

GOLDEN PLAINS MIDDLE / HIGH SCHOOL



ACTIVITIES HANDBOOK

Approved: July 17, 2023

Golden Plains Middle / High School

Administration

| | |
|----------------------|------------------|
| Superintendent | Ashley Arnberger |
| Principal | Ashley Arnberger |
| Administrative Asst: | Travis Smith |
| Athletic Director: | Travis Smith |

Middle School Staff

| <u>Sport</u> | <u>Head Coach</u> | <u>Assistant</u> |
|---------------------|--------------------------|-------------------------|
| Football | Ed Weiner | Michael Karnes |
| Volleyball | Laura Fellhoelter | Jennifer Spresser |
| Boys Basketball | Open | Ed Weiner |
| Girls Basketball | Travis Smith | Parker Christensen |
| Track | Jennifer Spresser | Austin Patmon |
| Scholar's Bowl | Jennifer Spresser | |
| Cheer | Mandy Focke | |

High School Staff

| <u>Sport</u> | <u>Head Coach</u> | <u>Assistant</u> |
|---------------------|--------------------------|-------------------------|
| Football | Travis Smith | Ed Weiner |
| Volleyball | Ashley Arnberger | Laura Fellhoelter |
| Cross Country | Mindy Fleckenstein | |
| Boys Basketball | Ed Weiner | Open |
| Girls Basketball | Parker Christensen | KayCee Miller |
| Track | Travis Smith | Laura Fellhoelter |
| Scholar's Bowl | Mindy Fleckenstein | |
| Forensics | Robynn Wessel | |
| Cheer | Desire'e Wark | |

Golden Plains High School Activities Department Mission and Philosophy Statements

Mission Statement

The Mission of the Golden Plains Athletic Department is to develop the district's student-athletes on the field of competition, while also adhering to the academic mission of the district. This will be achieved by practicing, with honor, the core values of respect, responsibility and integrity that have been set forth by the USD 316 Board of Education. These core values will play an integral role in the development of good sportsmanship, social skills, and academic growth for all students involved.

Philosophy Statement

Interscholastic activities provide much more than just wins and losses for Golden Plains' students. The academic success of the students at Golden Plains is the most important goal of our school district. The district also believes that participation in school activities will help promote and foster a positive learning experience. The activities offered by the district help participants develop a set of skills that will develop them into future leaders in our community. Golden Plains' students are expected to show respect towards opposing players and coaches, officials, teammates, coaches, and staff. They will do this by winning and losing with integrity. We believe that the success of our mission and philosophy will be accomplished through the goals and objectives established by the USD 316 Athletic Department.

Goals and Objectives

- To teach sportsmanship in such a manner that all students, athletes, coaches, administrators, and parents act in the best interest of participants involved in the activities provided by USD 316.
- To provide each participant with the opportunity to develop social-emotional skills that will allow them to grow as young adults.
- To teach and model to all participants how to successfully implement the core values of respect, responsibility, and integrity.
- To teach participants how to compete, cooperate, and achieve excellence with integrity.
- To develop school spirit in each, and every participant.
- To work with all involved to reach common goals.
- To provide athletic and activity programs that all stakeholders can feel proud to

participate in.

- To create a desire to succeed and excel.

Golden Plains Activities Department

Rules and Regulations

The rules and regulations of the Golden Plains Athletic Department have been approved by the USD 316 Board of Education. These rules are to be implemented by all coaches and sponsors and followed by all those who participate in the activities sponsored by The Kansas State High School Activities Association and Golden Plains High School.

1. Drug Policy

It is a violation for the students of Golden Plains to use drugs, alcohol, or any other substance that either illegally enhances their performance or is illegal by law. If the student is found to be in violation of using these substances, they will be subject to the following punishment:

1. 1st Offense

A. 1-week suspension from the team from the date of occurrence. The participant may practice during their suspension, but they may NOT travel with the team to an away game and must sit in the stands at home games.

B. The coach may pursue other punishments such as extra conditioning during the time of suspension.

2. 2nd Offense

Excused from the team for the remainder of that specific season.

Coaches and sponsors will hold a meeting with the Athletic Director, parents and other administration to discuss the drug policy violation and the punishment.

2. Absences from the team

It is vital for all participants of Golden Plains' activities to be in attendance at all practices and activities scheduled by the coaches and sponsors. Attendance at all games and practices is mandatory; this includes when school is not in session, during weekends and vacations.

1. If a student is going to be gone from practice, he/she will need to make arrangements with the coach prior to the absence.
2. If a student is going to be gone for a doctor's appointment, the participant must bring a doctor's note so the absence is not unexcused.
3. Hair appointments are not excused absences and should be scheduled at other times.
4. All participants must be at school by **12:00** to be able to practice or participate in that day's activities. If at a doctor's appointment, and arrive past 12:00, a note must be given to the secretary to be allowed to participate that day.
5. A student who has ISS or OSS will not be allowed to practice or be in attendance at practice on the days in which they are suspended.
6. If a student has a funeral, they may practice or participate in that day's activity as long they make arrangements with the coach.

All unexcused absences will be handled as follows:

1. 1st and 2nd Offense: Call to parents and extra conditioning.
2. 3rd Offense: Meeting with parents and excused from the team.

3. Eligibility

Golden Plains USD #316 requires a weekly eligibility check. Every middle school and high school student's academic eligibility will be determined each week by the teacher, coach and/or sponsor and the activities director. There will be an ineligibility list issued each week. Grades will be reviewed by 12:00 on Thursday. The period of ineligibility shall begin at 11:00 P.M. on Saturday and run until 11:00 P.M. the following Saturday

Middle/High School

For a Middle/High school student to be eligible to participate in any school activities she/he shall have no "F" grades and no more than two "D" grades during any one week.

Middle School and High School eligibility will be based upon the student's cumulative semester grades. The first two weeks of a semester will be considered a probationary period for all students. Eligibility will start the third week of each new semester and will run concurrently through the end of the 2nd and 4th Quarters

4. Physicals

All student-athletes must have on file a KSHSAA Physical form with the office. The student-athlete will not be allowed to participate in any practice until a physical is on file.

5. Anti-Hazing Policy

Hazing in any form is neither tolerated nor consistent with any educational or athletic goal of the Golden Plains School District.

"Hazing" refers to any activity expected of someone joining a student organization that humiliates, degrades, or risks emotional and/or physical harm, regardless of the person's willingness to participate.

Hazing activities are generally considered: physically abusive, hazardous, and/or

sexually violating. The specific behaviors or activities within these categories vary widely among participants, groups and settings. Typical hazing practices would include: personal servitude; sleep deprivation and restrictions on personal hygiene; yelling; swearing and insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such substances on one's skin; brandings; physical beatings; binge drinking and drinking games; sexual stimulation and sexual assault.

Any activity that intimidates or threatens the student with ostracism, that subjects the student to extreme mental stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school is considered Hazing.

Any activity that causes or requires the student to perform a task that involves a violation of state or federal law or Golden Plains School policies or regulations is considered hazing.

Hazing in any form will not be tolerated at Golden Plains and will result in disciplinary actions. The disciplinary action will depend on the severity of the offense. There may be other disciplinary consequences as well administered by the Coach, Athletic Department, High School Principal, or Superintendent.

6. Anti-Bullying Policy

Bullying in any form is neither tolerated nor consistent with any educational or athletic goal at Golden Plains. Bullying in any form will not be tolerated and will result in disciplinary actions. Bullying takes many forms they include:

Physical- direct physical contact including pushing, hitting, shoving, biting, hair-pulling, scratching, spitting, tripping, damaging or stealing victims property, locking a person in a room, mean faces, rude gestures, initiating or forcing inappropriate touching

Verbal -name calling, put-downs, racist remarks, teasing, threats, spreading rumors, sending inappropriate (violent, sexual, malicious, etc.) notes or pictures in any medium, (cell phone, internet, etc.)

Social- ostracism, exclusion, ignoring, being unfriendly, alienating, social isolation, rumor spreading, damaging someone's reputation

7. Lettering Requirements.

In all sports or activities, a player must complete the season, and must have no more than 1 week of academic ineligibility to complete requirements for earning a varsity letter. **A coach may choose to letter a player or participant who is close to meeting the requirements of lettering and has also met the academic requirements. At the same time, a coach or sponsor may not letter a player or participant because of behavior or lack of participation during the season.**

Football: Participate in at least $1\frac{1}{2}$ of the varsity quarters.

Basketball: Participate in at least $1\frac{1}{2}$ of the varsity quarters.

Volleyball: Participate in half the varsity matches.

Cross Country -

Cheer: Successfully complete the season as determined by the coach.

Track: Score at least 10 points for the season, or place at the league or regional track meet, or qualify for the state track meet.

Forensics: Participate in $1\frac{1}{2}$ the meets, and qualify for state (champs or festival)

Scholar's Bowl: Attend 3 varsity meets.

8. Cell Phones

Cell Phones can have a positive use in everyday life, but in the school setting can have a negative effect on those participating in activities. Bullying, hazing, and other types of lewd behavior can come from improper cell phone use. Cell phones may be used, but can be restricted by the coach or sponsors if they are being used to bully, harass, or are taking away the focus of the player from the game:

1. Phones may be used to listen to music on the bus, as long as the participant has headphones in.
2. Phones must be put into the participant's book bag, given to a coach, or

parent once the team has arrived at the game.

3. Phones may not be out until after the participants have finished with their game or when the coach or sponsor tells them they can AFTER the game.

9. Dress Code

Activity participants are highly visible representatives of the school and, as such, are responsible for using good judgment in their overall appearance. All teams, regardless of level, have a responsibility to ensure that their game attire speaks volumes of their class and excellence.

Participants are asked to stay in their attire until the entire team changes for the game. After the game, the students are asked to wear home what they wore to the game, or a school/team issued shirts, polo, shorts etc.

Hoodies are not part of the game day dress attire. They are not to be worn on game days over a game jersey, or shirt and tie. Shirts are to be tucked in and tie is to be tightened up to the collar.

10. Uniforms

Uniforms are property of USD 316. Once they have been handed out, they must be cared for by the participant they are checked out to. If the uniform is damaged or lost, it will be up to the participant's family to pay for the uniform or other gear to be replaced.

11. Parent Meetings

Coaches are asked to hold a parent meeting **PRIOR** to the first day of practice. One parent or family member must be in attendance, along with participants, at the meeting. This meeting will cover general rules, and expectations for that activity or sport. The coaches will have an agreement for the players and family members to sign at that meeting.

12. Parent/Coach Communication

Open, positive communication between coaches and parents is vital to the success of any program. Communication is to be made the following ways.

- Coaches should always be contacted by phone or email first. Coaches should never be approached on a one to one basis.
- A coach will not discuss playing time of any participant with a parent. A coach may discuss with a parent how their student can improve, which may lead to more playing time.
- A coach will not discuss any issues after a game. A meeting must be set up that takes place no less than **24 hours** after the contest. This is to ensure that all involved have calmed down, so that cooler heads prevail.
- If the first meeting does not correct the issue, a parent may request a meeting with the Athletic Director, Superintendent/Principal and coach.
- The Board of Education is not to be contacted by a parent. If the issues have not been resolved, it is up to the administration to contact the BOE.

Golden Plains High School

Team Specific Rules

Golden Plains High School Cheerleading

This document is designed to serve as a set of guidelines for cheerleaders. The purpose of this contract is to understand the expectations for a Golden Plains Cheerleader on and off campus, during the summer and school year, and all events that require you to represent USD 316.

Purpose

The purpose of a Golden Plains Cheerleading Squad is to provide school spirit according to the previous guidelines, policies, and rules signed by the cheerleader and guardian. Cheerleaders are to plan and initiate activities for community support. Cheerleaders are also expected to uphold standards set forth by the school district, teachers, administrators, cheer sponsor, etc.

Mission Statement

The mission of the Golden Plains School District is to coordinate and further the efforts of the parents, community, administration, faculty, and staff to provide the best education possible for each student enrolled in the district.

Rules and expectations for on site and off site activities

- Be a good role model
- Display positive school spirit
- Show good sportsmanship
- Exhibit positive attitudes, excellent character, conduct, and citizenship
- Be leaders and set a good example at all times, not just when in uniform
- Exhibit personal appearance and habits that will reflect a positive image at all times
- Do not smoke, drink, use drugs, or show inappropriate public display of affection

These expectations apply at all times, not just at school functions.

All infractions in school, outside of school, or while traveling for any cheer activity shall be subject to disciplinary action that was outlined in the guidelines, policies, and rules signed by the cheerleader and guardian.

Activity

- Cheerleaders are expected to attend all activities for the entire duration of the event.
- Transportation will be provided by the school to most activities except home games, practices, etc.
- Cheerleaders are expected to ride home with the sponsor unless otherwise arranged ahead of time.
- Cheerleaders must never leave the group without permission.

- Food and drink is the responsibility of the cheerleader.
- It is the responsibility of the cheerleader to know departure times and be on time. Missing the bus/transportation is an unexcused absence.

Skills

- Cheerleading is a skill and always needs to be improved.
- A cheerleader may be benched if not properly dressed in complete uniform or for not being properly prepared.
- Conditioning at practices is mandatory and failure to comply may result in being benched or removed from the squad.

Violations (could include but are not limited to)

- Using cell phone during performance
- Lack of complete proper uniform
- Missing poms
- Not following USD 316 rules and expectations (this includes individual rules set forth by classroom teachers)
- Unexcused practice or missing games
- Improper conduct while in uniform
- Inappropriate language at practice or an event
- Inappropriate behavior or poor sportsmanship at practice or events
- Disrespectful to coach/captains/staff/officials
- Insubordination
- Failure to meet other communicated expectations

If an incident occurs for whatever reason (at camp or at a game) it will be required that the guardian pick up the student immediately at his or her own expense.

Financial

All financial requirements are the responsibility of the cheerleader either through personal funds or fundraising.

Fundraising

Fundraising includes popcorn, candles, football jersey auction, and youth cheer camp. Funds are used for summer cheer camp, hotel during camp, to purchase pep rally/dance supplies, etc. All other costs that are necessary for each cheerleader are the responsibility of the cheerleader.

Any and all infractions may result in either being benched or removed from the squad at the discretion of coach/sponsor, school administration, or athletic director.

By signing below, I acknowledge that my guardian and I have read and understand the cheerleading contract and expectations.

Participant Signature

Date

Guardian Signature

Date

April 27, 2023

Dear Cheerleading Candidates & Parents,

Thank you for your interest in the 2023-2024 Golden Plains High School Cheer Squad. Cheerleading is an exciting activity that teaches teamwork, dedication, sportsmanship, leadership, school spirit, and hard work. Being chosen to represent Golden Plains as a cheerleader is both an honor and a privilege. Please read over this packet carefully, as it contains important information for future squad members.

Being a cheerleader can be a rewarding and fun experience, but it also requires a tremendous time commitment. Your commitment will require you to participate in practices (both during the summer and during the school year), summer camp, fundraisers, pep rallies, and weekly games (football, post-season volleyball, and basketball). Since cheerleading is a team sport, one person's inability to follow through on their commitment affects the entire squad. Please be aware of this as you prepare to take on the challenges and responsibilities of becoming a cheerleader at Golden Plains.

Please take the time to read over the rest of the information contained in this packet. **Candidates must return a signed copy of the Information/Medical Release Form, form indicating that you have received the required material, and the 2023-2024 Cheerleading Rules before they will be allowed to join the squad.** If you have any questions or concerns please contact me at school (785)687-3265, on my cell (785) 386-8212, or by email dwark@usd316.org.

Thank you and good luck!

Sincerely,

2023-2024 Tryouts

Cheer/Yell Leader tryouts are open to all GPHS students. Six will be chosen, forming one squad. Tryouts for the 2023-2024 school year will be determined as necessary. Once a date has been chosen, you will be notified immediately.

Please have all forms signed and returned to me by **Thursday, April 6th**. Once I have signed commitment forms, then we will proceed with any necessary tryouts.

Cheer/Yell Leader tryouts for the judges will consist of a prescribed routine including:

1. One floor chant that everyone learns. It is to be performed three times as a group.
2. One chant made up by each individual trying out. This is to be performed three times alone.

This does not have to be a new/made up cheer. You can perform one that already exists.

You will just want to make sure that you are not planning the same one as another candidate.

3. The choice of two of the following jumps: spread eagle, banana, bambi, three slap tucks, toe touch, hurdler, pike or any other jump.
5. Two interview questions. This will allow the judging panel to get a sense of the candidate's personality and ability to communicate.

Judging – A panel of three people from inside the Golden Plains community will be selected by the coach and approved by the activities director for the purpose of judging tryouts and rating candidates. Head cheerleader will be the cheerleader with the most experience. Tryout

scores will be used to break any ties in experience when determining the head cheerleader. The high school principal and the cheerleading coach will count the votes. In case of a tie, a vote of only those who tied will be held as soon as practical with the judging committee.

Financial Obligations

All prospective candidates should be aware that becoming a cheerleader at Golden Plains does have some financial obligations. Individuals are responsible for the following expenses:

Shoes - \$50

Jacket - \$60 (1st year only)

Apparel - (pants, bows, t-shirt) - \$50

Bag - \$30

Meals at camp - \$60

TOTAL - \$250

The above costs are approximate. The cheerleaders will make an order for their shoes, apparel, and bag this spring. Camp is usually attended in July. The jacket and pants will not be purchased until this upcoming fall. All cheerleaders are included in making financial decisions. Additional items not listed above may be determined by the coach and/or the squad to be the responsibility of the individual cheerleader throughout the school year.

Fundraising

The squad will conduct a spring fundraiser to cover the cost of attending summer camp, provide funds for school year activities, and uniform updates. Participation in the fundraiser is mandatory. Any member choosing not to participate will be required to provide the expected fundraising profit to the squad. For example, if each cheerleader's goal is to raise \$100 for the squad, cheerleaders may opt out of the fundraising and instead pay \$100.

Sign and Return

Please read through all of the material you are given. Cheerleading is a fun activity but comes with responsibility and dedication. If you have any questions over the material please feel free to reach out to me. (785) 386-8212

I have received, carefully read, and I agree to following the financial obligations, fundraising responsibilities, cheerleading policy and rules for USD 316, and a copy of a sample timeline that may be expected as a cheerleader.

Signature of Cheerleader

Date

Signature of Parent or Guardian

Date

***Golden Plains High School Cheerleading
Information/Medical Release Form***

Cheerleader Name: _____

Parent/Guardian Name: _____

Address: _____

Guardian #1 Phone: _____

Guardian #2 Phone: _____

Cheerleader Cell #: _____

Emergency Contact

Name: _____

Phone #: _____

Medical Situations:

List any medical situations that the coaches should be aware of.

List any medications taken by your cheerleader that the coaches should be aware of. Only list medications if you feel the coaches **need** to know.

If requested by your cheerleader, is a coach allowed to administer Advil/Tylenol in your absence?

_____ yes _____ no

Parent/Guardian Signature: _____

Date: _____

GOLDEN PLAINS FOOTBALL

Team Rules

- 1. All USD 316 Athletic Handbook policies will be followed.**
- 2. Unexcused absences will be handled as followed:**
 - 1. 1st Offense = OTI Session. (Opportunity To Improve)**
 - 2. 2nd Offense = OTI + Call to parents**
 - 3. 3rd Offense = Excused from the team.**
- 3. Violations of the school's alcohol and tobacco policy will be handled as stated in the handbook.**
 - 1. 1st Offense = A. 1-week suspension from game competition. Allowed to practice, but will not play or travel with the team.**
B. OTI sessions will follow each practice.
 - 2. 2nd Offense = Excused from the team for the remainder of the season.**
- 4. Practice will start promptly at 4:10 and end between 6:15-6:30.**
- 5. We will wear jerseys and nice jeans on game day (no holes). HATS WILL NOT BE ALLOWED UNTIL AFTER THE GAME. Team T-shirts and shorts may be worn home after the game.**
- 6. Cell phones need to be appropriately used on the bus. They can be used for listening to music on the way to the game. Texting needs to be kept to a minimum. Phones need to be put in the valuables bag when we reach the game. NO SNAPCHATting ON THE BUS!!**
- 7. The bus ride is expected to be quiet to and from the game.**
- 8. Attitude will not be allowed and will be punished like we punish unexcused absences.**
- 9. Any facial hair must be trimmed neatly.**
- 10. Hair needs to be neatly cut and combed. This helps the helmet fit properly and helps with concussion issues**
- 11. Keep the blame to yourself. Remember we win and lose as a team.**
- 12. Would like everyone to ride the bus home if possible. Creates team unity.**

PLAYER _____

PARENT _____

Golden Plains High School

Cross Country

RULES & EXPECTATIONS

1. Athletes are expected to attend all practices. Absences should be taken only in extreme circumstances (homework is NOT one of them). If you have a conflict with another activity, you must receive permission from the head coach **prior to the absence** in order for it to be excused. One unexcused absence will result in extra running. Two unexcused absences will result in missing the next meet. An absence needs to be excused by a phone call, email, or note from parent/guardian.
2. Athletes are expected to come to practice, dressed out, by the designated starting time. Extra running will be assigned for tardies. Habitual tardiness may result in missing meets and dismissal from the team.
3. Athletes will be responsible for all team uniforms issued to them. Athletes that need to reclaim any missing items will be charged a fine. Athletes will be assessed replacement price for lost/damaged uniforms.
4. Good sportsmanship will be expected at all times. The coaching staff will deal with any unsportsmanlike conduct on a case-by-case basis. This includes unsportsmanlike conduct toward members of your own team! **YOU WILL NOT SPEAK ILL OF OR BACKSTAB YOUR TEAMMATES!!!** Take pride in YOUR TEAM and YOUR SCHOOL. You represent Golden Plains High School wherever we go.
5. Any activity or action that can be deemed as destructive to oneself or others such as horseplay will not be tolerated. Incidents will be dealt with on a case by case basis and may include dismissal from the team.
6. Alcohol/tobacco/drug use IS NOT ACCEPTABLE. The substance abuse policy of the school will be used for punishment. If the infraction occurs while at a team event (including state) automatic dismissal from the squad will result.
7. Be a positive influence on your teammates.
8. Give 100% effort at all times.
9. Be a leader. Use your energy and your mouth to encourage your teammates.
10. To Letter an athlete must medal in ½ of the meets or qualify for state. Coaches may letter any athlete at their discretion.

*All athletic and academic rules for Golden Plains High School will be followed as well.

I understand and agree with these rules.

_____ (Student) _____ (Parent)

Golden Plains Track and Field

Rules and Expectations

Rules

- All USD 316 handbook rules will be followed.
- Any violation of alcohol or tobacco policy will lead to a ONE week suspension from team competition. Extra conditioning will be mandatory The week of your suspension.
- The next violation will result in being removed from the team.
- Practice will start promptly at 4:00 unless notified by the coaches.
- Any athlete with an unexcused tardy or absence from practice will have extra conditioning.
- A second unexcused absence from practice will lead to automatic removal from team.
- A 2nd unexcused tardy will lead to double conditioning.
- A 3rd unexcused tardy will be automatic removal from team.

Practice

- Starts at 4:00
- Captains will lead all pre-practice exercises.
- These exercises are done for a reason and you are asked to do them. properly and with 100 % effort.
- A practice schedule will be posted prior to practice every day.
- Do not ask each day what we are doing at practice.
- All running will be timed and you will be expected to make the times posted.

Meets and Lettering

- All pre-practice exercises will be done prior to the meet.
- All athletes are required to properly warm up before each event. Please do not wait till the first call of your event.
- Each event has specific exercises we do each day. It is beneficial that you do those prior to your events at meets as well.
- Relays need to warm up together prior to the race.
- If you are in multiple events that are being conducted at the same time, YOU, not your teammates, are required to check yourself in.
- Stay out of other teams' camps.
- You are required to get out of camp and get to events to support your teammates.
- It is recommended that you stay for the entire meet to support the rest of your team.
- There will be a team cool-down prior to loading the bus.
- Lettering requires you to score 8 points, or place at the league or regional meets.

* Coaches may letter any athlete at their discretion.

Uniforms

- Only school-issued uniforms will be allowed to be worn for meets
 - Any clothing worn under the shorts and that ends above the knees may be multi-colored. Anything that ends below the knees must be a solid color. (if you are on a relay team you must have at least three of the athletes looking the same).
 - Throwers may not wear any visible or non-visible jewelry while competing.
- A lost uniform, or a uniform not turned back to the office or coach, will cost the Athlete 50.00.

I agree to the Golden Plains Rules and Regulations as stated above.

Parent _____

Athlete _____

Parent and Student Signature Page

Athletic Handbook:

I understand and consent to the responsibilities outlined in the Golden Plains Activities Handbook. I also understand and agree that my child shall be held accountable for the behavior and consequences outlined in the Golden Plains Activities Handbook. I understand that any athlete who violates the rules and regulations of this handbook shall be subject to disciplinary action. I also understand that my child will not participate in any game, scrimmage, or activity until this sheet is signed and turned in to the coaches. If you have any questions regarding the policy handbook please call the Athletic Director at 785-687-3265. Copies of the handbook are available online at the USD 316 website (www.usd316.k12.ks.us). Hard copies can be obtained by request through the Golden Plains High School Office.

Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Golden Plains Boys Basketball Rules and Regulation

Introduction

A basketball handbook is an essential tool for communicating team rules, expectations, and policies to players and parents. Please take the time to read over the handbook

To my players and parents, I, as your son's basketball coach, pledge to work hard and do the best I can to improve your son as a basketball player and more importantly as a person both on and off the court. Players, thank you for participating in the basketball program and working hard. Parents, thank you for allowing your son to participate in the program and for your support. We will make your son better, both as a person and athlete.

Food for Thought

Discipline

"Discipline is the foundation upon which all success is built. Lack of discipline inevitably leads to failure."

"Discipline is the bridge between goals and accomplishment"

-Jim

Rohn

"The meaning of discipline is **NOT** punishment but that development of self-control and teamwork which enables people to strive for perfection and accomplish greatness."

- Author Unknown

Education

1. You are at Golden Plains High School to get an education.
I want everyone to receive a diploma.
Keep that first in your thoughts, but place basketball second.
You are a Student-Athlete, Student comes first.
2. Do not cut class, and always be on time
3. Do not fall behind; ALWAYS have your work turned in on time
4. Have regular study hours and keep them
5. Arrange with your teachers in advance when you must be absent
6. Do not expect favors. Do your Part. Do your Job.
7. Work for a high-grade point average.
Do not be satisfied by merely meeting the eligibility requirements.
8. Arrange for tutoring or any extra help if needed
9. Do your own work
10. Earn the respect of everyone, especially yourself

Team Principles

1. Put the goals of the **TEAM** ahead of individual goals
2. Have a great work ethic at all times, both on and off the court
3. Be on time to all team and school activities
4. Have pride in the Bulldogs, always
5. Respect authority and each other, always be polite

6. Leave places better than you found them

Role of the Coaches

1. Teach the game of basketball in a positive manner. Correct and Encourage
2. Promote a trustworthy atmosphere
3. Inspire players to reach their full potential
4. Communicate with players and parents
5. Treat players and staff with respect
6. Teach life skills both on and off the court
7. Represent the program and community in a positive manner

Role of the Player

1. Be a good teammate
2. Be coachable
3. 100% effort on and off the court
4. Play smart and communicate with teammates and coaches
5. Be accountable and responsible
6. Display good sportsmanship at all times
7. Maintain your cool when faced with adversity
8. Represent the program and communities in a positive manner
9. Enjoy the game. Most importantly, have fun

Role of the Parent

1. Support your son on and off the court in a positive manner
2. Help maintain your son's academic performance
3. Promote a good training lifestyle. I.E. sleep, diet, no alcohol, no drugs, no

tobacco

4. Communicate injuries to the coaching staff.
5. Be a positive example at games and any other school events. You as a parent represent our program and our communities.
6. Encourage and support all players on the team as well as the coaching staff
7. Support the style of play of the team. You are not going to change it with your comments, and you will tear apart the team and program
8. Let the coaching staff do their job. Giving "extra" information may go against what is being taught, and you can confuse your son. Please, keep everything positive for the team and the program
9. Trust the coaches and school district to do what is right for your son as a person and player. As a coach we have the player and entire program in mind when making decisions. WE are all on the same side.

Social Media

All athletes and parents need to be always mindful of what is said and posted on social media sites such as Facebook, Twitter, Instagram, YouTube, or E-mail, etc. If posting on social media, be positive and supportive of the program, players, coaches and school.

Basketball Guidelines Golden Plains High School

1.Absenes

A. Excused
Absences

B. Unexcused
Absences

Absences will be determined by the coaching staff. Athletes or Parents must inform the coaching staff on all absences or tardiness. Please bring doctor notes if the student-athlete has visited the doctor's office.

2. Violation of the Athletic Code

The coaches will follow the Athletic Code and recommendation of the Administration.

3. Practice

You are part of a team. Your teammate and coaches rely on you to attend. practice. Whether an absence is excused or unexcused and how the situation will be handled, will be determined by the coaching staff. If a player absolutely must miss practice, the player should discuss the matter with the coaches a head of time.

No-Call -

No-Show-

First Offense - Practice Make-Up and Sit out First Half

Second Offense - Practice Make-Up and Sit out whole game

Parents remember all practices are open. You are more than welcome to come to our practices, but please don't deter our student-athletes from their concentration on the court, or you will be asked to leave.

At all times, student-athletes will be respectful of their teammates and coaches.

1. No foul language, harsh criticism, or rude comments will be tolerated. 2.

Talking while the coach(es) are instructing is disrespectful and will not be tolerated.

Come prepared and ready for practices.

Your coaches will show up every day with a practice plan and ready to teach, and we expect our players to come and give 100% effort.

There will be a lot of new things to go over especially early in the season, and the only way we as a team will benefit is to have committed, hardworking individuals showing up early, and willing to participate.

Players will wear their practice gear at every practice, it is the student-athlete's duty to keep the uniforms and practice gear in great maintained condition. Practice Jersey has the same expectations as the other equipment and property belonging to the school. If there *is* any damage or lost items, the athlete and their parents/guardians will be held financially responsible.

4. Parent-Coach Communication

Rules

A. There will be a 24 hour cool down period after games until the coaching staff will meet or talk to parents and athletes.

Game Day

Attendance

In order to play on the day of a scheduled game, the player must be in school the entire day. If a player is ill or misses part of the day, he will not be able to participate in the game the night, unless they have a doctor's note explaining why they have missed part of the day.

Grooming and

Dress

All GPHS basketball players and managers will dress up wearing either a button shirt and tie with Khakis/dress pants or a polo shirt with Khakis/dress pants.

We are all part of a team and represent Golden Plains High School so we want to look and act like a team and program.

After *the* games, players need to wear school appropriate attire (nice T-shirt and sweat pants)

Arrival for Games

Away Games - Players should arrive 15 minutes before the bus departs, or when they are dismissed from class to leave. The bus will leave as planned.

Home Games - Varsity players are required to be at the start of the JV game and sit behind our bench or near our bench and cheer for our team.

Bench Rules

No phones or outside distractions. All phones will be put away, so you may concentrate on your teammates.

Same for the JV players when the Varsity game is in progress

Players on the bench during the game must be attentive and aware of the situation on the floor.

You should be especially attentive to your teammate that you may be going in for and who they are guarding. You must have your head in the game, and be ready to play. Body language is everything.

When a player comes out of the game, he is to sit next to the coach for instruction and/or encouragement, after acknowledging his teammates on the bench with a fist bump or high five. A player will go all the way down and come back to find a seat on the bench.

Team Attitude

Players are suggested to support their teammates and coaches at all times. If a player fails in this regard, that player will have a conference with the coaching staff and appropriate action will be taken. A player may either commit this offense verbally with an action, or with negative body language.

All players will respect our managers, cheerleaders, coaching staff, and fans

Bad attitude is a cancer that may spread quickly. As a committed coaching staff, we will do what is necessary to rid out any cancerous players or attitudes.

A Bulldog Basketball Player

A Bulldog basketball player will represent himself, our school, the basketball program, and community with the highest level of respect, dignity, and pride.

A Bulldog basketball player is expected to act first class, on and off the floor, at all times because he is a reflection of the entire program and his family.

The Bulldog basketball program will be committed to being a class act and continue to strive for excellence.

No individual is bigger than the program.

NO FEAR OF
FAILURE

Letter Criteria

1. Play in 40 Varsity quarters (2 quarters of JV = 1 Varsity quarter)
2. Work hard and have a positive attitude
3. Finish the season in good standing
4. Follow the training rules and guidelines of the program

Parental Guidelines

1. Please only shout encouragement during games
2. Please don't harass the officials
3. Please don't do anything to embarrass your son or family during the game

GPHS GIRLS BASKETBALL RULES AND EXPECTATIONS

1. Drugs, Alcohol, Tobacco

- if you are dedicated to this team, this will not be a problem
- 1st offense, suspended from competition for one week and extra conditioning -2nd offense, dismissed from team with no honors

2. Attend Practice

- be dedicated, if must miss practice, notify coach before practice
- unexcused absence, 1st time missed playing time, 2nd time dismissed from the team
- if need taped, be first one in gym; practice starts at 4:00, be dressed and ready;
- there is no reason to miss practice unless it is for church, family, school, sickness Or a doctor's appointment. Church, family and school should be the only things You put ahead of basketball during the season.

3. Practice to better yourself and the team

- leave your problems at the door; lose the attitude; support your teammates
- any player walking out on her team and coaches will be dismissed, not reinstated.

Think before you act, once you leave the gym you are done.

- playing time will be earned based on practice and games, ability and attitude.

4. Conduct, Appearance, Attitude

-everything you do reflects on you, the coaches, the team, the school and the Community; make good decisions and think before you act.

-control negative emotions; technical fouls will result in bench time and extra Conditioning.

-no hair that draws extra attention to an individual will be permitted. If your hairstyle is more important than basketball to you then you should not Be going out for basketball, Hair will be pulled back and bangs kept out of eyes.

5 .Uniforms

- you are responsible for all school issued equipment

-you will be charged for all equipment not turned in at end of season.

6. Winning and Losing

-we always win or lose as a team

-no one player wins or loses a game

-team unity is very important; somebody is going to have to pass the **ball** so

Somebody can shoot it, there is only one ball and five players. There is no

Grabbing the scorebook after a game. That is final.

7. Bus

-must ride to game; must ride home unless parents sign you out

8. Lettering Requirements

-compete in 4 varsity quarters; any senior that makes the team and finishes Year; you must attend awards banquet at end of year unless excused by coaches.

9. Other Considerations

-game day attire, polos with dress pants; no jeans allowed unless permission Given by coaching staff; cell phones off at all times till we are on our way home;

Good nights rest night before games, put best interest of team first.

-everyone must be loyal to each other in our program.

-you must be able to take constructive criticism- it's not personal.

DISCIPLINE IN ACTION

LADY BULLDOG SUCCESS POLICY

1. Everyone wears the same practice gear. White beater will be worn under practice and game jersey. White socks only. No tall socks.
2. Start practice on time.
3. No sitting down. If you are not on the court, everyone stands on the side together and learns and encourages each other.
4. Everyone looks at the coaches while speaking (in good times and bad times.)
5. Everyone runs everywhere (unless told otherwise.)
6. Always acknowledge a good pass or pick.
7. Maintain a positive attitude.
8. Never criticize in a negative manner.
9. Locker room is kept clean. You have no maid. The manager is not your maid. If

trash is found on the bus or locker room, we will run as a team for it.

10. No pouting, excuses, laziness, negativity, or profanity. Discipline will be implemented when needed.

11. Everyone listens while coaches are correcting players so you don't make the same mistake.

12. Sacrifice, be unselfish and give 110%.

13. Everyone is equally important on the team.

14. No headbands, wristbands or armbands permitted. No jewelry will be worn during practice or games. This includes any piercings. They will be taken out every day.

THE FOUR KEYS TO SUCCESS

PLAY HARD

Success travels in the company of very hard work. There is no easy way.

PLAY SMART

Don't beat yourself. Value the basketball.

PLAY TOGETHER

Great teammates are committed to each other's success.

EXPECT TO WIN

Must step on the floor confident in your ability and be determined to win.

I have read and understood the basketball training rules of GPHS and agree to abide by them while I am involved in basketball.

Signed

Date

Athlete

I have read and understand the GPHS basketball training rules and will help my daughter abide by them.

Signed
Date
Parent

As a head coach, I will enforce these training rules.

Signed

Date

GPHS VOLLEYBALL TEAM EXPECTATIONS

*Members of the GPHS volleyball team will adhere to the rules of the USD 316 Activities handbook.

Practice

Practice will begin on school days as close to 4:00 P.M. as possible.

Morning practices may be necessary but will try to be minimized.

Team members should attend every practice.

Acceptable reasons for missing practice include:

- illness or doctor's appointment

- school activity

- family obligations

*Please provide a note or text from your parent if it is a planned absence.

Game Day

Team members will most often wear the team t-shirt and khaki or other dress pants.

Other game day dress will be discussed as a team.

Team members will travel with the team to competition, but may be released to their parent/guardian following the day's matches.

During competition all team members are expected to be on the team bench supporting their teammates.

Contact information

Ashley Arnberger - (785) 443-0247

ashley@usd316.org

Some things to consider as we embark on this volleyball season.....

Have a teachable spirit and look at correction as a compliment.

Be a positive influence on each other.

Compete fearlessly.

Don't forget....this is supposed to be fun!

To have a great team....two things are not negotiable.

- Team 1st attitudes
- Best effort