHER ANY INDIVIDUAL MAY PARTICIPATE IN THE CLUB SPORT.**
4. Any participants in the club sport who also participate in District activities will be subject to the same rules and regulations for District participation as any other student. Discipline imposed by the Club Sport Sponsor will not replace or affect the District penalty for its students.
5. The District may withdraw its permission for use of its school names and mascots for any violation of this Agreement or violation by the Club Sport Sponsor of District fundraising policies.
6. Club Sport Sponsor may request use of District facilities on the same basis as any community group. Club teams may not store their equipment on District property.
7. All expenses of operating the club sport including but not limited to transportation, referees, coaches, supplies, and awards are the responsibility of the Club Sport Sponsor.
8. The Club Sport Sponsor shall provide and maintain a Certificate of Insurance to the District naming the District as an additional named insured in an amount of at least \$1,000,000 prior to any use of the District's facilities including Team names and mascots.
9. The Club Sport Sponsor may not use District facilities nor District names and mascots after the last Saturday in October.
10. Excessive numbers of competitive events may result in a determination by the District that Club Sport student participants will not be eligible to participate in District's extra-curricular activities.
11. The District may award high school letters for participation in club team softball. No more than four (4) levels of letter awards will be given. No letter will be given to any student who has already achieved that particular level of award or higher. The Club Sport Sponsor will submit a list of proposed award winners to the respective Activities' Directors within one week after conclusion of the season. This list shall identify the proposed recipients' participation with respect to lettering criteria established by the District Determination of what level award, if any, is to be granted and which student shall receive an award is within the sole discretion of the District. Letters may only be awarded to students enrolled in the District. The expense of letters and any ceremony to award letters will be solely that of Club Sport Sponsor.
12. The Club Sport Sponsor will not be allowed to use District facilities including names of schools mascots unless all coaches have successfully completed a course in the Care and Prevention of Injuries, First Aid, and meet risk management guidelines.
13. The Club Sport Sponsor may request funding from District Booster Clubs on the same basis as any other outside group.
14. The School Board hereby finds that participation in club team sports under this Agreement is a State Youth Program of educational value thus students absent to participate in club softball will be treated as present pursuant to SDCL 13-27-6.1 provided that a request for absence from actual attendance is received at least three (3) days prior to the anticipated absence.
15. Any discussion regarding implementation of this Agreement may occur only between the District Activities Director and an official designated representative of the Club Sport Sponsor.

This Agreement is effective upon approval by the Rapid City School Board and signature by the Club Sport Sponsor. The School Board may cancel this Agreement at any time without prior notice of cancellation. The Club Sport may cancel this Agreement upon ten (10) days written notice; however, the obligations of the Club Sport Sponsor regarding liability undertaken pursuant to this Agreement will continue notwithstanding termination of this Agreement by either party

RAPID CITY AREA SCHOOL DISTRICT

CLUB SPORT Lettering Agreement

Boys and Girls Swimming

1. High school swimming is not offered by the Rapid City Area School District (hereinafter "District") but is available in our community as a club sport.
2. The Sponsors of the high school swim teams (hereinafter "Club Sport Sponsor") may use the names "Stevens" and "Central" high schools and the associated mascots for two of their teams only upon compliance with this Agreement.
3. Participation in high school club swimming will be determined by the Club Sport Sponsor. The Club Sport Sponsor will be solely responsible for preparing and adopting requirements such as residency, enrollment, academic performance and the like. The Club Sport Sponsor may decide, in their sole discretion, to follow the South Dakota High School Activities Association requirements in the extracurricular rules and regulations of the District. The club sponsors may submit a list of prospective swim team participants to the District for review and the respective Activities' Directors shall identify any names on the list that do not meet the eligibility requirements for District activities. **NOTWITHSTANDING THIS REVIEW, THE CLUB SPORT SPONSOR SHALL DETERMINE IN ITS SOLE DISCRETION WHETHER ANY INDIVIDUAL MAY PARTICIPATE IN THE CLUB SPORT.**
4. Any participants in the club sport who also participate in District activities will be subject to the same rules and regulations for District participation as any other student. Discipline imposed by the Club Sport Sponsor will not replace or affect the District penalty for its students.
5. The District may withdraw its permission for use of its school names and mascots for any violation of this Agreement or violation by the Club Sport Sponsor of District fundraising policies.
6. Club Sport Sponsor may request use of District facilities on the same basis as any community group. Club teams may not store their equipment on District property.
7. All expenses of operating the club sport including but not limited to transportation, referees, coaches, supplies, and awards are the responsibility of the Club Sport Sponsor.
8. The Club Sport Sponsor shall provide and maintain a Certificate of Insurance to the District naming the District as an additional named insured in an amount of at least \$1,000,000 prior to any use of the District's facilities including Team names and mascots.
9. The Club Sport Sponsor may not use District facilities nor District names and mascots after March.
10. Excessive numbers of competitive events may result in a determination by the District that Club Sport student participants will not be eligible to participate in District's extra-curricular activities.
11. The District may award high school letters for participation in club team swimming. No more than four (4) levels of letter awards will be given. No letter will be given to any student who has already achieved that particular level of award or higher. The Club Sport Sponsor will submit a list of proposed award winners to the respective Activities' Directors within one week after conclusion of the season. This list shall identify the proposed recipients' participation with respect to lettering criteria established by the District Determination of what level award, if any, is to be granted and which student shall receive an award is within the sole discretion of the District. Letters may only be awarded to students enrolled in the District. The expense of letters and any ceremony to award letters will be solely that of Club Sport Sponsor.
12. The Club Sport Sponsor will not be allowed to use District facilities including names of schools mascots unless all coaches have successfully completed a course in the Care and Prevention of Injuries, First Aid, and meet risk management guidelines.
13. The Club Sport Sponsor may request funding from District Booster Clubs on the same basis as any other outside group.
14. The School Board hereby finds that participation in club team sports under this Agreement is a State Youth Program of educational value thus students absent to participate in club swimming will be treated as present pursuant to SDCL 13-27-6.1 provided that a request for absence from actual attendance is received at least three (3) days prior to the anticipated absence.
15. Any discussion regarding implementation of this Agreement may occur only between the District Activities Director and an official designated representative of the Club Sport Sponsor.
16. This Agreement is effective upon approval by the Rapid City School Board and signature by the Club Sport Sponsor. The School Board may cancel this Agreement at any time without prior notice of cancellation. The Club Sport may cancel this Agreement upon ten (10) days written notice; however, the obligations of the Club Sport Sponsor regarding liability undertaken pursuant to this Agreement will continue notwithstanding termination of this Agreement by either party.

Sportsmanship Guidelines and Parent/Guardian's Codes of Conduct

As adults, teachers, coaches, students, and parents we have the responsibility to ensure that the lessons learned from participation in activities are positive ones. Through competition, young people should be taught the values of trustworthiness, respect, responsibility, fairness, caring and citizenship- not selfish or win at all costs attitudes toward competition.

Our school hopes that coaches, teachers, students, and parents will use the following sportsmanship codes of conduct pages to improve the character of student athletes, fans and programs.

CODES OF CONDUCT

Parent/Guardian's Code of Conduct

- Remember, young people play for their own enjoyment, not yours.
- Don't force an unwilling high schooler onto the field or court.
- Applaud good plays by opposing players as well as your own.
- Set a good example. Young people learn best by imitation.
- Teach your child always to play by the rules.
- Show your child that hard work and an all-out effort can matter more than victory.
- Help your child improve skills and sportsmanship in every game. Your child will then be a winner, even in defeat.
- Never ridicule or yell at your child for making a mistake or losing a game.
- Support all efforts to remove verbal and physical abuse from high school sports.
- Do not publicly question a referee's judgment or integrity.
- Recognize the value of volunteer teacher-coaches, referees and officials and give them clear signs of respect.

Player's Code of Conduct

- Play by the rules and Pursue Victory With Honor.
- Remember, the goals of the game are to have fun, improve skills and feel good.
- Don't play just to please your parents or teacher-coach.
- Win and lose graciously.
- Treat all other athletes as you would like to be treated.
- Cheer good plays by either team.

Sportsmanship Guidelines and Parent/Guardian's Codes of Conduct

Player's Code of Conduct (cont.)

- Play the game with your best effort.
- Don't be a showoff or a me-first player. Work as hard for your team as you do for yourself.
- Cooperate with your teacher-coaches, teammates, opponents and the officials.
- Don't argue with officials or complain about calls.
- Control your temper. Never retaliate when you feel wronged.

Teacher-Coach's Code of Conduct

- Enthusiastically support and practice Pursuing Victory With Honor.
- Win and lose graciously.
- Winning is only part of youth sports. Be sure your players enjoy the experience. Don't let anyone yell at them or mock them.
- Generously praise your athletes when they deserve it.
- Set a good example. Young people need a teacher-coach they can respect.
- Be reasonable in your demands on young athletes' time, energy and performance on the playing field.
- Teach your players to honor the rules of the game at all times.
- Foster respect among your athletes for the judgment of referees and opposing teacher-coaches, and for the ability of opponents.
- Let a physician determine when an injured child is ready to play again.
- Stay informed about sound coaching principles and the physical, mental, and emotional development of young people.
- Routinely check your equipment and facilities. They should meet safety standards and be appropriate for the age and ability of your players.
- Comply with job description and coaching standards.

**Eight Steps of
Decency Toward Officials**

Officiating is tough work. It demands deep knowledge of the game, keen eyesight, and quick sound decision making. But the toughest part of the job is enduring abuse from fans, teacher-coaches and players. As a result, fewer and fewer people are entering the profession. Here are eight steps you can take to help foster respect for the officials and create a better game climate overall:

1. Greet officials personally. Do what you can to make them feel comfortable.
2. Introduce officials to the players and staff and, through the P.A. system, to fans. Add biographical details –such as “Bill Davis has 13 years of officiating experience and was recognized a League Referee of the Year in 2001” – to humanize them for fans.
3. Cooperate with officials throughout the game.
4. Avoid confrontations. During a game, only request information. Never argue or become emotional with officials. Never let your players see you complain about missed calls or blame an official for a loss.
5. Be appreciative and pleasant after the game. Thank officials and make sure they have easy access to their lockers.
6. If you are unhappy about an official’s performance, **wait two or three days to cool off**, then see if your league has an evaluation form to fill out.
7. Know the rules as well as the officials do.
8. Attend meetings of local and state officials where they discuss the rules and how to interpret them. You’ll see the game from their perspective.

Inspired by “Respecting the Ref,” by Keith Mano, Athletic Management, Aug./Sept. 2002, p.26.