

KENDRICK HIGH SCHOOL ATHLETICS



2024-2025 PARTICIPATION GUIDE

KENDRICK HIGH SCHOOL ATHLETICS

PARENT/ATHLETE/COACH COMMUNICATION GUIDE



Communication Philosophy

- ⇒ A high priority is placed on healthy communication among all participants. For all of us to be successful, effective communication must occur.
- ⇒ Athletic achievement requires sincere commitment from all athletes, with positive support and encouragement from parents, coaches, and administrators.
- ⇒ For our programs to be truly successful, it is necessary for everyone to understand the focus and direction of the program.

Expectations for Coaching Staff

- A. It is reasonable to expect your athlete's coach to inform you:
 1. when and where practices and competitions are held
 2. about his/her coaching philosophy
 3. about the expectations he/she has for all athletes on the squad as well as your individual athlete
 4. What is required to be a part of the team i.e. fees, special equipment, off-season conditioning, lettering requirements, etc.
 5. if your athlete is injured during participation in a practice or competition
 6. whenever any disciplinary actions result in your athlete's being denied participation in a practice or competition
- B. Typical concerns of parents that are **appropriate** to discuss with a coach are:
 1. any unhealthy mental or physical strain you detect in your athlete at home (especially when it affects his/her academic or athletic performance)
 2. how you can contribute to your athlete's skill improvement, development, and confidence
 3. any dramatic changes you detect in your athlete's behavior
- C. For practices held in the gym, we ask that all practices remain closed to spectators.

Expectations for Parents/Guardians

- A. It is **inappropriate** to discuss with a coach:
 1. playing time
 2. team strategy
 3. other student-athletes
- B. Coaches often need parents to tell them:
 1. any specific health concerns about your athlete expressed directly and informally to the head coach at a mutually convenient time
 2. notification of any schedule conflicts well in advance
 3. Your commitment to the program and how you plan to make a contribution to the program's success. For example, one way is to be sure your athlete is at practice each day on time and to supervise that your athlete gets enough rest and nutrition at home.
- C. If you have a concern to discuss with a coach, what procedure should you follow?
 1. Please do not attempt to confront a coach before, during, or after a competition or practice. These can be busy and emotional times for both the parent and coach and this period does not promote objective analysis of the situation.
 2. Make an appointment with the coach.
- D. What should you do if the meeting with the coach does not result in a resolution of the problem?
 1. Call and set up an appointment with the Athletic Director to discuss the situation.
 2. At this meeting, the appropriate next step can be determined which may include a meeting with coach, parent, and athlete.
- E. Suggested helpful communication between players and parents:
 1. Encourage your athlete to learn and grow from the team experience.
 2. Encourage your athlete to face challenges with courage and character.
 3. Encourage your athlete to talk directly to the coach to address the problem before the problem becomes too big for them to handle.

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RULES & AGREEMENT OF PARTICIPATION



The following is a participation agreement that is an extension of the rules covered in the Student Handbook. All players are expected to read and follow these rules. Any violations of the rules will result in the associated penalty. Please go over this participation agreement with your family so that everyone understands the rules and policies. After reading this agreement, please sign the LAST PAGE ONLY and return to your coach.

PRACTICES

All athletes are expected to be at all the scheduled practices, matches, and tournaments unless prearranged with the coach. If the player cannot be at practice due to illness, family emergencies, etc., he/she is expected to inform a coach **before** practice.

TARDINESS:

It is important to be at practice **ON TIME**. All players are expected to be ready for instruction at that time. If you are going to be late, you are expected to contact a coach **PRIOR** to the practice time and explain the situation. Contact numbers will be provided.

Violations of above rules:

Tardies may result in loss of playing time and/or suspension from play. Consistent tardies may result in dismissal from team.

SCHOOL ATTENDANCE

All athletes are required to be in attendance at school for a minimum of four classes on all practice and competition days. Players must also be in attendance the morning (beginning 1st pd.) after a game unless pre-arranged and/or excused. Consequences for missing school the morning after a game include suspension from that day's practice and the next competition. If a player has to miss part or all of school because of a prior arrangement, he/she is expected to pre-arrange with the office **and** coach. If a player becomes ill during the school day and must go home, he/she is expected to notify the coach **before** going home. Students who are absent from school due to illness will not be allowed to participate that day. **Violations of above rules: Unexcused absences will mean missing one competition. Two or more unexcused absences may result in dismissal from team.**

TRANSPORTATION:

Athletes are required to ride to all competitions on the team bus. If an athlete wishes to go home with his/her parents after a competition, a parent must check them out with a coach. Coaches do not have the authority to release students to anyone other than their parents/guardians.

**Athletes must conclude the season in good standing to attend athletic banquets and receive banquet recognition.

KENDRICK HIGH SCHOOL CODE OF CONDUCT

| <u>MINOR RULES</u> | <u>MAJOR RULES</u> |
|--|---|
| <ol style="list-style-type: none"> 1. Refrain from use of profane, obscene, and inappropriate language and behavior 2. Maintain high standards of personal appearance and conduct 3. Complete all assignments missed due to activities 4. Abide by set curfews 5. Maintain a "good-standing" status | <ol style="list-style-type: none"> 1. No consumption or possession of alcoholic beverages or tobacco products 2. No attendance at functions where alcohol or drugs are present. This does NOT include family functions (weddings, etc.) where parents are present 3. No possession or use of drugs or possession of drug paraphernalia 4. No conviction for flagrant violations of civil or criminal law |
| <p style="text-align: center;">**THE COACH/TEACHER/ADVISOR WILL DETERMINE PENALTIES FOR MINOR RULES INFRACTIONS. THE PRINCIPAL/A.D. HAS THE AUTHORITY TO INTERCEDE WHEN DEEMED APPROPRIATE**</p> | <p style="text-align: center;"><u>PENALTIES FOR MAJOR RULE INFRACTIONS</u></p> <p><i>Rules 1 & 2:</i></p> <ol style="list-style-type: none"> 1. Violation of #1 & #2 above will result in the suspension from 50% of scheduled competitions for that season. Violation of #3 & #4 above will result in suspension from 100% of scheduled competitions for that season. 2. The 2nd infraction results in suspension from all extra-curricular activities for the remainder of the school year. 3. In both cases, the student will be required to attend, at his/her own expense, an approved alcohol/drug program before he/she can resume "good standing" status. |

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Academic Eligibility for Student-Athletes



All students wishing to participate in these activities must maintain a 2.0 grade point average, be a full-time student, and be passing all classes.

Eligibility is based on the school's progress/quarter grading schedule throughout the athletic season. Incoming 9th Graders start with a "clean slate." Grades for 9th graders will not count until the first grading period is complete. Students who are ineligible at the end of any grading period will participate in meetings and practice, but will not play in any contest during the grading period. This will carry over until the next athletic season that the student is involved in if the penalty is not met within that athletic season.

- Any student can apply for an athletic academic waiver after sitting out 15% of regular season varsity games. This waiver would declare that the student-athlete has raised their grade in the failing class(es) to meet the 2.0 GPA requirements. This waiver would allow the student-athlete to participate at the end of his/her 15% suspension before the next progress schedule date. The minimum penalty during this 15% waiver period will be a time period of (7) days. A student will not be able to obtain a waiver until at least one week after the grading schedule date. This waiver would need to be turned into the athletic director before the student was eligible to play. **ATHLETES MAY OBTAIN ONLY ONE WAIVER DURING A SINGLE ATHLETIC SEASON.**

- If the student's suspension (15% of the base regular season games) can't be completed until **AFTER** the next grading schedule date, the student will wait only until the next grading schedule date. If the student has raised their grades to a 2.0 or better with no failing classes, the student will be allowed to participate in full standing once the grades have been confirmed by the athletic director. If a student is unable to obtain waiver because of class changes or the end of the school year or semester, the 15% rule is applied using the quarter grade.

****INELIGIBLE ATHLETES MAY NOT MISS SCHOOL TO TRAVEL WITH THE TEAM****

Game Penalties (15%):

(This is how many games will have to be served before a waiver is valid)

Football: $9 \text{ Games} \times 15\% = 1.35 \text{ games} = 1 \text{ game}$

Volleyball: $16 \text{ Matches} \times 15\% = 2.40 \text{ matches} = 2 \text{ matches}$

Basketball: $20 \text{ Games} \times 15\% = 3.00 \text{ games} = 3 \text{ games}$

Track/Cross Country: $8 \text{ Meets} \times 15\% = 1.25 \text{ meets} = 1 \text{ meet}$

Baseball/Softball: $20 \text{ Games} \times 15\% = 3.00 \text{ games} = 3 \text{ games}$

Golf: 15% of scheduled matches

If a student is on the varsity team, they will sit out that many varsity games. They cannot use JV games to count toward their suspension. If a student plays both ways (JV and Varsity), they can only use one of those games to count toward their suspension.

JUNIOR HIGH: Junior high athletes are held to the same standard as high school athletes, a 2.0 with no failing grades. Junior High students however will be monitored on a week-to-week basis. Athletes will not be removed from a team due to not being eligible, but will be held out of competition if not meeting grade requirements.

Student Athletes & Social Media



Dear Kendrick High School Student-Athlete,

As you begin participation in another athletic season, the Kendrick High School coaches and administration would like you to be aware of expectations regarding social media. The Kendrick School District and the Athletic Department recognize and support the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In addition, each student-athlete must remember they are held to the highest of standards regarding personal conduct. As a student-athlete, you represent the Kendrick School District and our communities, and you are expected to portray yourself, your team, and the school district in a positive manner at all times. Consequences for not doing so may result in dismissal from the team you are associated with.

Below, you will find social networking information and guidelines which provide the rationale and expectations for social networking site usage:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to interpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, the Kendrick High School Athletic Department will not accept:
 - disrespectful comments and behavior online, including, but not limited to, derogatory language or remarks that may harm my fellow students, teammates, coaches, other student-athletes, or teachers at our school or another.
 - Photos or statements depicting threats, violence, hazing, sexual harassment, nudity, vandalism, stalking, underage drinking, selling, possessing, or using of controlled substances.

Please do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The online social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

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AGREEMENT OF PARTICIPATION



Signing the form below indicates that you and your parents/guardians have read and will abide by the 2022-2023 KHS Participation Rules/Code of Conduct. ONLY ONE FORM IS REQUIRED PER STUDENT-ATHLETE PER YEAR. This form is valid and remains in effect for the entire school year.

Student-Athlete's Signature

Date

Parent/Guardian Signature

Date