

C-EB BRAVES STUDENT/PARENT ATHLETIC HANDBOOK



2022-2023

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GUARD YOUR ATHLETIC ELIGIBILITY

YOU ARE ELIGIBLE IF:

1. You are under the age of 20. Age to be determined by birth date, not hour and minute. +
2. You have not attended more than 4 first semesters and 4 second semesters, or 12 trimesters, of school in grades 9 through 12. Enrollment and attendance in school or participation in one or more contests shall constitute a semester/trimester of eligibility. Once a student enrolls as a ninth grader, all semesters/trimesters must be consecutive unless waived as per Article VII, Section 3 (l), page 10 of the constitution.
3. During the preceding semester/trimester you passed a minimum equivalent of four full time subjects for which you earned at least 2.0 units of high school credit that will be used in the issuance of a diploma.
4. During the current semester/trimester you are enrolled in and attend a minimum equivalent of four full time subjects for which you will earn at least 2.0 units of high school credit that will be used in the issuance of a diploma.
5. You have enrolled by the 16th school day of the current semester/trimester. Date of regular entry into classes is considered the date of enrollment.
6. You have on file in the principal's office a signed physical examination, a parent & student consent form, consent for release of medical information form (HIPAA), and a concussion fact sheet for parents/athlete.
7. You have not transferred from one high school to another without a corresponding change in the residence of your parents. (Exception made for students who transfer pursuant to the open enrollment Bylaw.)
8. You have a copy of your transcript on file in the principal's office prior to competition.
9. You have not been absent from school more than ten (10) consecutive school days in a member school which operates a five (5) day school week or more than eight (8) consecutive days in a member school which operates a four (4) day school week. (Illness of the student or death in the immediate family excepted.)
10. During a high school sport season, you do not compete on an unattached basis as an individual or as a member of a non-school team.

11. You have not participated in an athletic contest under an assumed name.
12. You have not participated in athletics in any institution of learning of higher rank than a standard secondary school.
13. You have not violated your amateur standing.
14. You have not graduated from a regular four-year high school or institution of equivalent rank.

Consult your Coach or Principal for additional information.
SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION

FUNDAMENTALS OF SPORTSMANSHIP

Reprinted from the SDHSAA Newsletter

One of the missions of co-curricular school activities is to serve as an extension of the classroom. There are strong lessons to be learned in athletics, speech and music. One of those lessons is to set and maintain high standards of sportsmanship, ethics and integrity in our society. It is up to each of us to provide the direction under which good sportsmanship can prosper and have a positive impact on our society.

As we begin the school year, please take a few minutes to emphasize to your students, coaches, and fans what is expected of the at an athletic event as a competitor or spectator. After all, such events are an extension of the school day, and we should expect the same type of respectful behavior exhibited in the athletic arena as we do in the classroom. We urge you to ask your community to demonstrate self-control and self-discipline and at the same time, enjoy the games.

Everyone should keep the following fundamentals in mind while attending a high school event.

- Gain **an Understanding and Appreciation for the Rules of the Contest**. The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on the officials, coaches, players or administrative decisions.
- Exercise **Representative Behavior at All Times**. Good sportsmanship requires one to understand personal prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies on everyone exhibiting behavior which is representatives of a sound value system.
- Recognize and **Appreciate Skilled Performance Regardless of Affiliation**. Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents good sportsmanship, but also reflects a true awareness of the game by recognizing and acknowledging quality.
- Exhibit **Respect for the Officials**. The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by those involved in the contest are part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on the officials.
- Display **Openly a Respect for Opponents**. Opponents are guests and should be treated cordially, and with thoughtfulness. They should be treated the same as a guest in your own home.
- Display **Pride in Your Actions at Every Opportunity**. Never allow your ego to interfere with good judgment. Regardless of whether you are a student, player, coach or official, this value is paramount since it suggests that you care about yourself and how others perceive you.
- Always **Practice the Golden Rule**. Always treat others the way you would expect them to treat.

INTRODUCTION

TO THE PARENT/GUARDIAN:

This handbook is presented to you because your child has indicated a desire to participate in our athletic/activity program. This is both you and your child's guide to success in our program.

CHEYENNE-EAGLE BUTTE ATHLETIC PHILOSOPHY

The Cheyenne-Eagle Butte Athletic Department will strive to provide a positive environment dedicated to achieving excellence in athletic, academic, cultural, and spiritual personal development which will prepare student athletes to become ambassadors of the Lakota way of life to benefit our society in lasting and meaningful way.

Athletics play an important part in the life of students at Cheyenne-Eagle Butte. Our students learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics also play an important part in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit; helping all students and spectators, as well as athletes, develop pride in our school.

BELIEF STATEMENTS

1. Athletics help develop stronger bodies and healthier lifestyles.
2. Athletes learn sportsmanship and the value of teamwork while practicing and playing sports.
3. Athletics promote and develop self-esteem and self-worth.
4. Interscholastic competition provides a medium for school spirit and school pride for the student body and community.
5. Athletic programs are an important and necessary part of the total school experience. Participation is a privilege that carries responsibilities to the school, to the activity, to the student body, to the community and to the students themselves.
6. Athletics provide wholesome opportunities for students to develop favorable habits and attitudes of social and group interactions.
7. Leadership qualities of many athletes are improved with athletic programs.
8. Student activities are considered a supplement to the school's program of education, which strives to provide experiences that will help to develop boys and girls physically, mentally, socially, and emotionally.
9. Athletics also gives our students an opportunity to compete against non-native students from other schools gaining and earning respect and also giving our students an opportunity to create change through reconciliation.
10. The interscholastic athletic program shall be conducted in accordance with existing NFHS, SDHSAA, and CEB policies. Rules and regulations. While we take great pride in winning, we will not condone "winning at any cost" and discourage any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way so as to justify it as an educational activity.

COACHES' OFFICE HOURS

Continuing our efforts to establish and maintain clear lines of communication between the Athletic Department Staff and the parents/guardians of our student athletes, the coaching staff will set up a specific time and day to meet about concerns that arise. **Please Do Not Attempt to Confront a Coach Before, During, or After Practice, A Game, Or A Contest Including Half Time. Those Can Be Emotional Times for Both the Parents and The Coaches.** Meetings of that nature, and at those times, do not promote resolution. The following guidelines will help to ensure the concept of a productive and positive experience:

1. Parents/Guardians can use scheduled time to ask questions and obtain information.
2. Coach will discuss what the student-athlete needs to work on or improve.
3. Coach will talk to a parent/guardian about his/her own child.
4. **Playing Time, Team Strategy, Play Calling, and Other Students will not be discussed.**
5. If satisfaction is not obtained, the parent/guardian should then contact the school athletic director.

Parents/Guardians who verbally abuse a coach may be liable for harassment, slander, and/or defamation of character. This includes using Social Media (Face Book, Texting, Twitter, Etc.). The school administrator in charge of the game/event has the authority to require any parent/guardians/spectator to leave the facility. The school administration also has the right to prohibit any parent/guardian/spectator from attending further games/events on the school campus. The Cheyenne-Eagle Butte School uses the **Yellow Card-Red Card** warning system for fan behavior at athletic events.

PARENT/GUARDIAN COMPLAINTS OR CONCERNS

There is a proper uniform system of command that should be followed in parent/guardian submitting complaints and concerns.

1. **24 Hour Rule for parent Complaints/Concerns.** Do not call or contact the coaching staff on game day or within 24 hours after the completion of the competition. Coaches and advisors have a great number of tasks to prepare and complete before and after events. After the 24-hour waiting period, if there is still a question, concern, or complaint, please contact the athletic director/supervisor to discuss the matter or to arrange for a meeting with the athletic director/supervisor, coach and parent.
2. Every effort should be made to resolve a complaint with the coach involved.
3. If the concern is not resolved with the coach, it should be submitted to the school athletic director in letter form. Then a conference will be held.
4. If the concern is not resolved with school athletic director, it should be submitted by letter to the principal. The principal will contact the Superintendent if the problem is not resolved. Then a conference will be held.
5. Last resort is the school board.
6. Use a School Board form to document that you have completed each step in the chain of command.

It is the intent of the Athletic Department to provide an avenue for meaningful dialogue and communication between coaches and parents/guardians.

EXPECTATIONS OF PARENTS/GUARDIANS

Parent/Guardians will:

1. Communicate openly, honestly, and with respect.
2. Communicate issues and concerns in an appropriate and timely manner, including those of physical and emotional wellbeing on behalf of their child.
3. Follow an appropriate chain of communication as follows:
 - Parent/Guardian and Coach/Assistant Coach.
 - Parent/Guardian and Athletic Director.
 - Parent/Guardian and Principal.
4. Attend mandatory parent/guardian pre-season sports meetings and read information disseminated by the coaches.
5. Demonstrate good sportsmanship.
6. Provide support for coaches and officials to foster a positive enjoyable experience for all student athletes.
7. Understand the game is for students and not for the adults.
8. Recognize that student participation in athletics is a privilege.
9. Use good sportsmanship as a spectator and conduct themselves in a manner that reflects well on the team, school and community.
10. Promote the team by being supportive and helpful of the school program.
11. Refrain from coaching their student from the stands or the sidelines.
12. Expect consistent student attendance at practices and games.
13. Parents will be at the school/gym parking area after away and home contests to pick their student athletes up.

To create a positive and supportive environment, the Parents/Guardians will:

1. Support good conditioning and healthy lifestyle habits.
2. Place the emotional and physical well-being of their student ahead of any personal desire to win.
3. Expect their student to play in a safe and healthy environment.
4. Support their student in planning how to meet their academic responsibilities given the demands of training and practice.
5. Be a role model for other parents/guardians by remaining positive at sporting events.

EXPECTATIONS OF STUDENT ATHLETES

To show commitment during and off season, the student athletes of Cheyenne-Eagle Butte will:

1. Follow the rules set by the coaches and the school.
2. Participate enthusiastically.
3. Make appropriate personal sacrifices for the good of the team.
4. Recognize that student participation in athletics is a privilege.
5. Set challenging and realistic goals.
6. Develop a positive attitude.
7. Maintain high academic standards.
8. Be committed to skill development in their sport.
9. Develop a team attitude.

10. Be coachable and open to constructive feedback.
11. Share appropriate individual and team concerns with the coaching staff.
12. Communicate openly and honestly with respect for coaches, teammates, parents/guardians, elders, officials, and opponents.
13. Become a multi-sport athlete (fall, winter, spring, summer).

To demonstrate good citizenship and sportsmanship, the student athletes of Cheyenne-Eagle Butte will:

1. Behave with integrity.
2. Exhibit pride in their team and school.
3. Play by the rules.
4. Accept responsibility as a role model to others.
5. Support other sports, activities, and school organizations.
6. Play with dignity and grace, regardless of winning or losing.

To develop and maintain mental and physical health behaviors, the student athletes of Cheyenne-Eagle Butte will:

1. Be alcohol and drug free.
2. Practice self-discipline.
3. Demonstrate good personal health habits
4. Deal with challenges in a positive manner.

RISK MANAGEMENT

Athletic injuries are inherent to sports participation and athletic personnel who operate in an unprecedented environment of legal exposure. Sports risk can never be eliminated, but it must be minimized. Risk management requires ongoing and proactive planning, and management activities, designed to reduce, minimize or transfer hazards and risks. All coaches assume the expectation of parents and the legal system for implementing the most current and innovative, “best practices” in risk prevention and reduction as specified by 14 legal duties. Risk management is a responsibility that is shared by the entire athletics department. The 14 legal duties and standards of care also have implications for advisors in other student activities.

Sports risk has two components. The primary concern is any injury or illness that negatively impacts the health of an athlete or the quality of the athletic experience. Secondly is risk of legal liability to the school district and/or coach whose consequence may be legal, Financial, social, emotional, and professional.

Most athletic personnel are well aware of the risks associated with sports and are concerned about their personal exposure to liability. Unfortunately, some coaches regard risk management as a nuisance responsibility that reduces time for other coaching duties. It is important to note that “keeping the child from harm’s way” must be placed above all other considerations.

Sport liability is usually based upon negligence that can be defined as “a failure to exercise reasonable care, under all the circumstances, in some specific aspect of an interscholastic athletic program which acts as both the actual cause and the proximate cause of an injury.”

Coaches are held to a higher, legal standard than ordinary care when supervising athletes because they are considered to be trained professionals who possess higher knowledge and skill that enables them to foresee the

potential for preventable injury. The expectation of “prudent professionalism” in athletics has evolved from four factors.

- Sports injury statistics – approximately 67% of school injuries occur in sports programs and about 67% of those injuries occur during practice.
- Educational sports – certified teachers and administrators are the norm in educational institutions and the same level of professional conduct is now expected of coaches.
- Child advocacy – schools exist to enhance the growth of children in all domains.
- “in Loco Parentis” – the legal principle of school personnel as “parents away from home” has become a standard that mandates that all educators must do everything possible, at all times, to safeguard the health and safety of children under their supervision.

Negligence in sports is usually linked to the failure to fulfill a specific legal duty. “Negligence by omission” is the failure to act as a “reasonable, prudent person.” “Committing a hazardous act” is also negligence. “Gross negligence,” intentional harm, criminal acts or reckless disregard for human safety - - is an uncommon, but much more serious charge.

Risk Management in sports begins with a thorough understanding of the 14 legal duties that, the courts have determined, are “owed to student-athletes” as well as a paradigm shift from outdated “standards of practice” to more current “standards of care” that will safeguard student-athletes.

14 LEGAL DUTIES OWED TO STUDENT-ATHLETES

1. The duty of **proper planning**. This fundamental duty requires comprehensive thought and organization throughout the athletic department. Written plans should precede and direct practices, and kept, reviewed and updated as needed. Negligence can be alleged for injury loss related to either the absence of planning, poor planning or failure to adhere to an established plan. Proper planning calls for printed materials (i.e. handbooks, practice plans, forms and checklists) and established procedures.
2. The duty of **qualified supervision**. Omission or incompetence are the major sources of breach of this duty. Typical omissions are leaving students unsupervised in facilities and the failure to control inappropriate behaviors that result injury. Reasonable care in both the general supervision of all areas and activities which are even peripherally related and the specific supervision of the participants is the standard. Supervision is a very broad and inclusive duty and probably the most important to the courts. The coach must be physically present, properly instruct direct activities, prevent foreseeable injuries, properly respond to injuries, secure facilities, control reckless behavior, and supervise assistant coaches. The effect of age dictates closer supervision for younger athletes.
3. The duty to **assess conditioning and readiness to participate**. This duty involves the use of reasonable care in determining whether or not an athlete is prepared to perform a specific skill or activity with respect to his/her health, maturation, coordination and physical conditioning, etc. It is mandatory that athletes participating on a high school team have a current SDHSAA physical examination prior to either practice or competition. Once an athlete has received medical attention, clearance must be received before returning to practice or competition. It is also essential that athletic trainers be allowed to perform their professional responsibilities without interference from coaches or parents. Coaches should be careful not to exceed the scope of their training by encouraging players to play with injuries or resume activity prematurely. Medical histories and injury records need to be maintained and medical restrictions to participation must be followed. Coaches are also expected to be knowledgeable in conditioning techniques so workouts progressively increase in frequency,

intensity and time. Practice plans should document attention to the maturity and readiness of the athlete's preseason conditioning program and climatic conditions such as temperature and humidity.

4. The duty to provide a **safe playing environment** involves attention to athletic facilities – gymnasiums, fields, courts, weight rooms, and equipment. Issues include the proper use of facilities and equipment, inspection checklists, maintenance schedules and inclement weather protocols. Once again, coaches are expected to identify foreseeable causes of injury due to unsafe facilities, defective equipment and hazardous environments. Providing a safe environment often requires the cooperative efforts of custodians, buildings and ground personal, maintenance staff, parks departments, coaches and administrators.

5. The duty to provide **protective athletic gear and equipment** such as helmets, masks, shoulder pads, mouthpieces and footwear, including mandating their use as a condition of participation. Gear should be appropriate for the age of the participant and the level of competition. NOCSAE and ASGMA standards should be followed when purchasing new equipment. Equipment should be properly issued and fitted by trained coaches and equipment managers. Coaches should require and monitor the proper use and inspect the condition of protective equipment, and ensure that equipment is not altered, resulting in a potential lapse in product liability insurance. AEMA certified personnel should be contracted to inspect and recondition protective equipment during the off-season. Because a school district's liability insurance, typically covers only school sponsored programs and staff members, it is not acceptable to loan equipment (e.g. helmets, poles, etc.) to either athletes or other schools. If a catastrophic injury occurs, the involved piece of equipment should be confiscated and secured for potential litigation.

6. The duty of **proper instruction**. Failure to properly instruct has been referred to as "educational malpractice." Appropriate instruction in technique, sport specific skills, contest rules and safety precautions must be provided prior to participation in athletic competitions. Coaches should warn against and discipline unsafe techniques and prohibited practices. Practice plans should document a logical sequence of experiences that result in a progression of player knowledge and skill. Coaches should be certified, qualified, and motivated to continue their professional development.

7. The duty to properly **match and equate participants** minimizes the potential for injury. Although it is often impossible to control mismatches during competition, reasonable efforts must be made to equate participants during practice situations and when the risk of injury is particularly great. (e.g. Football drills and wrestling). Competitions that match different squads (e.g. JV vs Frosh) in certain sports are not advisable. Scrimmages between various levels should be strictly controlled so they are learning experiences (i.e. coaches on the field to officiate, instruct, align, call plays, monitor mismatches, and ensure rest and water breaks, etc.) To emphasize learning, rather than competition, it is advisable not to keep score. The matching or pairing of athletes should consider size, age, strength, speed, skill, experience and incapacitating conditions.

8. The duty to **properly condition** athletes. Practice plans should document a progression of circular-respiratory and muscular-skeletal fitness with attention to proper warm-up and cool down periods. When planning conditioning activities, consideration should be given to the readiness and maturation of the athletes as well as climatic conditions. Plans should also document a sequential progression toward more challenging practices that prepare for competition. The courts have not been sympathetic to coaches that cause injury by coercing or embarrassing athletes in order to motivate them to work harder during conditioning workouts.

9. The duty to provide **adequate warning**. Never assume that athletes and their parents understand the risks of sports participation. There is a duty to give detailed warnings about the risks involved in a specific sport activity. Failure to warn is one of the most prevalent allegations in sports injury litigation. Athletes (and parents) assume only those risks which are inherent and which they fully understand and appreciate. Parents and

players must be informed of inherent risks, unsafe practices, and the potential for injury, disability and even death at preseason meetings. Informed consent and acknowledgment of risk forms must be signed by players and parents and should be reinforced with video presentations, warning posters, and verbal warnings during practice, proper instruction and consistent disciplinary measures for unsafe techniques and prohibited practices. It is advisable to “paper trail” with practice plans that document that warnings and instruction were provided. The use of liability waivers for youth sports participation has limited value because neither minors nor their parents can legally waive their rights.

10. The duty to **ensure insurance coverage for injury** for athletes. Athletic personnel should verify that either family or student insurance provides a basic level of health and medical insurance coverage prior to participation. Schools are also encouraged to take advantage of the catastrophic insurance that is offered by state athletic associations. Coaches that conduct sports camps during the out-of-season period should either purchase liability insurance or affiliate the camp with an insured organization such as a city recreation department.

11. The duty to provide **emergency care** implies that coaches administer approved, prioritized, standard first aid procedures in response to a range of traumatic injuries and medical conditions. The courts expect reasonable care in immediate medical assistance until qualified, medical personnel arrive. This duty strongly suggests certification and renewal for first aid and CPR. Whenever a team travels, the coach should have consent for medical treatment forms for each athlete to ensure care.

12. The duty to **activate the emergency response plan** that is established for specific sites and situations. Each site should have a plan for who will: get the first aid kit, administer emergency care, call 911 to activate emergency medical services, give accurate direction to the site and entrance, meet the ambulance, supervise other participants, etc.

13. The duty to provide **safe transportation**. Schools have the duty to exercise reasonable care in the selection and supervision of transportation to and from athletic practices and contests. Athletes should never be allowed to drive or ride with other students on trips. In extenuating situations, students may be allowed to ride with their parents or adult relatives if the appropriate form is submitted and visual contact is made with the adult. Coaches and supervisors also have the responsibility for controlling student behavior during transportation.

14. The duty to **select and train coaches**. The duty of “responding superior” is a duty of the athletic director, principal and head coach. It involves expectations for the screening, interviewing, selecting, training, supervising, and evaluating of coaches based upon their specific qualifications, professional credentials, job description and code of ethics.

PHYSICAL EXAMINATION

A yearly physical examination is required. The physical must be completed by a medical doctor or PA and submitted to the Athletic Director prior to participation. The physical covers all sports for one calendar year. A sports concussion form and a parental consent form must also be turned in before the athlete is allowed to practice. Physical forms may be picked up at the Athletic Director’s office or they can also be downloaded from the South Dakota High School Activities Association website (www.sdhsaa.com). Any physical examination taken on or after April 1st in the preceding year will be accepted for the following school year.

SPORTS PROGRAMS AND SEASONS

FALL SPORTS:

The starting dates for high school fall sports are determined by the SDHSAA. Fall practices and some competitions will be prior to school beginning.

WINTER SPORTS:

The starting dates for winter sports are set by the SDHSAA. During the winter season there is a terrific demand for use of the gymnasiums by both the school and the community. It takes a lot of cooperation by everyone involved to have the facilities used to the best advantage. It is very important that coaches adhere to their assigned practice time schedules.

SPRING SPORTS:

The starting dates for spring sports are determined by the SDHSAA. Spring practices and some competitions will continue after school has ended.

JUNIOR HIGH SPORTS

1. Each season will be assigned a starting date depending on the schedule. This program will not start for at least one full week after the high school sport season begins.
2. Junior High students competing at the high school level must meet all SDHSAA eligibility requirements.
3. The purpose of the Junior High program is participation. Therefore, every effort will be made to get playing time for players during each contest; during some contests this may not happen. The main emphasis is to be placed on the learning of fundamentals, skill development, and teamwork.
4. Academic eligibility for Junior High students is addressed in the Junior High handbook.

RELIGIOUS AND CULTURAL OBSERVANCE

Every effort will be made by the athletic department to observe requests for religious and cultural activities. Athletes will not be penalized for these activities. Requests to be excused from practices for religious and cultural activities must be approved in advance by the activity coach, athletic director and school administrator.

PRACTICE SESSIONS

In most instances, all teams and coaches will practice or play at least five days a week. Some junior high programs will have only four practices per week. Student attendance at all practices is required and practice schedules are to be made up ahead of time and given to the students. When a student cannot attend a scheduled

practice it is their responsibility to notify the head coach in advance. Student athletes will be allowed two unexcused absences from practice at which point they will be required to sign an attendance contract. Any further unexcused absence or violation of the attendance contract will result in the removal of the student athlete from the team.

Practice session are designated for C-EB student-athletes, Coaches and Supervisors only. Individuals not associated with C-EB School system will not be allowed.

INCLEMENT WEATHER

On the first day that school is closed due to inclement weather conditions, all school activities will be suspended. This applies to all games, practices, rehearsals, etc. On subsequent days of school closure for the same storm, the building principal will decide when school activities (team practices, rehearsals, etc.) may be resumed within his/her school. All performances and games that are to be played when school is closed will require the permission of the superintendent/supervisor or their designee. Under no circumstances will students be penalized for failure to attend activities when school is closed even when special permission to proceed has been granted. On days which late start and/or early release are called, no activities will be held prior to the late start time or after early release time unless approved by the building principal.

PARTICIPATION

A student may participate in only one sport per season unless two coaches/sponsors agree to the student's competing in both activities and priorities are set to settle conflicts before the season. Non-school teams do not take precedence over any Cheyenne-Eagle Butte High School team that is in season, including games and practices.

DROPPING OR TRANSFERRING SPORTS

Once a season begins, if a student quits one sport, he/she may not participate in another sport until the conclusion of the first sport. Exception to this policy must be approved by the head coaches, athletic director and principal.

EQUIPMENT

School equipment issued to the student/athlete is the student's responsibility. Loss of any equipment is the athlete's financial obligation and failing to meet that obligation can result in the denial of participation in any and all programs. A student may not practice, tryout or compete in one sport if he/she has outstanding obligations in another sport. A student who has an outstanding obligation for an extra-curricular activity may not be allowed to participate in graduation ceremonies.

DRESSING/LOCKER ROOMS

Coaches will supervise their dressing facilities. Custodians are expected to clean locker rooms daily, but are not expected to pick-up equipment and clothing left behind by athletes. Football cleats are not to be worn inside the buildings, or walk on the track. Lockers will be assigned to all athletes. Athletes are encouraged to secure all

valuables in their lockers. The athletic department will not be responsible for lost or stolen personal belongings. Practice gear is to be taken home daily and washed.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

Students who have made the commitment to participate in an extracurricular activity in the Cheyenne-Eagle Butte School have a responsibility to do everything they can to avoid conflicts with other activities. If a conflict does arise, the sponsor/coach will work out a solution. If a solution cannot be found, the coach, athletic director and principal will make the decision based on all the information.

IN-SCHOOL AND OUT-OF-SCHOOL SUSPENSION

Students will not be allowed to participate until they have served their suspension. There will not be any adjustments made in the assignment of suspension days to allow a student to participate in any activities. A student who is in out-of-school suspension, (OSS), and/or In-School Suspension, (ISS) will not practice, tryout, or participate in any game/activity until the next school day after the suspension is completed.

CAFETERIA HOURS

All dorm athletes must be given time to eat a proper evening meal.

CHEERLEADING

Cheerleaders will be chosen through tryouts. There will be a maximum of six cheerleaders per sport with no alternate selected. Cheerleading is open to all students. Cheerleaders will follow the same rules as the athletes.

1. On trips, cheerleaders will sit to the front of the bus with the chaperone.
2. There must be at least 3 cheerleaders for a squad to exist.
3. A cheerleader may not be in two full time extra-curricular activities at the same time, unless two coaches/sponsors agree to the students competing in both activities and priorities are set to settle conflicts before the season.
4. Unless four or more boys qualify for state, the State Wrestling Tournament, cheerleaders will not attend.
5. Cheerleaders will cheer for both junior varsity and varsity contests when they are played back to back.
6. If Cheerleaders opt to raise money to purchase new uniforms, uniforms will become school property and will be turned in at the end of the season unless other arrangements are made and approved by the administration.
7. Cheerleaders will organize all pep rallies and parent's/guardian nights for their specific sport. Activities will be planned and organized with the cooperation of the cheer coach, building principal and athletic director.

PEP BUSES

Pep Buses will only be scheduled for post season play. There must be a minimum of 25 students signed up for activity. Students are responsible for their own admission and meals. Students must be academically eligible. Pep buses will be for students 7-12. There needs to be a minimum of one male and one female chaperone per bus. Chaperones must be CEB staff.

ENTERTAINMENT

Student activities during half time of games must reflect the high moral standards in the community. All cheers, dances and performances must meet the approval of the administration and SDHSAA. Examples must be inappropriate dress, dance movements/gestures, music and language.

OPEN GYM/WEIGHT ROOM RULES

Open gyms will be allowed under the following rules:

1. A teacher/staff member must be responsible and, in the buildings, while it/they are being used by students (Athletic coaches may supervise while following guidelines set by the SDHSAA).
2. The open gym must comply with SDHSAA rules.
3. Open gyms may not be limited to a certain grade or grades or by male or female/All C- EB students are welcome at open gyms.
4. No open gyms are permitted on nights of home activities.
5. Open gym is designated for C-EB Students and Coach/Supervisors ONLY. Individuals not associated with the school system will be not allowed.

TRANSPORTING ATHLETES

Most transporting will be done by bus. However, the school suburban may be used for small groups and short distances; coaches and their assistants may be asked to drive on occasion. The suburban has a capacity of 7 people plus driver. This limit is set by the state and under no circumstances is the limit to be exceeded. Only those students on team official roster are to ride in school vehicles. It is the coach's responsibility to see that the students keep the vehicles clean and that a safe environment is maintained. All students who are participating must ride to the event in school vehicles. After competition the student may ride home with his/her parent or guardian provided the parent/guardian checks the athlete out with the coach. There must be an actual physical presence of the parent/guardian before the child can be released. All coaches are to ride with the team on the bus unless prior approval to not ride the bus has been granted by the Athletic Director and Administration.

MEALS

The school cafeteria will provide meals (sack lunches) for away trips. Only trips over 50 miles or in excess of 6-12 hours will be considered for restaurant meals. Post season contests will be dealt with on an individual basis.

ATHLETIC INJURY

If a student is injured while on a road trip, the coach will be responsible to see that proper medical attention is giving to the athlete. IHS will be notified of the injury immediately, as well as the parent/guardian and a school administrator. Injuries at home, whether during games or practices, are to be dealt with by the coach and athletic trainer. If the injury causes missed school time, a BIE accident form must be filed within two working days of the injury.

DAILY-WEEKLY-YEARLY ATTENDANCE

It is to be remembered at all times that ours is an extracurricular program designed to enhance the educational experience of the student should they choose to participate. Athletes will be encouraged at every opportunity to keep their priorities in order: #1-ACADEMICS, #2-athletics. Attendance at school is paramount to success; therefore, all classes are to be attended the day of activity and the day after unless approved by the administration. Athletes missing school for reasons other than illness must have an excused absence in order to participate. This policy will help the school on the day prior to a non-school day will be in-eligible to participate the day after the absence. Any time athletes are out of the classroom for an extended number of days, they are encouraged to make up as much work as possible ahead of time.

TEAM STRUCTURE

Junior High Students will be allowed to participate at the high school level if all SDHSAA requirements are met. Junior High students “playing Up” to the High School level must be approved through the Athletic Director, Jr High Principal, Jr High Counselor, and Athletic Coaches involved with that sport. The “C” Team will consist of students in grades 7-10. Junior Varsity Teams will be comprised of students in grades 7-11. No senior will be allowed to participate at the sub-varsity level. Each sport will be allowed one manager per 15 athletes with a maximum of 3 per sport. All student managers must be approved by the Administration. Time, space, facilities, equipment, and other factors will or may place limitations on the most effective squad size for any particular activity. Choosing the members of athletic squads is the responsibility of the coach of those squads. Playing time and specific assignments and positions of participants are the professional judgement of the coach.

LETTER AWARDS

Definite policies for earning major letter awards will be established by the coaches for each sport. These should be made available to all squad members in writing at the start of the season. Letter award certificates may be presented to all members of any team at both the junior and senior high levels. Each varsity sport will be allowed four individual plaque awards per sport for outstanding achievements.

TRAINING RULE REGULATIONS

Every athlete will be given a copy of the school system training rules. The statement, signed by both student and parent/guardian, will be kept on file in the Athletic Director’s office. This is very important and no one should be allowed to compete without this signed statement. In addition, the head coach of each sport will spell out that sport’s specific training rules in a meeting with Parents/Guardians. A copy of this will also be filed in the Athletic Director’s office within the first week of practice.

PROCEDURE FOR DISMISSAL OF AN ATHLETE FROM THE TEAM

BEHAVIOR & DISCIPLINE – (In accordance with the C-EB discipline matrix, as indicated within the C-EB Parent/Student Handbook)

Administration has the responsibility to conduct an investigation regarding all incidents and all parties involved to ensure the safety of school, students, and staff. The suspension mentioned in the matrix is In-School Suspension (ISS) or Out-of-School Suspension (OSS). If any offense does not clearly apply to a specific infraction class, the principal will determine the appropriate infraction class for the offense. If any laws are violated by students while in school, on school property, or at school functions appropriate law enforcement officials will be notified.

*****All consequences with the exception of those for weapons or drugs are subject to administrative discretion. The school Supervisor and Superintendent have the authority to recommend to the School Board that the suspension/expulsion requirement be modified on a case-by-case basis.**

In the event it becomes necessary to drop an athlete for a violation of a training rule and/or disciplinary infraction, coaches should take the following steps:

1. Advise the athlete orally and in writing of the violation that may lead to dismissal. Give a copy to the Athletic Director.
2. Allow the athlete to explain his/her position.
3. Provide Administration with a written report of the facts.
4. Notify the parent/guardian of the problem and explain the reason for potential dismissal.
5. Before dismissing the athlete, provide for a parent/guardian conference. This conference may include Coaches, Athletic Director, and Principal, Superintendent, Athlete and others as requested by the athlete or parent/guardian.

Coaches should make themselves available to talk to their athletes about any problems they may have. The school system has a wide range of support programs designed to facilitate the education of our students. Counseling, housing, and tutoring are some of the areas in which students may receive extra attention. If a problem arises, a referral to the proper department may be more advantageous to your program than personal intervention.

EXTRA CURRICULAR ACTIVITIES POLICY

Students have a responsibility to themselves and their school to conduct themselves in a socially acceptable manner when they participate in an extra-curricular activity. Failure to exercise that responsibility during any activity or during the season for that activity whether on or off the school premises will result in immediate temporary removal from that activity. The temporary removal of a student from an activity may be made by the staff person in charge, the Athletic Director or the Building Administrator. Any further disciplinary action will be taken only after a full investigation is conducted by the Administration and Athletic Director. A student's right to due process will be adhered to throughout this process and the student may appeal adverse disciplinary action to the School Board.

EXTRA CURRICULAR ACTIVITIES PROCEDURE

****All consequences with the exception of those for weapons and drugs are subject to administrative discretion. The School Supervisor and the Superintendent have the authority to recommend to the school board that the suspension/expulsion requirement be modified on a case-by-case basis.**

All charges of an infraction must be submitted in writing to the Building Administrator and Athletic Director as soon as possible but no later than 2 school days after the incident. Upon receipt of the written notice the incident will be investigated by an Administrator or Athletic Director. Should the investigation warrant, a hearing will be

set up with the review committee. The review committee will consist of the Building Principal, the Superintendent, the Athletic Director, the Head Coach/Sponsor and one Staff Member of the student's choice not involved with the activity. Within 5 school days of the incident, a meeting of the review committee, the student and the parent/guardian will be held to ascertain the accuracy of the allegations and to determine whether or not consequences are to be applied. The members of the committee will have an equal voice in any action taken. The student's right to due process will be adhered to throughout this procedure and the students may appeal the decision of the committee to the School Board.

EXTRA CURRICULAR ACTIVITIES RULES

In the interest of developing the activity program at Cheyenne-Eagle Butte to its fullest potential, the need for consistency in the overall program is critical. Participation in school activities is a privilege and there are several areas in which the requirements to maintain this privilege go above and beyond the guidelines established in the Student Handbook. In becoming a member of an extra-curricular activity, the student has taken a step that tells us he/she has a desire to represent Cheyenne-Eagle Butte in the community and state in a special way; therefore, exemplary behavior is expected. The following rules have been developed and will be in effect for all school-sponsored activities and throughout the year.

BEHAVIOR ISSUES – PLEASE REFER TO YOUR STUDENT HANDBOOK

POSSESSION OF ILLEGAL DRUGS, DRUG RELATED PARAPHERNALIA, OR ALCOHOL BEVERAGES

The violation and consequences of these rules during the season will result in immediate suspension and continued participation in activities will be suspended. If the penalty for a violation is not completed in the same activity season it will be completed in the next activity season in which the student participates.

Disciplinary matrix – Refer to High School (or Jr. High) Student Handbook.

ACADEMIC REQUIREMENTS

Students participating in extracurricular activities must meet all eligibility requirements established by the South Dakota High School Activities Association. In addition, C-EB requires weekly eligibility. With the newly adopted six (6) period class schedules, if a student does not pass four (4) classes the student is academically ineligible for a one-week period. Two of the passed classes must be core requirement classes. The eligibility period runs from 8:00 A.M. Wednesday to 8:00 A.M. Wednesday of the following week. Four (4) classes must be passed in the semester to make a student eligible for the next semester or the beginning of the next school year. These standards cover all SDHSAA sponsored extra-curricular activities.

E.A.G.L.E. Center students must be in attendance for a minimum of 20 hours per week and be in good academic standing. The semester academic requirements for eligibility just like the regular program, which is passing 4 classes a semester which amounts to 2 credits a semester. E.A.G.L.E. Center students must gain at least 2 credits a semester to be eligible.

BEHAVIOR THAT EXCEEDS THE LIMIT OF GOOD TASTE

Any student who commits an act of moral turpitude on or off school grounds and during school or non-school time that impairs that school's reputation will be immediately removed from that activity. Notification of the school Liaison Officer is mandatory. Depending on the nature and severity of the offense the following consequences will be followed unless it is determined by the review committee that stronger disciplinary actions are necessary.

First Offense: Parental conference and loss of eligibility for the next contest. Practices will be attended.

Second Offense: Parental conference and loss of eligibility for a period of two weeks. Practices will be attended.

Third Offense: Parental conference and loss of eligibility for the remainder of school year.

GENERAL RULES

There are infractions of a lesser degree which fall under the discretion of the sponsor. Each sponsor will post the rules for the specific activity and the consequences for noncompliance during the first week of the activity. A copy of the rules will be submitted to the Athletic Director and Administrator within the first week of practice. The following will be addressed as general rules and the coach's discretion is limited to these six areas only.

1. Tardy to practice.
2. Missing games or practices.
3. Lack of sportsmanlike attitude at practice or games.
4. Unacceptable language.
5. Curfew violations.
6. Team members will be required to adhere to Game Day/Travel attire standards as follows:
 - a. Dress Slacks-No Blue Jeans or Sweats.
 - b. Dress Shirts-Button up with tie, Sweater, Long-sleeve polo.
 - c. No Jerseys or T-Shirts.
 - d. NO Caps or Hats-Winter weather head gear can be worn as necessary, but must be removed and not worn indoors.
 - e. All clothing must fit properly-NO sagging.
 - f. Game Day attire must also be worn after the game.
 - g. Team issued travel gear approved by the Athletic Director.

DETAILS FOR IMPLEMENTATION

1. The rule is for the entire school year or season if the season begins before or extends beyond the school calendar.
2. Violations accumulate throughout the school year.
3. If the penalty for a violation is not completed in one activity, it will be completed in the next activity in which the students participates. It is not the intent of this policy to allow students to serve their penalty in a new activity.

4. All penalties not served will carry over from one school year to the next. When the student has served the penalty, the student will start over with a clean state.
5. Before a penalty will be considered served, the athlete must complete the season in which the penalty occurred. The only exception will be because of a serious injury in which a doctor's statement is provided.
6. At the beginning of each sport season, the coach will hand out a copy of the training regulations, explain them and ask the student to sign a form stating that the student has been informed of the rules and regulations.

ACKNOWLEDGEMENT OF RISK

Activity participation assumes the risk of personal injury. Such injuries are not limited to, but may range in severity from temporary injuries (sprains, dislocation, fractures, etc.) to major, catastrophic injuries (brain damage, paralysis, etc.) that can result in permanent disability or death. While certain activities (i.e. contact sports, gymnastics, pole vault, cheerleading, etc.) involve greater risk; protective equipment, rule changes, advances in sports medicine, and improved coaching techniques cannot eliminate the possibility of injury in any activity.

C – EB BRAVES
STUDENT/PARENT
ATHLETIC HANDBOOK
ACKNOWLEDGEMENT FORM

2022-2023



Cheyenne - Eagle Butte School

I have been provided a copy of the 2022-2023 Cheyenne-Eagle Butte Athletic handbook and have read the rules and regulations. By signing this paper, I agree to abide by the rules of the team and the SDHSAA student and Parents code of sportsmanship, ethics, and integrity. Please sign and return this page to the head coach. You may keep the rest of the document for your information. The signed form will be kept in the athletic director's office.

Student Printed Name

Student Signature - Date

Parent/Guardian Printed Name

Parent/Guardian Signature – Date