

Twin Loup Activities Handbook



Twin Loup Activities Handbook

Extracurricular & Co-Curricular Policies

Students are encouraged to participate in extracurricular and co-curricular opportunities through the Twin Loup Cooperative. Participation is a privilege that includes expectations for conduct, effort, and responsibility.

This handbook provides general guidelines and is not all-inclusive. Students are also subject to rules established by coaches, sponsors, and advisors. The school reserves the right to interpret, modify, or apply rules as needed. All extracurricular expectations are in effect year-round.

Violations may result in loss of participation time, suspension, removal from activities, or expulsion.

Eligibility

Attendance

Students in grades 7–12 must attend the full school day to participate in activities. Students leaving due to illness may not participate that day. Exceptions may be approved by the principal.

Academic Eligibility

Twin Loup Cooperative follows Nebraska School Activities Association (NSAA) eligibility rules.

Students failing one or more classes are ineligible for extracurricular participation.

Ineligible students must:

- Attend practices and meetings
- Not compete, perform, travel, or miss school for activities
- Only participate in graded class-related activities

Eligibility is reviewed weekly beginning after the third week of each semester. Reports are generated Mondays at 9:00 a.m. and apply Monday–Saturday.

Students should seek help from teachers, counselors, and administrators as needed.

Activities Affected by Ineligibility

- Athletic contests and trips
- Music performances, contests, and clinics
- Speech and drama events
- Quiz Bowl and academic competitions
- FFA and FBLA events
- School dances (Homecoming, Prom)

Extracurricular Code of Conduct

Students represent their school and community and must demonstrate citizenship, sportsmanship, and respect.

Rules are in effect year-round.

Students may be suspended for:

- Violating state law (excluding minor traffic violations)
- Alcohol, tobacco, or drug use/possession

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- Theft or property damage
- Bullying, hazing, or initiation
- Inappropriate conduct as a school representative

Consequences are determined by school policy and the Violation Board.

Prohibited Substances and Conduct

Students may not use, possess, distribute, or be under the influence of:

- Alcohol
- Tobacco, vaping, or e-cigarettes
- Illegal drugs or controlled substances
- Drug paraphernalia
- Performance-enhancing substances
- Prescription drugs not used as prescribed

Possession includes personal items, vehicles, or knowingly being present where substances exist.

Additional violations include criminal activity or repeated rule violations.

All violations begin in grade 7 and are cumulative.

Consequences

1st Offense

28-day suspension (14 days if self-reported within 48 hours)

2nd Offense

42-day suspension + counseling required (family expense)

3rd Offense

90-day suspension + counseling required

4th Offense

Loss of eligibility for remainder of high school career

Distribution or Sale

1st Offense

1-year suspension

2nd Offense

Permanent loss of eligibility

Students must complete a season to receive awards or recognition.

Unsportsmanlike Conduct

Students must demonstrate sportsmanship at all times.

Includes:

fighting, profanity, taunting, cheating, harassment, discrimination, intimidation, misuse of equipment, or disrespect toward officials or opponents.

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Consequences may include probation, suspension, or removal from activities. A second violation in a season may result in removal for the remainder of the year.

NSAA ejection rules apply.

Students and parents will be given an opportunity to respond before the Violation Board.

Hearing and Appeal Procedures

Students will be informed of allegations and given an opportunity to respond.

The Violation Board (coach/sponsor, principal, superintendent, or designee) will determine findings.

Hearings will occur within two school days when possible. Students may present information and witnesses.

If a violation is found, consequences will be assigned and communicated.

Students may appeal in writing to the Board of Education. Appeals are heard at the next regular meeting.

Consequences remain in effect during appeal.

Coach/Sponsor Discipline

Coaches and sponsors may issue reasonable discipline, including suspension from activities.

Minor issues may be handled at the team level and do not count as formal violations.

Pre-Participation Requirements

Students must have:

- Current physical on file
- Required participation forms completed
- NSAA consent forms signed

Students may not participate until complete.

Practice Regulations

- School facilities require supervision
- Off-season activities may not interfere with in-season programs
- Sunday practices require approval
- No Wednesday evening activities unless competition requires it
- Coaches should encourage multi-activity participation

Good Sportsmanship: Spectator Expectations

Good sportsmanship is expected of all coaches, sponsors, students, parents, and spectators. Schools may face NSAA penalties for unsportsmanlike conduct at sanctioned events. More importantly, positive behavior enhances the experience for all participants.

Spectator Responsibilities

Spectators are expected to:

- Show support by positively cheering for all teams.

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- Stand respectfully and remain silent during the National Anthem.
- Treat attendance as a privilege, not a right; maintain self-control at all times.
- Refrain from booing, yelling at, or making disrespectful comments toward players, coaches, or officials.
- Learn and respect the rules of the game to better understand play decisions.
- Avoid the use of artificial noisemakers at indoor events.
- Follow directions of officials, faculty, and event supervisors.
- Stay off the playing surface at all times.
- Do not throw objects or materials onto the playing area.
- Respect athletes, coaches, cheerleaders, officials, and other spectators.
- Remain attentive during halftime or intermission programs.
- Respect facilities and public property; no damage or misuse.
- Understand that school officials may remove individuals for inappropriate conduct.
- Refrain from possession or use of alcohol or drugs at all events.

Team Travel and Dress

School transportation is required unless a parent/guardian release is approved.

Students must return with the team unless approved otherwise.

Dress must be clean, neat, and appropriate.

Social Media

Students and families must represent the program positively online.

Negative or inappropriate posts may result in suspension.

Equipment

Students are responsible for issued equipment and must return it in good condition.

Lost or damaged equipment must be paid for through the principal's office.

Equipment may only be used during school-approved activities.

Dressing Room Policies

Students must remain under supervision at all times.

Horseplay or unsafe behavior is prohibited.

Dressing rooms are restricted to athletes, coaches, and administrators only.

Awards and Activity Letters

Awards are presented at designated honors and awards night. Requirements are set by coaches/sponsors.

Students must complete the full season to be eligible.

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Team Selection and Playing Time

Team selection and playing time decisions are the responsibility of the coach or sponsor of each activity. Coaches will use their professional judgment while following these general guidelines and any additional team rules that are consistent with school policy.

Meetings with Coaches

Coaches are available for communication regarding student concerns and team matters.

Parents should wait 24 hours after contests before contacting coaches.

Concerns about playing time should first be addressed with the student and coach.

Follow-up meetings may include parents and administrators if needed.

Communication is student-centered and solution-focused.

NSAA Eligibility (Summary)

Students must meet NSAA requirements including:

- Enrollment eligibility
- Eight-semester limit
- Age requirements
- Credit and attendance requirements
- Enrollment deadlines

Transfer Rules

Eligibility is based on legal domicile. Transfers without domicile change may result in 90-day ineligibility.

Participation Rules

- Only school-sponsored competition during season
- No outside competition during season
- No all-star participation
- Amateur status required

Board Approval

This handbook has been approved by the Sargent and Loup County Boards of Education.

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Student–Parent Acknowledgment

Student

I acknowledge receipt and agreement to follow this handbook.

Student Signature: _____ Date: _____

Parent/Guardian

I acknowledge receipt and review of this handbook.

Signature: _____ Date: _____

Return Requirement

Return this signed page to the coach or principal's office. Failure to return may result in ineligibility.



NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

NSAA Athletic and Activities Student and Parent Consent Form

School Year: _____ Member High School: _____

Name of Student: _____

Date of Birth: _____ Place of Birth: _____

Name of Parent(s), Guardian(s), or Person(s) in Charge: _____ Relationship to Student: _____

Address(es) of Student and Parent(s)/Guardian(s)/or Person(s) in Charge**:

****Note: If Student and all Parents/Guardians do not live in the same household, please include all addresses and inform the Member School as this may impact eligibility.****

The undersigned(s) are the Student and the parent(s), guardian(s), or person(s) in charge of the above-named Student and are collectively referred to as "Parent".

The Parent and Student hereby:

- (1) Understand and agree that participation in NSAA sponsored activities is voluntary on the part of the Student and is a privilege and understand and agree that (a) by this Consent Form the NSAA has provided notice of the existence of potential dangers associated with athletic and activity participation; (b) participation in any activity may involve injury, illness or conditions of some type, including exposure to communicable diseases, and even catastrophic injury, paralyzation, and death; and (c) even the best supervision, the use of the best protective equipment and strict observance of rules, injuries are still a possibility;
- (2) Consent and agree to participation of the Student in NSAA activities subject to (a) all NSAA Bylaws and rules interpretations, including limitations on transfers and limitations on the use of the Student's name, image, and likeness when wearing school uniforms or engaging in commercial activity tied to the Student's participation in NSAA activities; and (b) the athletic and activities rules of the Member School;
- (3) Consent and agree to the disclosure by the Member School to the NSAA, and subsequent disclosure by the NSAA, of information regarding the Student contained in the Member School's directory information or other similar policies, and any other records or documentation needed to determine the Student's eligibility and compliance necessary to participate in NSAA activities;
- (4) Understand that (a) prior to athletic participation, a pre-participation release form signed by a health care professional must be signed and submitted to the Member School; and (b) for purposes of determining fitness to participate, injury, injury status, or emergency response, Parents may be asked to consent to the disclosure of confidential medical records or information. Records and information shared for this purpose will not be redisclosed to any entities outside of the health care provider(s), Member School, or NSAA;
- (5) Consent and agree (a) to authorize licensed or trained individuals, including certified sports injury personnel, to evaluate and treat any injury, illness or conditions that occurs during the Student's participation in NSAA activities. This includes all reasonable and necessary care, treatment, and rehabilitation for these injuries that is made available by the Member school and/or the NSAA, including transportation of the Student to a medical facility if necessary; and (b) that Parents are obligated to pay for professional medical and/or related services; the NSAA and the Member School shall not be liable for payment of such services even if made available by the Member School or NSAA.
- (6) Understand that the Student or Student's likeness being photographed, video recorded, audio taped, or recorded by any other means while participating in NSAA activities and contests and that any such recording may be used for broadcast, sale, or display.

We, Parent(s) and Student, acknowledge that I have read paragraphs (1) through (6) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletics and activities, and agree that Student may participate in NSAA activities.

Student Printed Name

Student Signature

Date of Signature

Parent(s)Printed Name(s)

Parent Signature(s)

Date of Signature(s)
