



2020/2021 • • • ACTIVITY CONTRACT • • • PARTICIPATION RULES

Excerpts from PARENT STUDENT HANDBOOK

Saint Albert Middle School/High School believes that participation in extra-curricular activities is a valuable way to learn Christian living skills. There are many lifelong rewards to be gained by taking part in individual and group activities. Consistent with the enjoyment of those rewards is the responsibility to prepare to the best of one's ability to represent oneself and our school. This contract is intended to assist participants in athletics, music, speech, drama, cheerleading, and dance team, both in and out of season, with meeting those responsibilities.

As a participant in Saint Albert's school activities, I understand that the following rules, regulations, and procedures are to be observed throughout the entire year.

I understand that I am subject to all school rules included in the PARENT/STUDENT HANDBOOK/CODE OF CONDUCT including the Acceptable Use of Technology Policy. According to those rules, I will be excluded from participation for:

1. School Suspensions (In-School and Out-of-School) — until suspension and any subsequent probation period is successfully completed.
2. Being placed on full probation — until the probation period is successfully completed.
3. Failure to comply with the Iowa High School Athletic Association Code (IHSAA) or the Iowa Girls High School Athletic Union (IGHSAU).

Attendance at practice(s) is at the coach's discretion.

I also agree to follow the academic eligibility and information requirements included in the PARENT/STUDENT HANDBOOK.

1. School Attendance and Discipline:
  - a. In the case of arriving home after 11:30pm from an out-of-town competition, the coach/activity sponsor will inform the Athletic Director and the office staff of the late arrival. Student athletes will be excused from their first period classes the following day. A parent note is not necessary, for this type of late arrival to school, but you are expected to arrive no later than 9 AM (please note that Mass is considered a class period).
  - b. To take part in, practice or compete, for any school activity on a school day, I must be in attendance for the majority of the school day. This means I must attend at least 4.5 hours of the school day, arriving by 10:30am or leaving after 12:30pm. I must bring a parent or doctor note and obtain a pass from the office for any class period missed (please note that Mass is considered a class period). Otherwise, I must be excused by the Athletic Director/Assistant Principal. For example, but not limited to these scenarios:
    - I arrive to school at 11am, with a parent note excusing me for being absent that morning .... can I practice or compete? No, but you have the option to discuss your circumstances with the Athletic Director or Administrator.
    - I arrive at school at 10:00am with a parent note excusing me for being absent that morning .... can I practice or compete? Yes!
    - I have parental permission to leave school at 1:45pm for an appointment, but plan on returning to compete in a game the same day .... can I compete? Yes!
    - I have parental permission to leave at noon and plan to return for my activity later that afternoon .... can I practice or compete? No, but you have the option to discuss your circumstances with the Athletic Director or Administrator prior to your departure.
    - I have parental permission to leave school to attend a family activity from 10am-2pm .... can I practice or compete? No, but you have the option to discuss your circumstances with the Athletic Director or Administrator prior to your departure.
  - c. **If I am arriving late to school because of a competition the night before, I will be at school by 9AM. Competing for my school is a privilege, and I will show my gratitude, by being a good student and attending school.**
  - d. If I am sent to the office from class or study hall for a disciplinary reason, I may be ineligible to participate in any contest that day. Eligibility will be determined by the administration. If I am ineligible for a contest, I must inform the coach of my ineligibility.
2. Practice Sessions:
  - a. I agree to attend all practice sessions. Only absences excused by the head coach/sponsor are acceptable. Coaches/sponsors will set team rules that address dismissal from a team.
  - b. I agree to serve all acquired detentions and/or Tuesday Night Schools during the assigned time or I will not be eligible to practice or perform. I understand I am responsible for any tardies to or absences from practice as a result of my detentions and that such practice irregularities will be subject to the discretion of the head coach/sponsor of my activity.

3. I assume complete responsibility for all clothing/equipment issued to me and will pay replacement costs for any item(s) damaged or lost. I will not be eligible to begin practice for my next activity until all equipment and uniforms are turned in.
4. I agree to cooperate with my coach/sponsor in all respects.
5. I agree to control my anger and never use any profanity or obscene gestures as a means of venting my anger.
6. I agree to respect all decisions of the officials.
7. I agree to maintain my hair and appearance in neat and trim fashion and dress according to established guidelines for all out-of-town activities.
8. I agree that as a participant of one or more activities, regardless of whether or not that activity is in progress, I am responsible for any actions that can cause any embarrassment or negative repercussions to the school.
9. I agree to refrain from the use of and/or possession of ALL tobacco products, including e-cigarettes, vaping, Juuling, and paraphernalia.
10. I agree to refrain from the use of ALL alcoholic beverages or controlled substances except as prescribed by a licensed medical professional.
11. I understand that it is my responsibility to respect the property of others. I agree that I am responsible for any of my own actions that cause vandalism, destruction of property and theft of others' property. All property should be locked in the locker room or given to the coach/sponsor to hold for security reasons.
12. I agree to comply with the rules regarding transportation to and from activity trips.
13. I understand that each coach/sponsor may establish codes of conduct, which are in conformity with school rules but particular to the specific activity.

The coach/sponsor or staff member in charge of an activity has the responsibility to inform participants of these rules. In addition, that coach/sponsor or staff member has the authority to administer participation rules. Violation of these participation rules are to be brought to the attention of the athletic director. If a violation of a participation rule(s) results in disciplinary action being taken by the activities director, the participant's parents will be notified in writing. A participant who has been declared ineligible by the athletic director or administrator may request in writing to have his/her case reviewed by the Head of Saint Albert Schools.

The following consequences are in effect if a student is determined to have violated tobacco, alcohol/controlled substance abuse or academic misconduct rules.

- I. Possession/use of tobacco in any form including e-cigarettes, vaping, or Juuling (in or out of season):
  1. 1<sup>st</sup> offense: Parent notification, 1 day In-School Suspension, and a 15 school day exclusion from all extracurricular activities.
  2. 2<sup>nd</sup> offense: Parent notification, 3 days In-School Suspension, a 20 school day exclusion from all extracurricular activities and possible dismissal from the team.
- II. Consumption, use, possession or transmission of illegal drugs or alcohol or misuse of prescription drugs or inhalants (in or out of season):
  1. 1<sup>st</sup> offense: Parent notification, 3 days In-School Suspension, and a 15 school day exclusion from all extracurricular activities.
  2. 2<sup>nd</sup> offense: Parent notification, 3 days In-School Suspension, a 20 school day exclusion from all extracurricular activities and possible dismissal from the team.
- III. Academic Misconduct (cheating, lying, plagiarism or assisting in cheating, lying, or plagiarizing (in or out of season) may result in the following consequences:
  1. 1<sup>st</sup> offense: loss of credit for the assignment, administrative referral, detention, and 10 days probation, 10 school day exclusion from all extracurricular activities and parent notification.
  2. 2<sup>nd</sup> offense: loss of credit for the assignment, administrative referral, detention, 1 day In-School Suspension, 15 days probation, 15 school day exclusion from all extracurricular activities and parent notification.
  3. 3<sup>rd</sup> offense: loss of credit for the assignment, administrative referral, detention, 3 days In-School Suspension, parent notification, a number of days to be determined of probation and exclusion from all extracurricular activities, and possibility of expulsion.

**Print** Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

List Activities/Sport(s): \_\_\_\_\_