

NORTH JUNIOR HIGH ACTIVITIES

Activity Eligibility Information

Name: _____ **Birthdate:** _____ **Grade:** _____

The following statements are excerpts from the Minnesota State High School League eligibility form which apply to junior high activity participation. Please read carefully and sign to indicate your agreement to abide by these rules.

ACADEMIC – To be eligible, a student must be making satisfactory progress toward the school’s requirement for graduation.

PHYSICAL EXAMINATION AND PARENTS PERMISSION – Any student who intends to participate in interscholastic athletics must have on file in the school, a record of a physical examination performed within the previous three (3) years. A health questionnaire shall be completed annually and could indicate the need for a physical examination prior to participation. The signature of the parent or guardian approving participation is required.

JUNIOR HIGH PARTICIPATION – Participation in high school interscholastic programs is limited to students in grades 7-12 inclusive. Students in grades 7, 8 and 9 may participate if enrolled in the regular continuation school for the educational unit and if all other eligibility requirements of the League have been met. Elementary students in grades 1-6 are not eligible for participation in any MSHSL-sponsored activity; B squad, junior varsity or varsity level.

Students who are interested in participating at the high school level should acquire the appropriate materials from the Activity Director.

MOOD-ALTERING CHEMICALS – The St. Cloud school district endorses the Minnesota State High School League’s position on the use/abuse of mood-altering chemicals. Prior to participation in activities, students and parents will be notified of the school’s policy and the consequences associated with the use of mood-altering chemicals. Penalties will be accumulative beginning with and throughout the student’s participation in junior high and senior high activities.

- A. Philosophy and Purpose:** The Minnesota State High School League recognizes the use of mood-altering chemicals and tobacco as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The misuse and abuse of mood-altering chemicals or tobacco for some adolescents affect extra-curricular participation and development of related skills. Others are affected by the misuse and abuse of family team members or other significant persons in their lives.
- B. Bylaw:** During the calendar year, regardless of the quantity student shall not: (1) use a beverage containing alcohol; (2) possession or use of tobacco; or, (3) use or consume, have in possession, buy sell, or give away any other controlled substance.
 - i. The rule applies to the entire school year and any portion of any activity season which occurs prior to the start of the school year or after the close of the school year.

- ii. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student by her/his doctor.

C. Sexual/Racial/Religious Harassment/Violence and Hazing

- i. During the school year, a student shall not engage in the sexual, racial or religious harassment or sexual, racial, religious violence or hazing.

Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, sexually motivated physical conduct or other verbal or physical conduct or communication of a sexual nature. Sexual harassment may include but is not limited to: 1. Verbal, written/graphic harassment or abuse; 2. Subtle pressure for sexual activity; 3. Inappropriate patting or pinching; 4. Intentional brushing against the individual's body; 5. Demanding sexual favors accompanied by implied or overt threats concerning an individual's employment or educational status; 6. Demanding sexual favors accompanied by implied or overt promises of preferential treatment with regard to an individual's employment or educational status; 7. Any unwelcome touching of a sexual nature.

Sexual violence is a physical act of aggression that includes a sexual act or sexual purpose which involves the touching of another person's intimate parts, either above or underneath the other person's clothes, or forcing another to touch one's intimate parts, either above or underneath one's clothes. Intimate parts, as defined in Minnesota Status 1990, Section 609.341, includes the primary genital area, groin, inner thigh, buttocks, or breast of a human being. Sexual violence is a criminal activity. Sexual violence may include but is not limited to:

- A. Touching, patting, grabbing, or pinching another person's intimate parts, either same sex or opposite sex.
- B. Coercing or forcing sexual touching on another;
- C. Coercing or forcing sexual intercourse on another;
- D. Threatening to force sexual touching or intercourse on another.

Racial Violence is considered an act of aggression or assault upon another because of their ethnicity.

Religious harassment consists of physical or verbal conduct which is related to an individual's religion when the conduct.

- A. Has the purpose or effect of creating an intimidating, hostile or offensive working or academic environment;
- B. Has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance; or
- C. Otherwise adversely affects an individual's employment or academic opportunities.

Religious violence is considered an act of aggression or assault upon another because of their religious beliefs.

Hazing: General Statement of Policy;

1. No student, teacher, administrator, coach, volunteer, official or employee of a school shall plan, direct, encourage, aid or engage in hazing; 2. No teacher, administrator, coach, volunteer, official or employee of a school shall permit, condone or tolerate hazing; 3. Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy; 4. This policy applies to behavior that occurs on or off school property and during and after school hours; 5. A person who engages in an act that violates MSHSL policy or law in order to be initiated into or affiliated with a student organization shall be subject to discipline for that act; 6. The school district will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, teacher, administrator, volunteer, official, or employee of the school district who is found to have violated this policy. **“Hazing”** means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose.

Assault –

- A. An act done with intent to cause fear in another of immediate bodily harm or death;
- B. The intentional infliction of or attempt to inflict bodily harm upon another; or
- C. The threat to do bodily harm to another with present ability to carry out the threat.

D. Penalty:

1. First Violation: After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
2. Second Violation: After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant. No exception is permitted for a student who becomes a participant in a treatment program.
3. Third and subsequent violations: After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant if after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on his/her own volition becomes a participant in a chemical dependency program or treatment program, then the student may be certified for reinstatement in MSHSL activities after a minimum period of six (6) weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.
4. Denial Disqualification: A student shall be disqualified from all interscholastic athletics for nine (9) additional weeks beyond the students original period of

ineligibility when the student denies violation of the rule, is allowed to participate and then is subsequently found guilty of the violation.

E. Informed Consent:

By its nature, participation in interscholastic includes risk of injury and the transmission of infectious diseases such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

F. Equipment:

We make every effort to equip our students with the best and safest equipment. All equipment is issued on the guarantee that it will be well maintained and returned. Failure to return North equipment for any reason, or returning equipment damaged will result in payment to the school of the replacement cost.

G. North Junior High School Athletic Policy

1. All students are expected to attend practices as well as games.
Excused absences will require a parent note.
2. Any students committing an assault, harassment, or using drugs or alcohol will be suspended from athletics for 2 events or for 2 weeks whichever is more severe. This is in accordance with the MSHSL rules.
3. North Faculty may recommend Academic Remediation for an athlete severely behind in classwork. Students may be directed to stay after school for academic help until the student has made significant progress on missing assignments. These absences could include games and / or practices.

H. Free / Reduced Lunch Policy:

1. Students who do not qualify for free or reduced lunch will pay \$80 for all athletic activities and \$40 for academic activities.
2. Students whose families qualify for **reduced lunch** will pay \$40 for all athletic activities and \$20 for academic activities.
3. Students whose families qualify for **free lunch** will pay \$20 for all athletic activities and \$10 for all academic activities.

*** A student who is absent from school past 12:00 (noon), may NOT participate in athletic or non-athletic practices or events that day. (This includes all sports, music events, drama, etc.)**

Student Signature: _____ Date: _____

Parent Signature: _____

**NORTH JUNIOR HIGH
PARENT'S PERMISSION AND HEALTH QUESTIONNAIRE**

This form must be completed, signed and returned to the school each year before the student will be permitted to practice or play.

Name of Student: _____ **Birth Date:** _____

School: _____ **Grade in School** 6 7 8

North Junior High highly requires that any student who intends to participate in junior high school interscholastic athletics/activities have on file in this school a record of a satisfactory physical examination performed by a doctor within the previous three years. More frequent examinations may be required.

The following questions must be answered by the parent or guardian:

- | | | |
|--|-----|----|
| 1. The student named above has a physical record on file in the school? | Yes | No |
| 2. Has the student been hospitalized since the above physical examination? | Yes | No |
| 3. Has the student had a major injury since the above physical examination? | Yes | No |
| 4. Has the student been found to have only one organ of usually paired organs?
(Example: Kidney, eyes, etc.) | Yes | No |
| 5. Has the student required medication on a daily or episodic routine?
(Example: Insulin or asthma medication) | Yes | No |
| 6. Has the student been knocked unconscious, had a concussion, or had a head injury at any time within the past 12 months? | Yes | No |
| 7. Has the student fainted, blacked out, experienced dizziness or chest pain while exercising in the past year? | Yes | No |
| 8. Are there any weight loss or nutritional issues to consider, including self induced vomiting, over-exercising, laxative use, or diuretic use to control weight? | Yes | No |
| 9. Do you know of, or believe there is, any health reason why this student should not participate in interscholastic athletics activities.
If so, why? _____ | Yes | No |

The undersigned, herewith:

- Grants the above named student permission to participate in all North activities.
- Grants permission to take the student on supervised trips connected with North activities.
- Understands that the student must refrain from practice or play during medical treatment until he/she is given a written permit by the attending physician to resume participation.
- Certifies that the answers to the questions above are correct and true.
- Certifies that the above named student is physically fit to participate in all North interscholastic activities.

Date: _____ **Signed:** _____

This North Parent's Permission and Health Questionnaire must be completed, signed and placed on file in the school office each year before the student will be permitted to practice or play.

North Junior High Fundamentals of Sportsmanship Contract

One of the major benefits derived from a child's participation in competitive athletics are the development of sportsmanlike attitudes and values such as honesty, fair play, and citizenship. Having a good attitude, being a good winner and loser, respecting the official's decisions, playing by the rules and giving maximum effort are commonly considered good sportsmanlike qualities. In youth sports settings, important role models for children include parents, coaches, officials, and other athletes.

Sportsmanship is an honorable quality that strives to be courteous, fair, and respectful. It is a blending of cheers for the home team and applause for the visitors, observing not only the letter but the spirit of the rules and showing consideration for opponents. It is playing by the code of conduct that reflects the golden rule, "treat others as you wish to be treated". Participants and spectators at North Athletics are expected to know, understand and conduct themselves consistent with the following code:

Fundamentals of Sportsmanship

1. Show respect for the opponent.
2. Show respect for the officials.
3. Know, understand and appreciate the rules of the game.
4. Maintain self-control at all times.
5. Recognize and appreciate skill in performance regardless of the team.
6. Be no party to the use of profanity, obscene language or improper actions.
7. Instruct participants and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the number one priority.
8. Set a good example for players and spectators to follow.
9. Refrain from arguments in front of players and spectators.
10. Refrain from breaking or throwing objects in disgust.

EVERYONE should see the full impact and potential of athletics as an educational and fun experience. This is a challenge that all coaches, players, spectators and officials must pursue.

We the undersigned athlete and parent have read and understand the North Activities Sportsmanship code and agree with the framework established by this contract. If either the student or the parent violates these expectations a consequence or consequences will be implemented at the discretion of the Administration and Athletic Director of North Junior High. We hereby pledge to do our very best to conduct ourselves consistent with the expectations of this code.

Sport: _____

Grade: 6th 7th 8th

Athlete: _____

Parent: _____

Printed Name: _____

Printed Name: _____

Date: _____

**Academic and Behavior Contract
North Junior High Athletics**

Academics

Student Athletes are expected to be making academic progress towards completing their coursework while at North Junior High. Students are expected to stay current with their classwork. Students will receive updated progress reports weekly and coaches will be checking for missing assignments. Failure to stay current with their classwork will result in the loss of the first 45 minutes of practice. Students will be required to attend a “homework completion program” in the attempt to get them caught up with their missing assignments. Reduced practice time will result in reduced playing time in athletic events.

Behavior

Students who participate in athletics at North Junior High are expected to follow behavior expectations at all times. These expectations are introduced, modeled and reviewed several times throughout the school year and are expected by all students. Student athlete’s behavior is expected to meet these expectations. Each week, coaches will be informed of office referrals and behavioral consequences of their athletes. Consequences for a student’s failure to follow the behavioral expectations of North Junior High will be administered on the following progression.

Office Referrals (NOT resulting in CAAP or other types of suspensions)

- 1st Referral: Participant sits out for half of a game/event.
- 2nd Referral: Participant sits out one full game/event.
- 3rd referral: Participant sits out two full games/events.
- 4th Referral: Participant is removed from the activity. (With NO refund)

Office Referrals (that DO result in CAAP or other types of suspensions)

- 1st Referral: Participant sits out one full game/event.
- 2nd Referral: Participant sits out two full games/events.
- 3rd Referral: Participant is removed from the activity. (With NO refund)

Students, who earn one of the above consequences, must still attend their practices and games for the eligibility to be reinstated. The student will dress and support their team but will not participate. If a student is absent during this process the consequence will carry forward to the next game or event.

Sport: _____

Grade: 6th 7th 8th

Athlete: _____

Parent: _____

Printed Name: _____

Printed Name: _____

Date: _____