

Bearcat Athletics Policy
2025-2026

I. Mission

The mission of Bearcat athletics programs is to cooperate with families and communities to be a proactive leader in providing quality educational opportunities for all ages in a positive learning environment, while meeting the challenges of a changing world through a continuing commitment to excellence.

II. Philosophy

It is the philosophy of Hebron and Glen Ullin Schools that athletics be considered an integral part of a program of education, providing experiences that will help students grow physically, mentally, and emotionally.

An integral part of the philosophy of the athletic program is that a student's educational experience should include participation in athletics both as a player and as a student. These experiences should contribute to the student athlete's knowledge, skill, and emotional growth, thereby making the athlete a better person and citizen.

The philosophy for athletic programs in grades four through eight is that students should participate in as many activities as possible, with similar playing time. A transition occurs at the ninth and tenth grade ("C-Squad") level; at this level, the philosophy is that all students should participate, but not necessarily for an equal amount of time. At this level, participation and skill development are the main objectives, as is the development of social and athletic skills through the winning and losing process.

The philosophy for students in grades 11 and 12 (junior varsity and varsity) is that students will participate at a higher competitive level, which will require a greater level of dedication on the part of the student. It falls upon the coaching staff to evaluate and select the teams based on the skill level of the students participating. At this level, the ideal is that every student participate; however, the event outcome will not be sacrificed so that every player can participate.

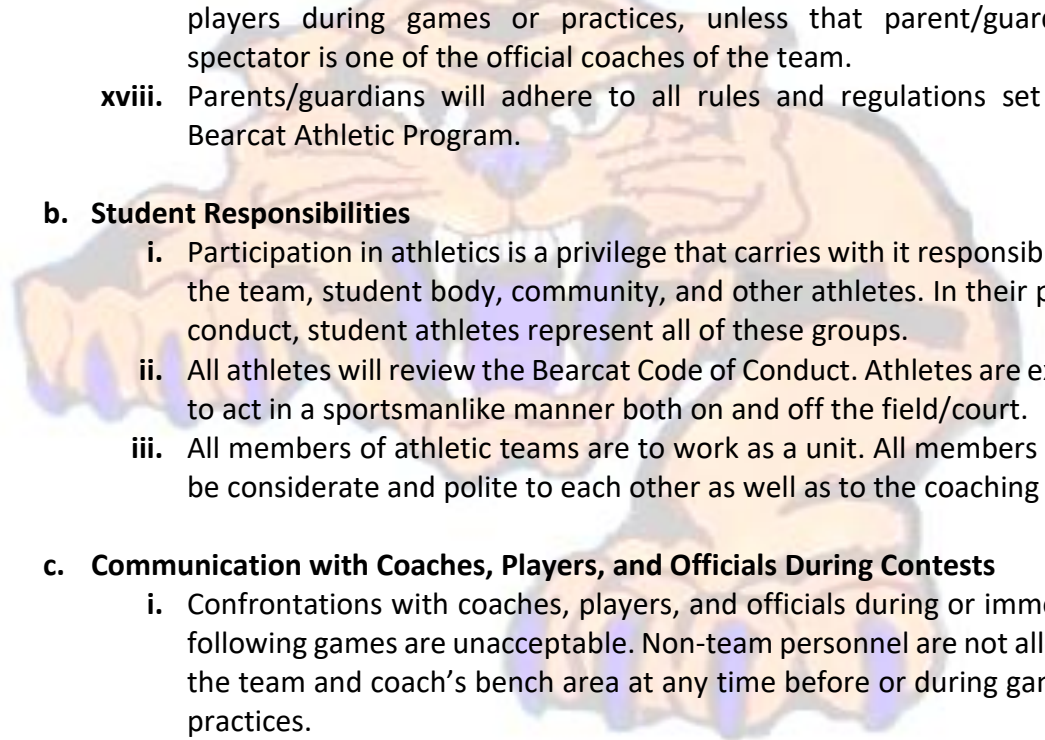
III. Basic Principles

- a. Coaches shall abide by the Bearcat Coaches' Responsibilities.
- b. The coach is in charge of the team and is to make decisions regarding team play. Respect will be given to each coach on the game decisions he or she makes.
- c. All participants shall be afforded the utmost protection while engaged in competition or performing while traveling to and from events. Their general health and physical welfare must be the first consideration.
- d. Sound equipment, safe conditions, and channels for assuring proper training and medical attention shall be available at all times.
- e. No member of the staff or faculty shall feel that his/her job depends on winning or losing, although we shall strive to the utmost to give our best effort.
- f. Athletic events or activities during school time will be kept to a minimum.

IV. Sportsmanship

a. Code of Conduct

- i. The Bearcat athletic program has implemented the following Code of Conduct for parents, guardians, spectators, and students.
- ii. Parents/guardians will not force their child to participate in sports.
- iii. Parents/guardians and spectators will remember that children participate in sports to have fun, and that the game is for youth, not adults.
- iv. Parents/guardians and spectators will learn the rules of the game and the policies of the school.
- v. Parents/guardians and spectators will be a positive role model for student athletes and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, umpires, officials, and other spectators.
- vi. Parents/guardians, spectators, and students will not engage in any kind of unsportsmanlike conduct with any player, coach, umpire, official, or spectator, such as booing or taunting, refusing to shake hands, or using profane language or gestures.
- vii. Parents/guardians will not encourage behaviors or practices that would endanger the health and well-being of the athletes.
- viii. Parents/guardians will teach their children to play by the rules and to resolve conflicts without resorting to hostility and violence.
- ix. Parents/guardians will demand that their children treat other players, coaches, umpires, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
- x. Parents/guardians will teach their children that doing one's best is more important than winning, so that their child will never feel defeated by the outcome of a game or his/her performance.

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- xi.** Parents/guardians will praise their children for competing fairly and trying hard.
 - xii.** Parents/guardians and spectators will not ridicule or yell at any player for making a mistake or losing a competition.
 - xiii.** Parents/guardians will emphasize skill development and practice and how this benefits my child over winning.
 - xiv.** Parents/guardians will promote the emotional and physical well-being of the athletes over their personal desire to have their children win.
 - xv.** Parents/guardians, spectators, and students will respect the officials and their authority during games.
 - xvi.** Parents/guardians will demand a sports environment that is free from drugs, tobacco, and alcohol.
 - xvii.** Parents/guardians and spectators will refrain from coaching any player or players during games or practices, unless that parent/guardian or spectator is one of the official coaches of the team.
 - xviii.** Parents/guardians will adhere to all rules and regulations set by the Bearcat Athletic Program.

b. Student Responsibilities

- i.** Participation in athletics is a privilege that carries with it responsibilities to the team, student body, community, and other athletes. In their play and conduct, student athletes represent all of these groups.
- ii.** All athletes will review the Bearcat Code of Conduct. Athletes are expected to act in a sportsmanlike manner both on and off the field/court.
- iii.** All members of athletic teams are to work as a unit. All members need to be considerate and polite to each other as well as to the coaching staff.

c. Communication with Coaches, Players, and Officials During Contests

- i.** Confrontations with coaches, players, and officials during or immediately following games are unacceptable. Non-team personnel are not allowed in the team and coach's bench area at any time before or during games and practices.

d. Consequences for Displaying Unsportsmanlike Behavior/Violating the Code of Conduct

- i.** Depending on the severity of the action, the student, parent, employee, coach, or spectator will be warned or removed from the event.
- ii.** Depending on the severity of the inappropriate behavior, the student, parent, employee, coach, or spectator may be suspended from attending activities for a period of one activity up to the rest of the school year.
- iii.** Repeated incidents may result in the loss of these privileges for a year or more.
- iv.** Students may be suspended from school for inappropriate behavior at

school-sponsored events.

- v. Students will extend an apology – either written or verbal, whichever is appropriate – to those people who they have offended.
- vi. Administrators present at the event will be responsible for enforcing this policy.
- vii. Our goal is to have all students and spectators behave in a manner that portrays good sportsmanship and proper behavior at school sponsored events.

V. Transportation to School-Sponsored Events

- a. All team members must ride on the bus/van to and from their activity unless prior approval is granted from the school administration. Students may ride home from an event with another parent or the parent's designee by supplying a signed note stating with whom the child will be riding. In addition, a phone call must be made to the school administration confirming parental wishes. These arrangements must be made before the bus/van departs. Also, student who go to the event on the bus/van may be released to their parents or the parent designee at the site of the event by the parents informing the coach in charge that their child will be going with them. On all activity trips during inclement weather, caps, gloves, and the appropriate footwear must accompany students.
- b. These regulations also cover home games played at the other school's site.
- c. Only team members are allowed to travel with the team.

VI. Training Hours

- a. Training hours (curfew) for students are as follows:
 - i. Sunday – Thursday: 10:30 pm
 - ii. Friday & Saturday: 12:30 am
- b. Adjustments to the curfew may be made at the sole discretion of the coach.
- c. Violations of training hours (curfew): a one-game suspension for the first offense, and a two-game suspension for the second offense. The player will be suspended from the team following the third offense.

VII. Practice Attendance

- a. The North Dakota High School Activities Association established starting dates for all athletic seasons. A minimum of nine (9) daily practices for grades 7-12, and eight (8) for elementary sports before the student's first competition is required. The coaches and athletic directors will establish all dates and times for practices. Excused practices are determined by the coach/advisor, and include but are not limited to illness, medical appointments, family emergencies, and work when absolutely unavoidable and necessary.
- b. To obtain an excused absence, the coach must be notified in advance.

c. Penalties for unexcused absences:

- i. First: Warning, but allowed to play/participate
- ii. Second: One game/match/meet suspension
- iii. Third: Dismissal from team

Students who have been suspended from the team for unexcused absences must practice with the team but are not allowed to travel or sit with the team.

- d. Penalties will be the same for students who miss part of a practice for an inexcusable reason.
- e. Injured players are expected to attend practice unless excused by the coach.
- f. Students who have been suspended from the team for alcohol, tobacco, or drug violations may continue to practice at the coach's discretion but are not allowed to travel or sit with the team.
- g. Students who have been suspended from the team for academic ineligibility must practice with the team but are not allowed to travel or sit with the team.
- h. Students who have been dismissed from class or received detention are subject to the following consequences:
 - i. First: Warning, but allowed to play/participate
 - ii. Second: One game/match/meet suspension
 - iii. Third: Dismissal from team
- i. Students who have received a suspension will not practice, travel, or sit with the team for the duration of the suspension.

VIII. Appearance

Students representing the Bearcat athletic program will wear dress clothes to and from athletic events unless other arrangements have been made by the coach. Failure to comply with this policy will result in a one-game suspension for the first offense, a two-game suspension for the second offense, and dismissal from the team for the third offense. No blue jeans or t-shirts are permitted. Head attire such as baseball caps are not allowed for indoor activities. Team uniforms should be worn only during competitions unless otherwise approved by the coach.

IX. Locker Rooms

When changing into practice or game clothing, team members should place their casual clothes, shoes, and valuables in their lockers and lock them. The school is not responsible for lost or stolen property or money.

X. Cell Phones

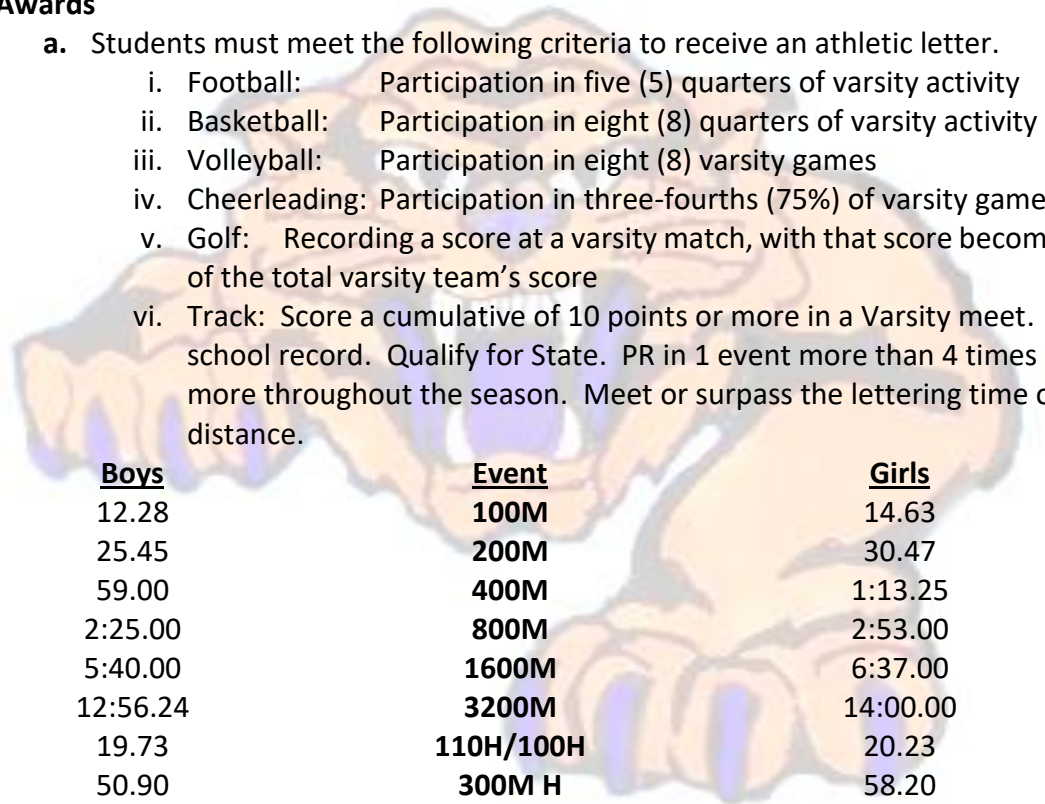
Cell phone usage will be limited to contacting parents or for use in emergencies before, during, and after games.

XI. Uniforms

Athletes will turn in their uniforms following the final contest of the season. Players are responsible for paying for any damages incurred.

XII. Awards

- a. Students must meet the following criteria to receive an athletic letter.
- i. Football: Participation in five (5) quarters of varsity activity
 - ii. Basketball: Participation in eight (8) quarters of varsity activity
 - iii. Volleyball: Participation in eight (8) varsity games
 - iv. Cheerleading: Participation in three-fourths (75%) of varsity games
 - v. Golf: Recording a score at a varsity match, with that score becoming part of the total varsity team's score
 - vi. Track: Score a cumulative of 10 points or more in a Varsity meet. Set a school record. Qualify for State. PR in 1 event more than 4 times or more throughout the season. Meet or surpass the lettering time or distance.



<u>Boys</u>	<u>Event</u>	<u>Girls</u>
12.28	100M	14.63
25.45	200M	30.47
59.00	400M	1:13.25
2:25.00	800M	2:53.00
5:40.00	1600M	6:37.00
12:56.24	3200M	14:00.00
19.73	110H/100H	20.23
50.90	300M H	58.20
49.00	4x100M	57.67
1:41.00	4x200M	2:00.00
3:56.00	4x400M	4:48.92
10:00.00	4X800M	11:45.00
18'2"	Long Jump	14'
34'6"	Triple J	29'
5'6"	High Jump	4'4"
38'6"	Shot	30'6"
105'	Discus	80'
125'	Javelin	85'
9'6"	Pole Vault	7'

XIII. Physicals and Accidents

- a. Each student who participates in an athletic activity in grades 4 – 12 must complete a physical each year and submit the completed form to his/her coach at or before the first practice.
- b. Catastrophic injuries can and do occur when students participate in athletics. The film “At Risk” will be shown each year to all athletes. Parents are also encouraged to view the film. It is the responsibility of each parent/guardian inform the coach of any physical disability or ailment that may affect the safety of his/her child or the safety of others. It also is the responsibility of each parent/guardian to see that his or her child is covered for accidents or injuries that may occur at school or in school-sponsored events.

XIII. Public/Parent Concerns About Activity Programs

- c. Parent/coach communication is important for all athletic programs. Every coach will conduct a parent meeting at the beginning of each sport season to discuss program expectations and address any parental or athlete questions. We strongly encourage each parent to attend these meetings to aid in the communication process.
- d. If parents or patrons wish to speak to a coach regarding a specific situation, they should contact the coach to set up a meeting to discuss their concerns. Decisions on subjects such as playing time, team strategy, and team members are the responsibility of the coach. If a parent wishes to discuss the events of a specific game or match, that meeting will be held no sooner than the following day.

e. Formal Complaint Policy

1. Wait 24 hours to make contact with a coach. Coaches should wait 24 hours to make contact with a parent.
2. Have the student athlete first meet with the coach to address a concern.
3. If the student is not satisfied with the decision, parent can schedule a meeting with the coach. At the coach’s discretion, they can either meet with parent individually or have the A. D. be in the meeting with the parent.
4. Parent can appeal the decision to the A. D. after meeting the coach.
5. Parent can appeal the decision to the superintendent for a final appeal if so desired.