

Sidney Jr/Sr High School



ACTIVITIES HANDBOOK

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PURPOSE

Activities, and their competition and performance, may be the real bastions of discipline and participation in our society. Co-curricular activities are often called upon to absorb much of the responsibility for teaching the values of our community. A contribution of this magnitude requires the development of positive, definitive programs. Thus, the purpose of this manual is to introduce and inform students and parents of the programs and procedures that are associated with the Sidney Activities Program.

SIDNEY PRIDE

Any great tradition is a long time in building; it takes the hard work of many young adults, the loyal support of parents and community, and the dedication of sponsors and coaches. As members of the Sidney co-curricular activity group, students have inherited a tradition that is one of the finest in the state. The district believes in excellence and that total effort must be exerted to finish well. It is the striving, not necessarily the arriving, that brings out the best in a person. Students automatically assume a leadership role when they are involved in a co-curricular activity. The student body, the community, and other communities judge the school by our conduct and attitude, both at school and away. Students participating in activities shall commit themselves to meet the standards set by the Sidney Community School District at all times and in all places (24 hours a day/7 days a week/365 days a year). Accepting the role of leadership allows each individual to contribute to school spirit and community pride.

PHILOSOPHY

Sidney School is dedicated to its tradition of excellence in all school programs. This tradition of excellence is the basis for our athletic philosophy. Development of the strong student athlete is in keeping with our dedication to enhancing the mind, body and spirit of our students. A successful athletic program is essential to the life of the school in the building of community and school spirit among the students, alumni and the wider community.

Competition and the pursuit of excellence influence our athletic program. Sidney provides a well-rounded program of interscholastic athletics affording opportunity for all of its students. Opportunities for participation in our athletic program vary according to the sport and level of competition. At the lower levels, emphasis is on skills development and participation. At the varsity level, performance and team success become more primary objectives.

Students' benefit from the development of physical fitness, leadership, teamwork, good sportsmanship, self-discipline, respect, and integrity. Sidney's athletic program will provide competitive opportunities for the development of the student's athletic capabilities while promoting these ideals of athletic excellence.

ATHLETIC PROGRAM GOALS

To promote health, fitness, and lifelong enjoyment of sports among all students.

To provide students with the opportunity to develop their full potential as athletes and to compete at the highest appropriate level.

To build a competitive athletic program that promotes success.

To recruit, train, evaluate and support coaches to achieve program goals. Sidney will strive to provide the best possible coaching for each team at each level.

To provide a quality program for training and conditioning as well as to make sure equipment and facilities are in the best possible condition.

To build school spirit and facilitate school, alumni and community support for Sidney Athletics.

EXPECTATIONS OF STUDENT ATHLETES

Athletes understand that they are students in the athletic setting. From coaches and teammates they learn the values, skills, and strategies that are important for participation in the Sidney athletic program.

Students who participate in the athletic program are expected to make a sincere and complete commitment to their teams. Team members are expected to follow school and team rules and to fulfill team attendance and promptness requirements. A student athlete is required to attend all contests in his or her specific sport whether participating or not, unless prior permission is granted by the coach. A student athlete is responsible for arranging his or her schedules in order to fulfill his or her commitment as an athlete and team member. A student athlete is responsible for all academic work missed. Failure to maintain academic commitments may result in suspension or dismissal from the team. Athletes will also be accountable to school policies, which may result in disciplinary action.

Student athletes are expected to participate in pre-season training and conditioning programs, which are invaluable for safety and skill development. Athletes must accept the importance of a healthy lifestyle in order to compete at the highest possible level. Athletes should put maximum effort into workouts and follow healthy habits including healthy eating and adequate rest as important to achieving the highest athletic performance.

Players represent the entire Sidney community during their participation on a team. They accept the responsibility and privilege of representing Sidney. It is expected that players exhibit positive sportsmanship in competition, which includes fair play and respect for coaches, teammates, opponents, officials, and spectators. Players also serve as role models for aspiring athletes in middle and lower school grades.

Student Athletes understand that Sidney sports teams are competitive and strive for excellence therefore; the amount of playing time and level of achievement is based on merit, hard work, commitment and athletic capability as judged by the individual coach.

EXPECTATIONS OF PARENTS

Being a parent of an interscholastic athlete can be a very rewarding experience. Support your child to help him or her reach their highest athletic potential. As a parent, be positive and remind your child that it is the effort put forth which is most important. Do not let playing time dictate your child's happiness. Make every effort to be supportive when things are not going well for your son or daughter, or for the team.

When your son or daughter makes a team, you have the right to know what the coach's expectations are for your child and the team. As a parent, you should also know the coach's philosophy. All coaches have different expectations and these should be communicated to the parents through a team meeting or a letter home.

Be supportive of the coaching staff in front of your son or daughter. If you have concerns to discuss with the coach, please call him/her to arrange an appointment. Please do not discuss concerns with a coach immediately before, during or after a game or practice. It is never appropriate for a parent to discuss with a coach the status of another student athlete. If a parent has an unresolved concern and would like to discuss it, he or she may contact the Activities Director. Resist the temptation to protect your children from consequences and accountabilities. Live your life for your children not through your children. Constantly encourage your child/athlete to be a part of something "bigger than themselves".

Parents understand that they are role models and are part of a larger community called Sidney which holds its students, families, and faculty to a higher standard. Parents should view each practice and game as an opportunity to model their values to their children. Parents exhibit this behavior by their conduct towards all athletes, coaches, officials, fellow parents, opposing athletes, coaches, and other parents, on and off the playing fields and in the stands.

Appropriate concerns to discuss with coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as the following must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. Each party involved agrees to wait 24 hours before the conference is set. Please note the student-athlete should be present during this meeting. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

EXPECTATIONS OF COACHES

As Sidney is committed to providing a model of excellence in athletics, coaches' help players make this vision a reality. Each program is designed on the principles of performance excellence to fulfill this commitment. It is the responsibility of each coach

to embrace the athletic program goals and design a program to reach their individual sport goals. Coaches teach the skills so student athletes can grow in their competence and competitiveness creating a desire to succeed and excel.

Coaches understand that they are teachers and role models exemplifying the highest moral and ethical behavior. They view each practice and game as an opportunity to teach ethical values and conduct within the context of sport. Coaches model this behavior by their conduct towards their athletes, parents, officials, and opponents, on and off the field.

Coaches have a responsibility to communicate their philosophy and expectations of players and the team to each player and parent. These expectations should include practice and game schedules and locations, required equipment, and off-season conditioning programs. Coaches need to clearly explain team policies and rules (which have been approved by the activities director) and disciplinary action that may result in an athlete being denied participation.

Coaches are expected to seek ongoing education and certification in areas such as skill development, strategy, training, conditioning and safety from which the individual athlete and the overall team will benefit.

ACADEMIC ACTIVITIES

The activities department believes in and supports all academic activities. We encourage building principals and teachers to develop and sustain new and current programs in this area.

ACTIVITIES DIRECTOR

The Activities Director is charged with the responsibility of recommending and directing the activities program in keeping with the aims and purposes of education as conceived by the administration and Board of Directors.

The Activities Director is responsible for the continual evaluation of the district's activities program as well as the evaluation of coaches/sponsors. He will work with his staff, administration and the activities advisory committee in developing guidelines, policies, philosophy, and objectives for the entire activities program. He must determine the activity needs of the community and make plans to satisfy these needs. He must keep abreast of current trends and is responsible for recommending additions, changes and alterations in the school environment that relate to the activities program.

He must plan, schedule, coordinate and supervise all aspects of the total activities program. He must make certain to avoid showing favoritism to any particular activity; instead, He must display an equal interest in all activities. Fair and consistent administration of all activities will help promote a harmonious staff, which is so vital in building and maintaining a successful program.

ACTIVITIES TRAVEL

The Sidney School District provides transportation to and from activities/competitions. Participants are expected to travel to and return from a competition by the same mode of transportation. Exceptions are made only when absolutely necessary and must be approved by the Activities Director as well as the Coach. Permission will not be granted to a participant who would like to ride home with someone other than their own parent/guardian unless a note is signed by both parents/guardians of the individuals involved and it has been pre-approved by the administration and the coach.

The district believes that such a policy is in the best interest of our students and our programs. Only through time before, during and after an event can participants and coaches/sponsor develop a sense of team, regardless of the activity.

ATHLETIC CODE OF IOWA: Non-school Team Participation

Any student (grades 7 –12) in the Sidney Community School District who participates in school sponsored sport programs may not participate in non-school sponsored sport programs during the same season without approval. Approval comes from the respective coach and Activities Director. Ex. Club basketball and high school basketball would not be legal without approval.

A student who chooses to give non-school participation priority over the school sponsored sport program may jeopardize his/her status or standing as a member of the school sponsored sport program.

Attendance and Activity Participation

Students in extracurricular activities must be in school no later than 8:30 am on the day of an activity or practice in order to attend or to participate in that day's activity, unless otherwise approved by the principal. In the case of a late start due to inclement weather the student must be in school no later than 10:30 am.

If the absence is not pre-approved or is not an excusable absence, the student will not be allowed to attend evening events. Appointments scheduled on activity days must be pre-approved a day in advance and a note from the doctor must accompany the student when he/she returns to school. Any student who leaves school during the school day will not be allowed to participate in any extra or co-curricular event that evening without a note from the doctor.

This attendance provision applies to student participation in all extra and co-curricular activities sponsored by the school. Students are reminded that participating in extracurricular events is a privilege and good attendance is required of those students who choose to participate in events.

COMPETITION

Competition gives all students an opportunity to learn something rarely available in the classroom situation. It is an experience that involves preparation, dedication and hard work. The reward is measured in different ways by each individual, ranging from simply participating to making the first team, placing in a competition, winning conference recognition or being named a state champion.

It is the philosophy of the Sidney Activities Department that each student should be given an opportunity to participate, developing his/her skills to the best of his/her ability.

HIGH SCHOOL ATHLETICS LEVELS OF COMPETITION

VARSITY LEVEL

Varsity participation involves rigorous competition and an intensive commitment to training, practices and games. A starting position on a team is an earned privilege based on demonstrated readiness for competition as assessed by the coach. Individual and team success is a by-product of character, commitment, practice, effort and teamwork. Coaching strategy focused on team competitiveness determines individual playing time. Playing time is not guaranteed.

JUNIOR VARSITY LEVEL

The Junior Varsity level allows a student athlete to develop skills and increased knowledge of the competitive game situation with the goal to play at the varsity level at a future date. If a student is healthy, has been attending practice, and displays a

positive attitude, he or she may play in contests although the amount of playing time is not guaranteed.

FRESHMAN LEVEL

The freshman level allows a student athlete to develop skills and increased knowledge of the competitive game situation with the goal to play at the junior varsity or varsity level at a future date. If a student is healthy, has been attending practice, and displays a positive attitude, he or she may have the opportunity to play in contests although the amount of playing time is not guaranteed.

Competition is emphasized as students move through the activities program at the high school level. The goal of our high school activities programs is to field teams/groups that are competitive at the state level.

The activities department believes that there should be no cutting of any participants in any athletic program below the junior varsity level. Activities other than athletics will emphasize participation by allowing students the equal opportunity to be involved in the activity of choice in some way (i.e. stage crew, band, vocal, publication, etc.). Exceptions may need to be made for Spring Sports based on the nature of the sport.

DUAL PARTICIPATION

The activities department recognizes that some individual students have multiple talents and may be involved in more than one activity at a time. However, each coach/sponsor develops and enforces practice and participation requirements for their activity. A student who cannot meet the practice or participation requirements of a given program should not expect to maintain his/her position on the team. Each student athlete needs to visit with both coaches to make a decision on what is best for them and the individuals that are being affected.

DUE PROCESS

In the event of alleged infractions of rules and regulations pertaining to athletics/activities, the participant may be suspended from participation in athletics and extracurricular activities. In any case, the due process procedures specified in the handbooks and adopted by the Sidney Board of Directors will apply.

EQUAL OPPORTUNITY

The Sidney Community School District is an equal opportunity educational institution and will not discriminate on the basis of age, race, creed, color, sex, national origin, religion or disability (physical, mental or emotional) in its activities, programs, or employment practices as required by Title VI and VII of the 1964 Civil Rights Act, Title IX of the 1972 Educational Amendments, and Section 504 of the Federal Rehabilitation Act of 1973.

Inquiries regarding compliance with Title IX, Title VI or Section 504 may be directed to the Superintendent, Sidney Community Schools, 2754 Knox Road, Sidney, IA 51652, (712) 374-2141, to the Director of the Iowa Civil Rights Commission, Des Moines, Iowa, or to the Director of the Region VII Office of Civil Rights, Department of Education, Kansas City Missouri.

EXTERNAL SUPPORT GROUPS

The Sidney Community School District is appreciative of the support it receives from such outstanding groups as our Booster Club and Music Alliance. These dedicated organizations not only contribute money to needy programs, but more importantly, the members donate time and effort to the promotion of the programs involving our students and staff.

The activities department encourages all district patrons to support these groups by joining and volunteering time and energy to the many programs that involve our student population.

EXTRACURRICULAR ACTIVITIES

The high school offers the following extracurricular activities:

<i>Art Club</i>	<i>Band</i>	<i>Baseball</i>	<i>Basketball</i>	<i>BPA</i>
<i>Cheerleading</i>	<i>Choir</i>	<i>Cross Country</i>	<i>Debate</i>	<i>FCCLA</i>
<i>FFA</i>	<i>Football</i>	<i>Golf</i>	<i>ISTEP</i>	<i>NHS</i>
<i>Play/Musical</i>	<i>Quiz Bowl</i>	<i>Speech</i>	<i>Softball</i>	<i>Student Council</i>
<i>Track and Field</i>	<i>Volleyball</i>	<i>Wrestling</i>	<i>Yearbook</i>	

FACILITY USAGE

The Sidney Community School District strongly supports community use of the school district's facilities and area, including all buildings and grounds, as long as they do not conflict with school sponsored activities and practices.

Any individuals or groups interested in promoting cultural, educational, social or economic activities are eligible to use school facilities, providing the activities to be conducted are consistent with the public interest as determined by the Board of Directors or as provided by federal and state laws or local ordinances. Approval and use of facilities does not imply the endorsement or sponsorship by the Superintendent, the Board, or the District.

Under circumstances considered appropriate and acceptable by school officials, certain school facilities may be rented and used for private profit. Principles of guidance for judging acceptability will be good taste, community welfare, timing, and the provisions for the administration and supervision of the event.

Individuals or groups interested in using district facilities must contact the Principal at the school in which they would like to use. For the High School, you should contact the activities department and apply for such usage.

FUNDRAISING PROJECTS

All fundraising projects for clubs and other school activities must be approved by the Activities Director. Fundraising projects must be for a specific purpose, and the funds may only be used for that purpose. Any fundraising project must not exploit students or staff in any way or conflict with school time, recognized school events, holidays, school policy or school regulations.

Door-to-door solicitations are to be kept to a minimum and must be pre-approved by the Activities Director. Clubs may participate with other civic or community groups in door-to-door solicitations as long as they make it clear that they are representing the civic organization.

GOOD CONDUCT CODE

Participants in the Sidney activities programs are expected to comply with the Good Conduct Code. All students will be required to sign a waiver (and have on file in the activities office) stating they have read and understand the Good Conduct Code before being allowed to practice or participate in activities.

GRIEVANCE PROCEDURE—TITLE IX

The Sidney Community School District Grievance Procedure in its entirety is located in the Board of Education Policy Book. Procedures for parents, students, and community members are referred to in Board Policy 404.3. Copies are in each Principal's office and also in the Administration Office.

If additional assistance is needed, contact the Superintendent, Sidney Community Schools, 2754 Knox Road, Sidney, IA 51652, (712) 374-2141.

LETTERING REQUIREMENTS

Lettering requirements are established at the individual sponsor's/coach's discretion and reviewed on a regular basis by the Activities Director. The first time, and only the first time, an individual letters in any varsity sport or activity.

The following activity awards will be given to participants:

First year of participation:

Participant—Certificate of Participation

Lettered Participant—Letter, Pin and Varsity Certificate

Second year of participation:

Participant—Certificate of Participation

Lettered Participant—Gold Bar and Varsity Certificate

Third year of participation:

Participant—Certificate of Participation

Lettered Participant—Gold Bar and Varsity Certificate

Fourth year of participation:

Participant—Pin, Letter and Varsity Certificate

Lettered Participant—Gold Bar and Varsity Certificate

QUITTING OR BEING REMOVED FROM AN ACTIVITY

Any participant who quits an activity or who is removed from a team or group by a coach/sponsor or the Activities Director automatically forfeits any letter he/she has earned during the current school year in that activity.

OPEN GYM

Open gym is held for the purpose of making recreational activities available for all students. Open gyms are subject to the following restrictions:

1. The supervisor shall not engage in any type of coaching during supervision.
2. Attendance by students is voluntary.
3. Volunteer or paid coaches may not directly or indirectly require the attendance of students or require the performance of activities by students prior to the legal practice period for that coach's sport.

PERSONAL PROPERTY

Sidney Community Schools is not responsible for personal property that is lost, stolen, or damaged while on and/or in school property. Students, parents, or employees who bring personal property on and/or in school property do so at their own risk.

PROCEDURES FOR HANDLING CONFLICTS

It is the responsibility of everyone involved to deal with conflict in the most mature and appropriate manner possible to ensure its successful resolution. It is the philosophy of the activities department that conflicts should be dealt with at the lowest possible level. The student should be the first person to talk to a coach or sponsor about a conflict. Students and guardians/parents can set up an appointment to speak with the sponsor or coach in charge of the activity in an attempt to resolve the matter.

Communication should wait at least 24 hours after a conflict. Coaches and sponsors should not be approached at a contest.

If, for some reason, the matter cannot be resolved with the above, the following should be notified in this order:

- **Coach/Sponsor**
- **Activities Director**
- **Principal**
- **Superintendent**
- **Board of Directors**

SCHOOL CLOSINGS AND STUDENT ACTIVITIES

Student activities are a vital part of the total educational program and should be used as a means for developing good human relations and wholesome activities, as well as knowledge and skills. The health, safety, and welfare of the students participating in student activities shall be foremost in the minds of those directing and responsible for such activities. In the interest of student welfare and safety, the procedures below shall be followed during times of school closings due to inclement weather, emergency situations, etc. One source of information can be found by looking on <https://www.gobound.com/ia/schools/sidney>.

PRACTICES AND ACTIVITIES

1. School closed all day—Administration shall determine if practices are to be conducted.
2. School closed early—
 - A. Administration shall determine if practices or events are to be conducted in the afternoons and/or evenings.
 - B. Unsafe road conditions: There shall be no practices or activities. All students are to be released from school and return to their homes immediately.
3. School closed all day on Monday—Practices will be at normally scheduled times as they would be throughout the school week.

CONTRACTED CONTESTS AND SCHEDULED ACTIVITIES

1. School closed all day—The administration shall be responsible for any postponements, cancellations, and rescheduling of contracted contests and scheduled events. Scheduled events may go on if administration feels that the conditions are safe for travel later in the day.
2. School dismissed early—The administration shall be responsible for canceling all activities and/or events if needed. As the need arises, the administration shall notify the contracted parties, news media, transportation coordinator, and others of the cancellation. In addition, they shall be responsible for rescheduling the canceled events and activities.

EMERGENCY TRAVEL SITUATIONS

In case of an emergency on the road (bus breakdown, bad weather, etc.), it is the duty of the head sponsor/coach to inform the Activities Director or Principal of the situation, and he/she will in turn inform parents/guardians.

PUBLICITY

Each sponsor/coach is responsible for the publicity concerning their program. The activities department encourages sponsors/coaches to establish a professional working rapport with all media resources.

All written news releases, ads, etc. are to be submitted to the Activities Director for his/her approval before they are released to the news media.

Poster, team or individual pictures, etc. must be paid for by those individuals involved in a particular program. No organization under any circumstance is to attempt to sell advertising or solicit funds without the approval of the Activities Director and the Superintendent of Schools.

SCHOOL SPONSORED SUMMER CLINICS

Any organization may organize a clinic in any activity after school is dismissed in the spring through the first weekend prior to the beginning of next school year. Clinics must be scheduled and approved through the Activities Director.

SPECTATOR BEHAVIOR

All student and adult spectators of Sidney activity events are expected to conduct themselves in an appropriate manner. They are to show support and respect for all individuals on the field, court or stage. Those refusing to do so may be asked to leave the event. Officials, performers and fans from other schools should be made to feel welcome at all Sidney activity programs. Sportsmanship is part of the game. A code of conduct for fans: A ticket is a privilege to observe a contest, not to be abusive. Respect decisions made by officials. Be a role model by demonstrating positive support. Respect other fans, coaches, and players.

SPIRIT SQUADS

Spirit squads, (cheerleaders, dance team, pep band, marching band, etc.) are recognized as being an important part of the school's athletic program, especially when influencing the actions of spectators. It is important to recognize that the primary

purpose of spirit squads is to promote school spirit and to influence those in attendance toward the positive aspects derived through competitive athletics.

The sponsor will have sole responsibility for the conduct and supervision of their group and will work together with the principal, coaches and Activities Director in formulating rules and procedures which will govern the group. It is expected that either the sponsor or an administrator or his/her designee will accompany any spirit squad on road trips and at home contests.

It is the expectation of the activities department that any spirit squad which participates in an event will be present for the entire event and provide the appropriate support. No spirit squad is expected to be present or perform at every scheduled event.

STUDENT ELIGIBILITY

In order to be academically eligible to participate in the student activity programs all student/athletes must meet requirements stated in the handbook under academic eligibility.

NCAA CLEARINGHOUSE ELIGIBILITY

If a student is planning to enroll in college as a freshman and He wishes to participate in Division I or Division II athletics, he/she must be certified by the NCAA Initial Eligibility Clearinghouse. The Clearinghouse was established by the NCAA member institutions in January 1993. The Clearinghouse ensures consistent application of NCAA eligibility requirements for all prospective student athletes at all member institutions.

The student should apply for certification before graduation if he/she wishes to participate in athletics as a freshman at the college to which he/she will be admitted. The Clearinghouse will issue a preliminary certification report when the student has submitted all required materials. After graduation, the Clearinghouse will review the student's final transcript to make a final certification decision according to NCAA standards.

The interested student should see his/her guidance counselor for further information and the forms needed to apply. There is also information that can be found on the internet or the website listed below.

<http://professionals.collegeboard.com/guidance/prepare/athletes/ncaa>

STUDENT INSURANCE

The Sidney Community School District Activities Department provides no insurance coverage. It is the responsibility of the parent/guardian to provide adequate insurance to cover any medical expenses which may be incurred while the student is participating in co-curricular activities.

Parents not owning a basic health insurance plan can purchase such insurance through an independent carrier. Forms are available in all buildings. This insurance must be purchased before practice starts or at the beginning of school, whichever occurs first.

STUDENT INSURANCE/PHYSICALS

All students in designated activities must have a yearly current insurance waiver and physical on file in the Activities Office. No participation in practice and/or competition will be allowed until it is on file.

SUMMER CLINICS

The individual participant has no restrictions on summer camps/clinics except for those restrictions that may be imposed at the state level. The participant or his/her parents/guardians must pay expenses, and no school equipment can be used without the approval of the Activities Director.

MULTI-SPORT ATHLETES

Multi-sport athletes are encouraged by the Athletic Department. Sidney Community School District believes participating in more than one activity helps broaden the student and develops the student into a well-rounded individual. If a season overlaps with another season it is the responsibility of that athlete to meet with respective coaches to go over any conflicts. After reviewing expectations from both coaches, the coach, athlete and Activities Director may need to help the student athlete make a decision best for them and each program.

WEDNESDAY, SUNDAY, AND HOLIDAY ACTIVITIES AND PRACTICES

The school attempts to ensure that activities are not scheduled on Wednesday evenings during the course of the school year. Exceptions will occur only when an activity is a state sponsored activity or for special performances or activities approved by the Activities Director. Practices on Wednesday will end by 6:15 p.m. The activities department will make every attempt to not have Sunday practices. There may be

exceptions to this rule but only if the Sidney Board of Directors grant approval, but it is not mandatory for students to participate.

Limited activities will be scheduled on the dates of recognized school vacations. Practices may be held but only in accordance with conference and state practice guidelines. Practices held during vacation periods must be approved by the Activities Director.

Practice schedules will be handed out by each coach for each team member at the start of the season.