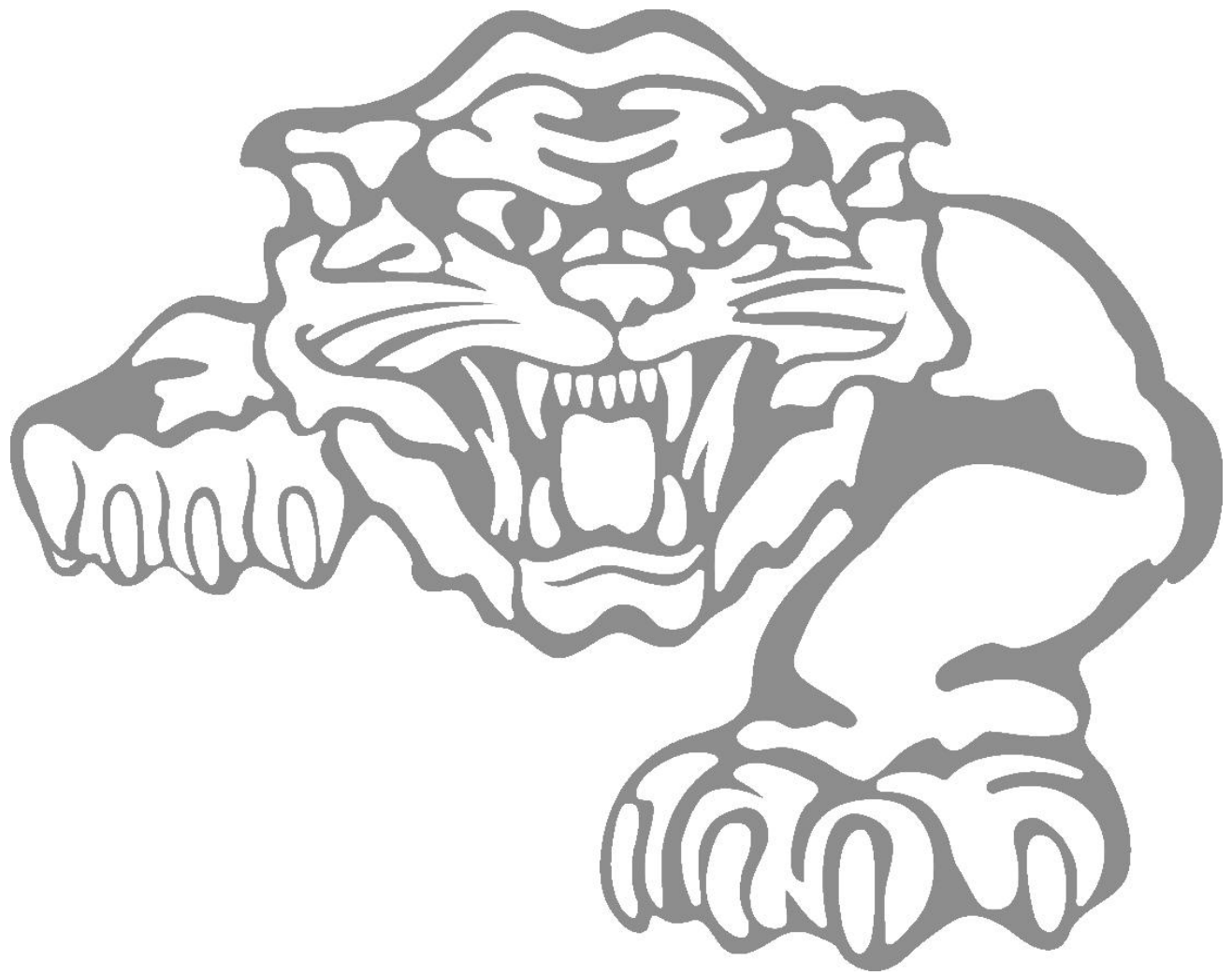




**2026-2027 Activities Handbook  
Glen Ullin Public School**

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## **Mission of Our Activities Program**

The mission of Bearcat Athletic 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.

## **Philosophy**

It is the philosophy of Glen Ullin Public School 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 participates; however, the event outcome will not be sacrificed so that every player can participate.

## **Basic Principles**

- Coaches shall abide by the Glen Ullin Coaches' Responsibilities Work Agreement.
- The coach oversees 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.
- All participants should 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.
- Sound equipment, safe conditions, and channels for assuring proper training and medical attention shall always be available.
- 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.
- Athletic events or activities during school time will be kept to a minimum.

## Sportsmanship

- **Code of Conduct**

- The Bearcat athletic program has implemented the following Code of Conduct for parents, guardians, spectators, and students.
- Parents/guardians will not force their child to participate in sports.
- Parents/guardians and spectators will remember that children participate in sports to have fun, and that the game is for students, not adults.
- Parents/guardians and spectators will learn the rules of the game and the policies of the school.
- 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.
- 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.
- Parents/guardians will not encourage behaviors or practices that would endanger the health and well-being of the athletes.
- Parents/guardians will teach their children to play by the rules and to resolve conflicts without resorting to hostility and violence.
- 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.
- 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.
- Parents/guardians will praise their children for competing fairly and trying hard.
- Parents/guardians and spectators will not ridicule or yell at any player for making a mistake or losing a competition.
- Parents/guardians will emphasize skill development and practice and how this benefits my child over winning.
- Parents/guardians will promote the emotional and physical well-being of the athletes over their personal desire to have their children win.
- Parents/guardians, spectators, and students will respect the officials and their authority during games.
- Parents/guardians will demand a sports environment that is free from drugs, tobacco, and alcohol.
- 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.
- Parents/guardians will adhere to all rules and regulations set by the Bearcat Athletic Program.

- **Student Responsibilities**

- 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.
- 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.
- 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.

- **Communication with Coaches, Players, and Officials During Contests**
  - 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.
- **Consequences for displaying Unsportsmanlike Behavior / Violating the Code of Conduct**
  - Depending on the severity of the action, the student, parent, employee, coach, or spectator will be warned or removed from the event.
  - 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.
  - Repeated incidents may result in the loss of these privileges for a year or more.
  - Students may be suspended from school for inappropriate behavior at school-sponsored events.
  - Students will extend an apology – either written or verbal, whichever is appropriate – to those people whom they have offended.
  - Administrators present at the event will be responsible for enforcing this policy.
  - Our goal is to have all students and spectators behave in a manner that portrays good sportsmanship and proper behavior at school-sponsored events.

## **Transportation to School-Sponsored Events**

- All team members must ride on the bus/van to and from their activity unless prior approval is granted by 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, students 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.
- These regulations also cover home games played at the other school's site.
- Only team members are allowed to travel with the team.

## **Training Hours**

- Training hours (curfew) for students are as follows:
  - Sunday – Thursday: 10:30 pm
  - Friday & Saturday: 12:30 am
- Adjustments to the curfew may be made at the sole discretion of the coach.
- 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.

## Practice Attendance

- 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.
- To obtain an excused absence, the coach must be notified in advance.
- Penalties for unexcused absences:
  - First: Warning, but allowed to play/participate
  - Second: One game/match/meet suspension
  - 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.

- Penalties will be the same for students who miss part of a practice for an inexcusable reason.
- Injured players are expected to attend practice unless excused by the coach.
- 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.
- 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.
- Students who have been dismissed from class or received detention are subject to the following consequences:
  - First: Warning, but allowed to play/participate
  - Second: One game/match/meet suspension
  - Third: Dismissal from team
- Students who have received a suspension will not practice, travel, or sit with the team for the duration of the suspension.

## Medical Guidelines

- **Physicals**
  - Physicals are to be done every school year.
  - They must be handed into the office or the Activity Director
  - Must be medically cleared and verified by the Activity Director to be able to practice or play.
- **Concussions**
  - We have adopted the [NDHSAA Concussion Policy](#)
- Catastrophic injuries can and do occur when students participate in athletics. It is the responsibility of each parent/guardian to 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.

## Awards

Students must meet the following criteria to receive an athletic letter.

- Football: Participation in five (5) quarters of varsity activity
- Basketball: Participation in eight (8) quarters of varsity activity
- Volleyball: Participation in eight (8) varsity games
- Cheerleading: Participation in three-fourths (75%) of varsity games
- Golf: Recording a score at a varsity match, with that score becoming part of the total varsity team's score
- Track: Score a cumulative of 10 points or more in a Varsity meet.  
Set a school record.  
Qualifying for State.  
PR in 1 event more than 4 times or more throughout the season.  
Meet or surpass the lettering time or distance.

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

## 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.

## **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.

## **Cellphones**

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

## **Uniforms**

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

## **Administration Guidelines of Interscholastic Athletics/Activities**

- **Policies of Interscholastic Athletics/Activities**
  - Glen Ullin Public School's Organizational Chart and Steps to take for public concerns about Activity programs.
  - The following is the organizational chart as related to athletics and activities at Glen Ullin Public Schools:
    - Board of Education
    - Superintendent
    - Activities Director
    - Head Coach/Director/Advisor
  - Individuals with concerns must first address their concerns with the coach or advisor of the activity. This should be done no sooner than the day after an activity. Individuals should contact the coach or advisor and set up an appointment.
  - If the concern relates to an athletic or activity program and if the concern cannot be resolved between the individual(s) and the coach/advisor, then the individual(s) with the concern shall contact the activities director to request a review of the situation. Upon receipt of the request, the activity director shall proceed by involving all parties to resolve the concern as the activity director deems appropriate. After review, the activity director shall (in writing) inform all parties involved of their decision.
  - If a satisfactory solution is not reached after a review and decision by the superintendent, any of the parties now involved may make written request for review to the School Board President. The written request for review shall state specific concerns and must document that: steps one, two, and three have been followed. The School Board President shall issue a written decision regarding the matter to all parties involved no later than 15 days following the request for review. The decision of the School Board President shall be final.
  - If the activity director, and administrator, or a School Board member is approached by an individual(s) with a concern about any activity program, the individual(s) shall be informed of the procedures in these guidelines and shall be advised to contact the appropriate coach/advisor.

- **Participant Objectives**

- We hope each participant will gain the following objectives:
  - to develop an appreciation for the sport and/or activity.
  - to condition the participants to meet the demands of the event.
  - to formulate desirable health habits.
  - to teach basic skills
  - to develop skills and abilities to the greatest possible capacity.
  - to attain the knowledge of rules, techniques, and methods
  - to expose participants to a variety of social situations, which will enable them to develop sportsmanship, team cooperation, group loyalty, courtesy, and self-control.
  - to stimulate the desire to uphold scholastic standards.
  - to present interesting performances.
  - to represent the school in a wholesome manner.

### **Bus Travel (Extra-Curricular Activities)**

- All participants must ride the bus to and from the games/events.
- Any exceptions must be approved by the Activity Director or the head coach.
- A call or text from the parent will be needed.
- The participants must be picked up by their parents ONLY.
- Only exception would be if a parent told us prior and all parties are in agreeance.

### **Attendance - Extra-Curricular Activities**

- Any student involved in extracurricular activities in grades 9-12 must attend at least half of the day of school (**4 hours in school**) to be eligible to participate in an extra-curricular activity on any given day, including regular practice.
- In the event of an emergency, each case will be handled on an individual basis by the athletic director and principal.
- Students who are absent from school for an entire day will not be allowed to participate in any co-curricular activity on that same day.
- Students are required to attend a full day of school in order to participate in a co-curricular activity on the same day. Only approved medical appointments or provisional excuses are exception to this rule. Those excuses will be monitored and approved by the Activity Director or Principal.
- Any student who has been suspended (in-school or out-of-school) may not participate in any school activity during the period of suspension.

### **Practice and Open Gyms**

- All participants are required to attend all practices unless previously excused by the coach or the athletic director. Disciplinary action for missing practice will be left up to the discretion of the coach. **It is hoped that parents realize that team practices are essential in order to have a successful program and that not all excuses can be accepted and excused.**
- Open gyms are just that, open gyms. They are not mandatory for participants to attend. They are intended for students to get together to hone their skills and spend time with their teammates.

## Eligibility

- Eligibility Grades – Grades will be checked every week on Wednesday. There will be a 3-week grace period at the beginning of each semester.
- Per NDHSAA, semester grades, not quarter grades, are used for eligibility.
- The week begins and ends on a Wednesday.
- If a student has an “F” in any class, they will not be able to participate in any extra-curricular activity for that week.
- If a student taking a class via ITV/Online falls more than 5 (five) assignments behind pace, they will be deemed academically ineligible until they are once again caught up.
- If a student is academically ineligible after the 2nd or 4th quarter, the one-week ineligibility period will be served the following week.
- All NDHSAA rules apply when failing a semester. Students must also meet additional standards as set by the activity or organization advisor/coach.
- It is the student’s responsibility to check with teachers well in advance of being absent to secure assignments and directions and make arrangements to complete those assignments in a timely manner.

## Ineligibility Enforcement Procedures

- The use or possession of tobacco, alcohol or any controlled substance as defined by North Dakota law is prohibited. Any student/co-curricular participant in violation of the foregoing shall be suspended from participation in interscholastic contests, events or activities for a period of 6 consecutive weeks for the first offense and a period of 18 consecutive weeks for any subsequent offenses. The period of suspension shall begin on the date a school administrator is notified of the violation.
- An emergency rule and executive order were recently signed by Governor Armstrong regarding kratom. The emergency rule classifies a substance in kratom as a Schedule 1 controlled substance, putting it in the same class as LSD and heroin. The executive order prohibits the sale, use and possession of all kratom and kratom products in North Dakota. The announcement can be found online at <https://www.governor.nd.gov/news/armstrong-wrigley-announce-executive-actions-ban-unregulateddrug-kratom-amid-growing-concerns>
- Students who violate these rules will not be eligible to participate in any school contests or activities for the time period specified. These school activities and events include any athletic event/contest, any school club activities, any speech meets, any school plays, Homecoming Royalty, school dances, Parade of Champions, cheerleading and dance team performances, academic competitions and any other activity deemed extracurricular by the administration.
- Special honor, awards and appreciation events associated with these school activities will not be presented to ineligible students during the suspension period. These events include seasonal banquets and induction ceremonies. Students, ineligible through academics, will still be able to attend these special functions.
- NDHSAA rules are in effect in all cases.
- Because Band and Choir are graded classes, students under suspension will be allowed to take part in these activities. They will however be suspended from band and choir tours because they are not part of the graded music program. Students will not be allowed to participate in any NDHSAA sanctioned contests or festivals while under suspension.
- Any violations committed by the use or possession of tobacco, alcohol, or any controlled substances as defined by North Dakota Law during the summer months (June 15th or later), will be considered the 1st offense of the upcoming school year, and they will result in the student serving a six-week suspension from the time the school administration is notified of the offense. A period of eighteen consecutive school weeks will be served for any subsequent offenses.

## Due Process

- The School Administration shall investigate alleged violations of the alcohol, tobacco and controlled substance rules. The period of suspension shall begin from the date that the school administration is notified by the student or law enforcement.
- The student shall have the right to have a hearing within three days after such notification. During the period between notification and hearing, the suspension may be deferred for good cause shown. Such a hearing shall be on notice and conducted by a hearing panel comprised of the principal, superintendent and the director of the activity. The student shall have the right to be present at the hearing and offer such testimony and other evidence the student deems relevant. Such student also has the right to confront and question the person or persons who complained of such student violation. If the ruling does not satisfy the student, said student shall have the right to have the ruling reviewed by the School Board.

## Activity Passes & Fees

- Activity Passes are only to bypass gate fees.
- Sports Fees are for participation.
- Fees are due prior to a student being allowed to play or travel with a team.
- **Students unable to pay the fee will not be denied the right to participate. Parents/guardians can request to have the fee waived by visiting with the Superintendent.**
- **Activity Pass Prices:**
  - K-12 Student Pass: FREE
  - Golden Age (65+) Pass: FREE
  - Adult Pass: \$125
  - Family Pass: \$225
  - GBB: \$55
  - BBB: \$55
  - Volleyball: \$55
- **Participation Fees**
  - Grades 7 – 8: \$30/Sport
  - Grades 9 – 12: \$40/sport
  - Grades 7 – 12 Speech: \$20
  - Grades 7 – 12 One Act: \$20

## Elastic Clause

- A handbook is a guide. If a student commits an act not covered in this guide that threatens the safety or health of other students and staff, then the principal reserves the right to act accordingly. The student will be given the rights of due process guaranteed by law to all students.