

PARKSTON



TROJANS

Activities & Athletic Handbook

CO-CURRICULAR ACTIVITIES

Students who are involved in any of the following activities or athletic teams including all club sports are considered to be governed by the rules and regulations that have been established in the **ACTIVITIES/ATHLETIC HANDBOOK**. For convenience, the activity or athletic teams are listed by the approximate season in which they occur.

- **FALL SEASON:**

Fall Pep Band
Football

All State Chorus
Volleyball

Boys'/Girls' Cross Country
Competition Marching Band

Boys' Golf
Competitive Cheer

- **WINTER SEASON:**

Winter Pep Band
Girls Basketball

One-Act Plays
Wrestling

Boys Basketball
Small Group Contest

Gymnastics

- **SPRING SEASON:**

All State Band
Girl's Golf

Drama/Musical
Boy's/Girl's Track

Large Group Contest
All State Jazz Band

Softball

SPECIAL NOTE: Since some activities can be rearranged, extended, or left out periodically, each of the above listed activities or athletic teams will be considered active from the first day of practice until the completion of the final performance.

- **YEAR-LONG ACTIVITIES:**

Class Officers

National Honor Society

Clubs/Organization

Student Council

SPECIAL NOTE: Year-long activities will be considered active from the first day of school (or practice) until the conclusion of the school year (or final performance).

NOTE TO PARENTS: All pep rallies, organized team activities, team meals, etc. must have prior approval by the Parkston Athletic Office.

Sunday Practice Guidelines

* **Sunday practice may be held only when there is a game on Monday or during playoff time.**

* **Practice is NOT mandatory and only on a voluntary basis.**

* **Lack of attendance will not be held against any athlete in any way.**

* **This only applies to HS programs; JH programs will not hold any practices on Sundays. JH students that are members of the HS team will be allowed to practice with the HS team on Sundays.**

While the athletic staff at Parkston High School does not like to hold practice on Sundays, we also feel that there are times when it is essential to the success of our programs. When Sunday practices are held, the guidelines listed above will be followed.

Parkston Booster Letter Jacket

The Parkston Booster club recognizes student athletes who have lettered three times throughout their high school career. After earning the third letter, athletes will be provided a booster club jacket.

EMERGENCY ACTION PLAN **TREATMENT OF INJURIES**

CONTACT A SCHOOL TRAINER IMMEDIATELY. IF TRAINER IS NOT AVAILABLE, PROCEED WITH THESE STEPS.

If a student is injured to the extent that a physician is to be consulted, the following procedure is to be followed.

1. Telephone the hospital immediately and at the same time inform the hospital staff of the name of the student's family physician.
2. Telephone the parents to let them know their son or daughter is being taken to the hospital.
3. The coach/director will attempt to contact the doctor preferred by the family. If that doctor is not available, the doctor assigned to the emergency room will be used.
4. A report of the accident and care will be turned in to the activity director on the following day for each injury.

Coaches/Directors and Student Trainers

1. Disposable gloves are to be worn when working with students in any situation that may involve contact with any form of human body fluids. After glove removal, hands must be thoroughly washed with soap and water.
2. Participants who have open sores or wounds must wear a protective cover to guard against the transfer of blood or body fluids from person to person.
3. Any surfaces exposed to blood or other body fluids are to be cleaned with soap and water, and then disinfected with a solution of 1:10 household bleach and water or other appropriate disinfectant.
4. Any potentially infectious waste will be contained and transported in sealed plastic bags.
5. Participants are to be provided with individual, disposable drinking containers during practices and activity events.
6. Wastes that cannot be flushed down the toilet may be disposed of in regular trash pickups, using sealed plastic bags.

EMERGENCY MEDICAL PLAN **PARKSTON HIGH SCHOOL**

1. Attends to injured athlete and controls scene: Athletic Training Staff/Coach
2. Supervises team: Assistant Coach
3. Retrieves AED: Assistant Coach/PHS Staff – For FB Games, AED will be located on the team bench, for events inside, it is located in the Custodial Office of the armory lobby or wrestling hallway.
4. The closest working phone is located: Cell phone or any school phone.
5. Code to access phone is: dial 9, then number 5728
6. Call 911: Athletic Training Staff/Coach/PHS Staff Member

7. The exact address of the activity site is:
102 S. Chapman Dr., Parkston, SD 57366.
8. The exact entry location for the closest emergency vehicle is:
FOR ARMORY - Garage Door– east side
FOR FOOTBALL FIELD - north gate
9. Meets paramedic at gate and guides to injured athlete: Assistant Coach/PHS Staff
10. The closest emergency care facility is Avera Hospital Parkston
11. Gives medical consent sheet to paramedic: Assistant Coach/PHS Staff Member
12. Accompanies injured athlete to hospital: Assistant Coach/Parent/PHS Staff Member
13. Gives injury update to A.D./SUPERINTENDENT.: Athletic Trainer/Coach

Parkston State Tourney Policy

Administration: Up to two administrators will receive motel rooms, meal money, and tournament passes per SDHSAA rules based on need. The SDHSAA requires administrators to provide supervision of volleyball, basketball, and football state events. All other state athletic events conducted under the auspices of the SDHSAA are optional for administrative attendance. However, it is encouraged for school districts to appoint personnel for supervision and responsibility of student/athlete purposes in the absence of administration at all other state events. Appearances of a district administrator at part or all of such events are encouraged. Parkston administration at such events will be determined based on necessity and availability.

Coaches: All paid coaches will receive motel rooms, tournament passes, and meal money provided by the district.

Players/Lodging: Teams can only travel with the maximum number of players they can dress per SDHSAA policy. These players will have all motel rooms, tournament passes, and meal money provided by the school. Any injured player who was previously a part of the varsity will be a part of this group. If a coach wants to travel with more than they are allowed to dress, any additional expenses incurred will not be at the expense of the school district. Returning home from the state event will be dictated by the teams first round results. Teams in the consolation bracket will return home on the last day of competition of the event. Teams in the championship bracket will be allowed to return the day after the competition is completed, with lodging and meal expenses paid by the district.

Statisticians: Up to four statisticians (if listed on the website) will be given meal money and tournament passes provided by the school district. Hotel rooms will be provided.

Videographer: One video person will be provided with meal money and a tournament pass by the school district. A hotel room will be provided.

Student Managers: All student managers will be provided with tournament passes by the school district. Meal money and hotel rooms will be provided by the school district.

Cheerleaders: All cheerleaders will be provided with motel rooms, meal money, and tournament passes by the school district. The cheerleading advisor will be provided with a motel room, meal money, and a tournament pass.

Busing: The use of a coach bus for state tournament travel is a privilege, not a right. The use of such transportation will be based on the following factors: cost, availability, distance of travel, site of state event, number of athletes attending or participating, and the necessity for the program to travel in a coach bus. Coach busing for each TEAM state tournament event will be considered on a case-by-case basis. The decision will be made by the activities director and district administration, with head coach consultation to discuss the necessity, logistics, and transportation needed (not desired) to attend the state event. SoDak 16, quarterfinal, and semifinal

state events relative to each sport will also be considered for coach bus transportation based on the above-mentioned criteria. Regular season contests over 150 miles will be considered for the use of a coach bus under the same above criteria; however, it will be at the expense of the sport's own team account that is beyond the cost of the regular school bus fee.

****It is the expectation of the Parkston School District that the student-athletes are properly supervised at all times. At least one coach must be present and accessible to the athletes at all times. This coach is responsible for transporting athletes in the case of an emergency. Staff supervising students is a 24/7 expectation, especially at state and overnight events, and may never be under the influence of drugs or alcohol.**

Club and Activity Funding Guidelines

State-Sanctioned Events: All high school activity state-sanctioned events will receive school funding for transportation, lodging, and meals.

Non-Sanctioned Club Events: All non-sanctioned state club events do not receive school funding for transportation, lodging, or meal money. All registration fees must also be covered by the club.

Mission Statement

The mission of Parkston Athletics, a loyal, supportive family of competitors, is to build a proud tradition that leads to excellence in all aspects of life, through a system distinguished by:

- 1. Unity**
- 2. Respect**
- 3. Positivity**
- 4. Toughness**
- 5. Grit**

BELIEF STATEMENTS:

- All people deserve to be treated with respect.**
- Integrity and communication are critical for trusting relationships.**
- Each person will *strive for excellence*.**
- Each person will commit to displaying high moral character.**
- Teamwork, work ethic, and positive mental fortitude are essential to succeed.**
- Each person will contribute and have purpose.**
- Programs thrive when all members are informed and involved.**

GENERAL SPORTS OBJECTIVES STATEMENT ON SCHOOL SPORTS

A few philosophical points that are basic to the high school sports program are as follows:

1. Unlike any other sports program, ours is “education-based athletics”.

2. We should strive to involve as many students as possible in as great a variety of sports/activities as possible under conditions as fair as possible for all.
3. Specialization is not an important part of our program.
4. We must teach more than the skills of the game: self-discipline, unity, sacrifice, service, accepting wins and losses, growing up, toughness, passion, and perseverance. The coach is the key to all this. The coach's attitude and example are crucial. It is a job that carries with it great responsibility and great privilege. There can be a lot of pressure. It can be relieved by setting achievable goals, purpose, and criteria for success other than winning. Administrators can help in establishing policy and providing program support.

EXPECTATIONS PER LEVEL OF ACTIVITY

“The higher the level, the more competitive the team's expectations will be.”

Team Structure and Goals will vary based on the activity; we will have several team levels within each program, and each program will have its own structure and goals. The following system will be used for participation in the activities department.

Varsity: Skills are continually developed to meet the goals of the program while competing in the SEDS Conference and state competitions. The number of athletes on a team and participation/game time may be limited. (90% competition - 10% participation)

B Team: Skills are developed in preparation for the varsity level. The number of athletes on a team and participation/game time may be limited. (80% competition - 20% participation)

C Team: The development of skills is key to future success in the upper levels. There is more of a balance between competition and participation, though not necessarily even. (70% competition - 30% participation)

Middle School: Basics are built upon to further develop the skills based on the maturation level of the athlete. There should be a balance between competition and participation as best as possible. More of a competitive environment is established here compared to 5th-6th grade. B games are often scheduled to enhance player participation. (60% competition - 40% participation)

5th- 6th Grade: Skill development model. An entry level to programs where the sport may be introduced and basic skills taught while having fun with the activity. This level isn't necessarily about winning, but rather learning the skills and enjoying the activity while in a competitive situation. ***Cuts are not allowed to be made.*** (50% competition - 50% participation)

Factors such as time, facilities, equipment, staffing, and budgetary considerations may limit some opportunities. Our goal is to provide as many students with as many experiences as possible. We will do our best to retain our athletes in programs as long as possible.

RESPONSIBILITIES OF THE PLAYERS

The responsibility of the players for sportsmanship is second in importance only to that of the coach. Because players are admired and respected, they exert a great deal of influence over the actions and behavior of the spectators. Desirable behavior for the players includes the following:

1. Treating opponents with the respect that is due them as guests and fellow human beings.
2. Shaking hands with opponents and wishing them good luck before the contest.
3. Exercising self-control at all times, accepting decisions and abiding by them.
4. Respecting the officials' judgments and interpretations of the rules. Never argue or make gestures indicating a dislike for a decision.

5. Not communicating with the officials regarding the clarification of a ruling. This is a function of the captain, if necessary.
6. Sincerely congratulating the opponents following either victory or defeat.
7. Accepting seriously the responsibility and privilege of representing the school and community on and off the court/field, including 'social media'.

RESPONSIBILITIES OF THE COACH

The coach bears the greatest burden of responsibility for sportsmanship. The coach has the strongest influence upon the attitudes and behavior of the players, the student body and the community. In order for good sportsmanship to become a reality, the coach must subscribe to the values of sportsmanship and teach its principles through word and deed. Specifically, it is recommended that the coach:

1. Always set good examples for others to follow.
2. Instruct the players in their sportsmanship responsibilities.
3. Discipline students who display unsportsmanlike behavior. If necessary, take away their privileges of representing the school.
4. Be a good host to opponents. Treat them as guests.
5. Provide opportunities for social interaction among coaches and players.
6. Endorse or recommend only officials who have demonstrated the highest ethical standards.
7. Respect the officials' judgments and interpretations of the rules.
8. Publicly shake hands with the opposing coach and players after the contest.
9. Don't "pour it on" - the margin of victory is not an educational objective.

PARENTS/COACHES/ATHLETES

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. As your children become involved in the programs at Parkston High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged. It is very difficult when your child is not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. Certain things can and should be discussed with your child's coach. Other things should be left to the discretion of the coach.

Concerns Appropriate 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.

Concerns Inappropriate to Discuss With Coaches

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

Chain of Communication

- 1) The first line of communication is between the athlete and the coach. (This is a must)
- 2) Coach & parent/Athlete
- 3) Coach, parent & activities director
- 4.) Coach, parent, activities director, superintendent
- 5.) Coach, parent, activities director, superintendent, school board

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

Some situations may require a conference between the coach and the parent. These are encouraged. Both parties involved must 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.

1. Call to set up an appointment. These situations will not be handled via email or messaging. Our coaches are instructed to not engage with parents via these venues with the exception of passing along information.
2. If the coach cannot be reached, call the Activities Director. He will set up the meeting for you.
3. Please do not attempt to confront the coach before or after a contest or practice. These are emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution. Wait until the next day. Our coaches are instructed to NOT engage in meetings until the next day.

MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

1. Call and set up an appointment with the Activities Director to discuss the situation.
2. At this meeting, the appropriate next step can be determined.

Co-curricular activities are a very important part of your child's education. Your child will learn values such as hard work, teamwork, sportsmanship, interpersonal relationships, honesty, and striving for success. These character traits help promote a successful life. The Athletic Staff wants your child to have a very positive experience at Parkston High School. With your help and your positive support of the staff at Parkston High School, the experience that all will have will be rewarding.

ATTENDANCE

To participate in any extra-curricular or co-curricular activity/athletic contest or performance, students must be present all day. The administration reserves the right to grant exemptions to this policy due to special or unusual circumstances. The student requesting an exemption to this policy must request it before the required attendance time.

ACADEMIC ELIGIBILITY

Valuable lessons can be learned, and leisure time profitably fulfilled through participation in the extra-curricular activities program. All policies and by-laws of the South Dakota High School Activities Association will be implemented and enforced in addition to this Co-Curricular policy. Participation in these activities is a privilege, not a right, which carries these responsibilities.

Students must pass all of their classes to be eligible for Parkston Activities. Any student with a failing grade (F) in one or more classes will be placed on **academic probation** for one week in all classes. The student must be passing all classes with no missing assignments in any class by the end of the probationary week to continue to be eligible for all activities. If not, the student becomes ineligible to play, participate, and/or compete for a period of one week. Students must have a passing grade (D- or higher) and no missing assignments in all classes before he or she can resume play, participation, or competition in all extra-curricular activities. Students

who have missing assignments due to an extended excused absence or illness will not have these missing scores figured into their eligibility status for a period of one week upon their return to school from said absence or illness. Students will only be granted **one** probationary week per semester.

The student will continue to practice during the probation and ineligibility week at the discretion of the coaches, teachers, and admin. Grades will be checked at 12:00 PM on Wednesday. The probation and eligibility week begins at 12:00PM on Wednesday and ends, or begins again, the following week on Wednesday at 12:00PM. In the event there is no school on Wednesday, grades will be checked on Tuesday.. A failing grade (F) will carry into the next nine weeks, except at the beginning of each semester. The first three weeks of each semester will be a grace period to allow students and teachers to establish a solid academic baseline for reference.

All students will be eligible at the beginning of the year or semester unless ineligible according to the South Dakota High School Activities Association guidelines.

Administration, Athletic Director, or designee will contact parents/students to inform them of the probation or ineligibility status.

This policy affects all extracurricular activities to include athletics and fine arts.

Students who are found to be ineligible may not:

I.)Participate in school sponsored extracurricular contests/events or be dismissed from a portion of the regular school day to travel with their respective team.

II.)Participate in any school sponsored co-curricular or fine arts contests/events that would require that student to miss a portion of a regular school day.

TRAINING RULES AND REGULATIONS:

- A. The following rules and regulations have been established for the activities programs of the Parkston School District.
 - (1) NO DRINKING OF ALCOHOLIC BEVERAGES
 - (2) NO SMOKING OR USE OF TOBACCO SUBSTANCES – THIS INCLUDES ANY USE OF VAPE PENS
 - (3) NO USE, INGESTION, OR POSSESSION OF ILLEGAL DRUGS AND/OR DRUG PARAPHERNALIA
 - (4) NO INHALING, HUFFING, OR INGESTING ANY SUBSTANCE FOR THE PURPOSE OF INTOXICATION.
 - (5) NO ACTIVITY WHICH WOULD CONSTITUTE A FELONY OR MISDEMEANOR (OTHER THAN MINOR TRAFFIC OFFENSES)
 - (6) NO MISCONDUCT. THE ADMINISTRATION AND THE HEAD COACH OF THE SPORT IN WHICH THE VIOLATION HAS OCCURRED WILL BE INVOLVED IN THE INVESTIGATION OF ANY REPORTED INCIDENT OF A STUDENT(S) MISCONDUCT.
- B. Coaches/directors may require additional rules concerning curfew, practice, and other items appropriate to the particular activity.
- C. Activity rules and regulations shall be in effect from the 1st date of Competitive Cheer practice through the completion of the last SDHSAA sponsored event in June. **All offenses will be CUMULATIVE during the student's 7-12 grade athletic career.**
- D. To restore eligibility, the student must continue to participate and complete the season in which the suspended activities take place. Uncompleted suspensions will carry over to the next sport/activity in which the student participates and completes.

I. Methods of Detection of Violation of Activities Rules and Regulations

- A. Any school district employee who has reason to believe a student has violated one of the activity rules and regulations is encouraged to report the alleged violation to either the principal or coach/athletic/activity director. Members of the community are requested to report students suspected of violating the activities rules and regulations. All information reported shall remain confidential until it has been determined that a policy has been violated.
- B. As stated by SDCL 26-11-5.1, "a law enforcement agency may provide notice of an incident within its jurisdiction to public or nonpublic school officials and to the parent or guardian of a school student if the incident is one in which the agency has probable cause to believe the school student has violated any provision of state law involving alcohol, illegal drugs, firearms, or bomb threats, or has made any threat of violence relating to any school or its students, employees, or property."

II. Steps in Discipline

- A. The activity coach/director will report to the principal and/or activities director that a violation has been alleged and state the circumstances surrounding the alleged violation.
- B. The principal and/or activities director will consider facts and follow due process and determine whether there was a violation as prescribed by existing policies. Individual circumstances will be taken into consideration when determining if the policy was knowingly or willingly violated as it may relate to possession of alcoholic beverages or illegal drugs.
- C. The student or students involved in an alleged violation will be given an informal conference with the principal and/or activities director to respond to the allegation of a violation.
- D. The principals, activities director, and superintendent will then render a decision as to whether a violation has in fact been committed and as to the disciplinary action to be taken, as outlined in the policy. Parkston administration has the final say in the outcome of disciplinary action and does have the right to make adjustments to punishment if they feel it is necessary..
- E. Findings will be reported to the student, as well as to his/her parents/guardians, by the activities director.
- F. Penalties for Violations:
 - a. Participant (any district sanctioned sport or activity) Upon confirmation of first violation, said student will lose eligibility for the next two weeks and/or two contests, whichever is greater in length of time.
 - It is up to the discretion of the coach if said athlete would be allowed to practice.
 - If a student self-discloses his/her use/possession of alcohol, controlled substances and/or tobacco products, the student will lose athletic eligibility for one week or one contest, whichever is greater. If a student admits (confesses) to the improper action and/or behavior, they will lose eligibility for one week or one contest, whichever is greater.
 - b. Second Offense
 - Athletic/Activity participant (any district sanctioned sport or activity) Upon confirmation of second violation, said athlete shall lose athletic eligibility for four weeks or four contests, whichever is great.
 - If a student self-discloses his/her use/possession of alcohol, controlled substances and/or tobacco products, the student will lose athletic eligibility for three weeks or three contests, whichever is greater. If a student admits (confesses) to the improper action and/or behavior, they will lose eligibility for three weeks or three contests, whichever is greater.
 - c. Third Offense
 - A third and subsequent offense violation will result in the student being barred from participating in any school activity for twelve (12) months from the date of the third or subsequent violation.
- G. First Offense (drug related):
 - a) Penalty: SDCL 13-32-9 requires that anyone who uses, possesses, or distributes controlled substances or marijuana will be suspended from all school extra-curricular activities for one

calendar year from the date of adjudication, conviction, diversion, or suspended imposition of sentence.

b) As provided by SDCL 13-32-9, (Ref to Appendix A) the one-year suspension may be reduced to thirty calendar days if the person participates in an assessment with a certified or licensed addiction counselor. If the assessment indicates the need for a higher level of care, the student is required to complete the program before becoming eligible to participate. If a suspension is reduced pursuant to SDCL 13-32-9, a suspension for a first offense shall make the student ineligible for a minimum of two SDHSAA sanctioned events upon completion of the reduced suspension period.

Second Offense (drug related):

a) Penalty: After confirmation of a second violation, SDCL 13-32-9 (Ref to Appendix A) requires that anyone who uses, possesses, or distributes controlled substances or marijuana, for a second time, will cause that person to be ineligible for all extra-curricular activities for one calendar year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. The one-year suspension may be reduced to sixty calendar days if the person completes an accredited intensive prevention or treatment program. If a suspension is reduced for a second offense shall make the student ineligible for a minimum of six SDHSAA sanctioned events upon completion of the reduced suspension period.

Third Offense (drug related):

a) Penalty: After confirmation of a third violation, SDCL 13-32-9 (Ref to Appendix A) requires that anyone who uses, possesses, or distributes controlled substances or marijuana, for a third time will cause that person to be ineligible to participate in any extra-curricular activity at any secondary school accredited by the Department of Education.

*To count toward the minimum number of events the student must participate in the entire activity season and may not drop out or quit the activity to avoid suspension and failure to complete the entire activity shall result in the student being ineligible for one year. A suspension that is not completed in one activity season shall carry over to the next activity.

SDHSAA In-and Out-of-Season Regulations

ARE STUDENTS ALLOWED TO PARTICIPATE IN?							
FROM	CLINICS	CAMPS	NON-SDHSAA LEAGUES, GAMES or TOURNEYS	PRACTICE	ALL-STAR EVENTS	CLUB TEAMS	PRIVATE LESSONS
August 1 to Sport Season Begins	YES	YES	YES	YES	NO	YES	YES
Sport Season Begins to Sport Season Ends	YES	NO	NO	YES	NO	NO	YES
Sport Season Ends to Midnight, May 27 th	YES	YES	YES	YES	SENIORS ONLY	YES	YES
May 27 th through July 31 st	YES	YES	YES	YES	YES	YES	YES
ARE COACHES ALLOWED TO PARTICIPATE IN?							
FROM	CLINICS	CAMPS	NON-SDHSAA LEAGUES, GAMES or TOURNEYS	PRACTICE	ALL-STAR EVENTS	CLUB TEAMS	PRIVATE LESSONS
August 1 to Sport Season Begins	YES	NO	NO	NO	NO	NO	NO
Sport Season Begins to Sport Season Ends	YES	NO	NO	YES	NO	NO	YES
Sport Season Ends to Midnight, May 27 th	YES	NO	NO	NO	SDHSCA ONLY	LIMITED	NO
May 27 th through July 31 st	YES	LIMITED	LIMITED	YES	YES	YES	YES

Yes= unlimited Participation Allowed

Limited= Limited By Rule Definition As Covered In Next Section

No= No Participation Allowed

NOTE: No school sponsored or affiliated Activity may take place during July 1 through July 7 annually. This time period shall be known as the summer moratorium.

SPORTSMANSHIP - “The Golden Rule in Athletics”

Treat others as you would like them to treat you, remembering that when you play your opponent, they are just that . . . only the opponent and not the enemy. The rules are fair, and the officials are present to make sure the rules are enforced. From time to time, the officials will make mistakes, as we all do. At such times, respect all officials' decisions. A person who exhibits sportsmanship will have empathy for others.

CHARACTER

A person with character behaves morally, ethically, and honestly in public situations and also in situations known secretly and only to that individual.

INTEGRITY

People with integrity are honest with themselves and others, preferring to tell the truth.

DIGNITY -“A Touch of Class”

A dignified person will demonstrate self-confidence. They show self-control, self-respect, and consideration for others and maintain their “cool” in tense situations.

“Win With Integrity, Lose With Dignity, Do Both With Class”

How to Build Sportsmanship in Your Child

1. Unless you're coaching your child's team, you need to remember that you're the parent, not the coach. Shout words of encouragement, not directions, from the sidelines (there is a difference!).
2. If you are your kid's coach, don't expect too much out of your own child. Don't be harder on him/her than on anyone else on the team, but don't play favorites either.
3. Keep your comments positive. Don't badmouth coaches, players, or game officials. If you have a serious concern about the way that games or practices are being conducted, or if you're upset about other parents' behavior, discuss it privately with your child's coach or with a school official.
4. Applaud good plays no matter who makes them.
5. Set a good example with your courteous behavior towards the parents of kids on the other team. Congratulate them when their kids win.
6. Remember that it's your child, not you, who is playing. Don't push your kid into a sport because it's what you enjoyed. As your child gets older, let them choose the sport they want to play, and let them decide the level of commitment they want to make to it.
7. Keep your perspective. It's just a game. Even if your child's team loses every game of the season, it's unlikely to ruin their life or their chances of success.
8. Look for examples of good sportsmanship in professional athletes and point them out to your kids. Talk about the bad examples, too, and why they upset you.

9. Finally, don't forget to have fun. Even if your child isn't the star, enjoy the game while you're thinking of all the benefits they are gaining – new skills, new friends, and attitudes that can help them all through life.

HOW TO ESTABLISH RAPPORT WITH YOUR ATHLETIC CHILD

1. Make sure that your child knows that- win or lose, sacred or heroic- you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best, to avoid developing a fear of failure based on the specter of disapproval and family disappointment if they do mess up. Be the person in their life they can look up to for constant positive reinforcement. Learn to hide your feelings if they disappoint you.
2. Try your best to be completely honest about your child's athletic ability, their competitive attitude, sponsorship and actual skill level.
3. Be helpful, don't "coach" them on the way to the track, diamond or court...on the way back ...at breakfast...and so on. Sure, it's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying" to be working to improve their skills and attitudes... to take physical bumps and come back for more. Don't say "winning doesn't count" because it does. Instead, help develop the feel for competing, for trying hard, for having fun.
5. Try not to relive your athletic life through your child in a way that creates pressure; you fumbled too, you lost as well as you won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure your child because of your pride. Sure, they are an extension of you, but let them make their own voyage of discovery into the world of sports...Let them sail into it without interference. Help to calm the wait when things get stormy, but let them handle their own navigational problems. Find out what your child is all about and don't assume they feel the way you did, want the same things, or have the same attitude. You gave him life; now let them learn to handle it, enjoy it. Just remember there is a thinking, feeling, sensitive, free spirit out there in that uniform who needs a lot of understanding, especially when their world turns bad on them. If they are comfortable with you-win or lose- they are on their way to maximum achievement and enjoyment- and you will get your kicks too!
6. Don't compete with the coach. The young athlete often comes home and chats about "coach says this, coach says that." This is often hard to take. When a certain degree of disenchantment about the coach sets in, some parents side with their child and are happy to see them shot down. This is a mistake. It should provide a chance to discuss (not lecture) with the child the importance of learning how to handle problems, react to criticism, understand the necessity for discipline, rules, regulations and so on.
7. Don't compare the skill, courage or attitudes of your child with other members of the squad or team, at least in range of the child's hearing. And if your child shows a tendency to resent the treatment they get from the coach, or the approval other team members get, be careful to look over the facts quietly and try to provide fair and honest counsel. If you play the role of the overprotective parent who is blinded to the relative merits of your child and his actual status as an athlete and individual, you will merely perpetuate the problem.
8. Get to know the coach to assure that their philosophy, attitudes, ethics, and knowledge are such that you are happy to expose your child to. The coach has a tremendous potential influence.

9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper reactions to the tales of woe or heroics they bring home. Don't cut your child down if you feel they are exaggerating—just take a look at the situation and gradually try to develop an even level. Above all, don't over-react and rush off to the coach if you feel an injustice has been done. Investigate, but anticipate that the problem is not as it might appear.
10. Make a point of understanding courage and the fact that it is relative. There are different kinds of courage. Some of us can climb mountains but are frightened to get into a fight; others can fight without fear but turn to jelly if a bee approaches. Everyone is frightened in certain areas— nobody escapes fear, and that is just as well since it often helps us avoid disaster. Explain to your child that courage does not mean an absence of fear but rather means doing something despite fear or discomfort. In a way, the parents are the primary coaches. Many great athletes, who, in evaluating the reasons for their success, have said: "My parents really helped—I was lucky in this respect." The coaching job the parent has is the toughest one of all, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster boast (now or later on) that you played a key role in his success.

Things Parents Do That Embarrass Their Kids

- "Trying to teach me how to do something 'correctly' after the game."
- "Coaching during games even though you aren't the coach."
- "Telling me what I was doing wrong after every game."
- "Going crazy at the refs."
- "Acting disappointed with what I am doing instead of reassuring me I will do better next time."

Things Parents Do That Their Kids Really Appreciate

- "Taking time out of your busy schedules to come to games to support what we do."
- "Bringing snacks after the game."
- "Supporting the whole team, not just me."
- "Cheering on the team even when losing badly."
- "Being quiet unless cheering with everyone else."
- "Being proud of us even when we didn't win."

NOTIFICATION AND VERIFICATION:

I have read and understand the rules and regulations set forth by the Parkston School District, as stated in the Activities/Athletics Handbook.

Print Name: _____

Student's Signature: _____

Date: _____