

CO-CURRICULAR ACTIVITIES

Sterling faculty and administration define co-curricular activities as any activities outside the regular established curriculum. Co-curricular activities carry no academic credit and may require the students to pay user fees or dues.

Current Offerings

Non-Athletic

Cheerleaders /Dance
SkillsUSA
Instrumental/Vocal Music
Math/Science Club
Academic Teams
S-Club
Speech Team
One Act Play

Athletic

Boys
Basketball
Football
Track

Girls
Basketball
Track
Volleyball

ACADEMIC GUIDELINES FOR CO-CURRICULAR ACTIVITIES

Guidelines:

All students must pass a minimum of 20 credit hours the previous semester of attendance according to State standards. Students in grades 7-12 failing two or more classes after the third week of the quarter will not be eligible to participate in any activities involving other schools until their grades are at a passing level. Ineligible week is from the Tuesday following distribution of the academic status report through the following Monday. The student will be expected to improve the grade before report cards are received. The eligibility rule states that a student may not be failing the same class two consecutive weeks. The idea behind this approach is that a student will not continue to fail the same class week after week.

A list of the students receiving “down slips” will be made available to each teacher. The counselor will compile a weekly academic status list to determine student activity eligibility (see activity handbook). Junior High students not out for the activity, are to remain in class and not attend the activity (home or away) without sponsor and administrative approval.

In activities where practice or rehearsal is necessary, it is up to the individual sponsor or coach to determine if the student should be allowed to practice or rehearse. Students who are ineligible for performances due to academic reasons will not be allowed to miss school to accompany the team for an out of town performance without administrative approval.

It is the responsibility of the sponsor or coach to notify any student that is failing and to encourage the student to get the appropriate help. It is the student’s responsibility to take the initiative to the extra help and to raise his/her grade to a passing level.

Enforcement of the Sterling Activity Handbook begins on the first day of fall practice and ends on the last day of any NSAA sports activity in which Sterling is involved.

ACTIVITY PARTICIPATION CODE OF CONDUCT

Any boy or girl is welcome to participate in the activities program available to them providing they meet the requirements established by the Nebraska State Activities Association and the school and they agree to follow the established guidelines.

It is essential to a successful activity program that the participants condition themselves both physically and mentally year around. In order to help promote the most successful activity program possible at Sterling, and to develop and maintain better students, the following participation rules have been adopted. These rules apply to any student associated with any activity program. All activities are covered under these rules, and are applicable both during school hours and/or outside of the school day.

ILLEGAL DRUGS

Student use or possession of illicit drugs and/or alcohol is unlawful, wrong, and harmful. Students standards of conduct will be followed with the minimum prohibited conduct being:

1. Consumption of alcoholic beverages or the possession thereof
2. Using or the possession of illegal drugs.

Such violations must be reported in writing to the sponsor, athletic director and/or principal or appear in the court records of a newspaper or by admission of guilt by the student or by contact with law enforcement. All reports of violations, other than those in court records or from law enforcement, must be signed by the person reporting the violation.

After a reported violation, the sponsor of the activity involved, will discuss the violation with the student and/or his/her parent (s). If the student or parent(s) do not agree with the decision or action, he/she or parent(s) has the right to appeal. The due process procedure will be followed as outlined in the Student Handbook.

Any student found in violation of the listed infraction shall be subjected to the following disciplinary actions:

1. First Offense: 14 day suspension* from participation including at least one contest in each activity if the student admits to their violation on their own initiative or when first questioned by the coach/sponsor. If the student does not admit to the violation and is still found to have violated this policy, the suspension* will be 42 days. The student shall have either option of receiving a 7 day suspension* in lieu of the 14 day suspension* by entering a school approved alcohol/drug/tobacco treatment program at their own expense. The student must show successful completion of an approved treatment program prior to reinstatement to activities. If at the end of the 7 day suspension* period the student has not completed the approved program, the student will be reinstated as long as he/she continues and completes the approved treatment

program. Students using the option of a treatment program will be required to continue practicing.

2. Second Offense: Suspended for nine weeks. This suspension is in addition to any suspensions received for first offense.

3. Third Offense and all subsequent offenses: Removal from all activities with no options available for one calendar year. Family counseling will be recommended.

4. Any student suspended under the Activity Participation Code will forfeit any appointed or elected position for the remainder of the year.

5. Awards: Each activity has their own letter policy.

6. Any coach or sponsor may require additional standards which are applicable to a certain sport or activity, provided the standards are approved by the administration and the Board of Education, and are communicated in written form to the student and parents before the particular sport/activity season begins.

**All offenses will accumulate throughout
a students' high school career.**

*All suspension will consist of consecutive calendar days beginning with the day the violation was reported and substantiated.

SMOKING AND CHEWING TOBACCO

Personal possession or use of any tobacco product is prohibited. Violator is immediately suspended* from interscholastic contest(s) upon validated charge by coaches or administration. Guilty participants will be suspended* as follows:

1. First Offense: Suspension* from contest(s) for a seven (7) day period. Participant will continue to practice. Violation: suspension from next contest but must continue to practice.

2. Second Offense: Suspension* from contest(s) for a period of twenty-eight (28) days. Participant will continue to practice.

3. Third Offense: Suspension* from all activities for the period of fifty-six (56) days.

*All suspension will consist of consecutive calendar days beginning with the day violation was reported and substantiated.

STEALING

Willful possession of another person's property or possessions is a violation and punishable upon validated charges. Violator is suspended from activity through administrative approval.

HOURS

Participants will be home on school nights (Mon.-Thurs.) before 10:00 p.m., or within 30 minutes after the completion of a school sponsored activity, unless previously arranged with coaches or sponsors. Weekend hours (Fri.-Sun.) are arranged at the discretion of the coaches or sponsors with all participants being home by at least 12:00 (midnight) unless previously arranged with coaches or sponsors. Violation: minimum suspension for the next quarter or game (set), but must continue to practice.

MISSING PRACTICE

Participants are expected to be at all practices scheduled by the coach/sponsor. Should a participant not be able to attend a practice, they must contact the coach/sponsor in advance. Exception: When the participant is absent from school, they do not need to notify the coach/sponsor. However, most coaches/sponsors appreciate knowing the reason why the participant is absent from school.

All practices are important, not only to the individual, but to the group as a whole. In some cases, where a participant must miss practice when they are excused in advance, the participant may be required to also spend some extra time before or after regular practices to make up for the practice time lost. This is the only way which coaches/sponsors can help the individual regain skills which they missed out on because of the absence from practice.

Unexcused absence and tardiness determined by the discretion of coaches or sponsors is not allowed. Violations will be handled at the discretion of the sponsor.

SPORTSMANSHIP ATTITUDE AND INSUBORDINATION

Failure to comply with directions given by a coach or sponsor or to comply with proper attitude standards as assessed by coaches or sponsors; failure to display appropriate sportsmanship to opposing teams, fellow teammates, coaches, sponsors, and fans are violations. Any violation(s) may result in suspension from contest or current activities according to sponsors, coaches, or administrative discretion.

APPEARANCE

Participants will always be neat, clean, and well groomed while participating. All participants will always take pride in their dress and appearance. No outlandish dress or attire will be permitted.

PROCEDURE FOR CODE OF CONDUCT VIOLATION

A. If a coach/sponsor suspects or knows of a student involved in an infraction of training rules he/she should visit with the player in question concerning the infraction. If the coach/sponsor still feels that the student involved has broken an activity rule he/she may take it to the principal for

further questioning. If the principal and the head coach/sponsor are convinced of the guilt of the student and feel they can prove guilt, the principal should inform the student of his/her suspension.

The student may choose to appeal the decision to an appeals committee. The committee shall consist of all coaches/activity sponsors, athletic director, principal, and superintendent. The decision made by the principal and head coach/sponsor will be reviewed by the committee. Student(s) and or parent/guardian(s) will be given an opportunity to attend the committee review.

The principal/coach/sponsor will be responsible for informing the student of the disciplinary action taken. Parents will also be notified in writing of the action taken.

B. The student or his/her parents may request that the school board review the committee's decision by sending the superintendent a written request for board review within five days after receiving the committee's written decision. The parents and student have the right to appear before the board to present any information which will assist the board in reviewing the committee's decision. The board's decision shall be final.

C. If the coaches/sponsors committee determines that a student should be suspended as provided in this Code of Conduct, that suspension will remain in effect and will not be delayed if the student or his/her parents elect to pursue the appeal process.

Academic Status:

Through out each semester and after the 3rd week of every nine-week period, parents will be notified of students doing work which the teacher feels is below their capabilities. Students in grades 7-12 failing two or more classes after the third week of the quarter will not be eligible to participate in any activities involving other schools until their grades are at a passing level. Ineligible week is from the Tuesday following distribution of the academic status report through the following Monday. The student will be expected to improve the grade before report cards are received. The eligibility rule states that a student may not be failing the same class two consecutive weeks. The idea behind this approach is that a student will not continue to fail the same class week after week.

A list of the students receiving "down slips" will be made available to each teacher. The counselor will compile a weekly academic status list to determine student activity eligibility (see activity handbook). Junior High students not out for the activity, are to remain in class and not attend the activity (home or away) without sponsor and administrative approval.

STERLING ACTIVITIES PROGRAM

Goal

The major objective of the program is to provide opportunities for students to develop from their experiences, wholesome habits and attitudes of social and group living in a democratic world and to apply specialized skills in an environment of competition if they so desire.

Philosophy

The activities program is intended to be in conformity with the general objectives of the school. The program functions as a part of the whole curriculum and constantly strives for the development of a well rounded individual capable of taking his/her place in modern society.

Attendance

A student is to be in attendance at school the day of an activity. If for any reason the student is not at school before 12:00 noon the day of an activity, he/she will not be allowed to participate in that activity. The student may participate if the absence is excused by the Principal prior to the absence.

Bus

Coaches/Sponsors will make the decisions on students riding the bus to and from the game/activity. A note from their parent/guardian will be required. Coaches/Sponsors decision is final.

NON-ATHLETIC ACTIVITIES

CHEERLEADING/DANCE

Tryouts for cheerleader positions will be held each year at the conclusion of basketball season. Any student in grades 8-11 may tryout. The purpose of cheerleading is:

1. To promote positive crowd support and involvement at athletic contests.
2. To promote good sportsmanship.
3. To serve as public relations ambassadors for Sterling teams, student body and community.

SPEECH

Speech competition allows students to experience a variety of expository and dramatic speaking opportunities. Contests occur on weekdays, evenings and on Saturdays, so team members must be able to make themselves available for competition. Team members are expected to exhibit self-discipline, responsibility and respect for others. Events include the following:

INDIVIDUAL EVENTS

Interpretation of Prose (Serious or Humorous)
Interpretation of Poetry

Persuasive Speaking
Entertainment Speaking
Extemporaneous Speaking
Informative Public Address
Humorous Impromptu
American Legion Oratorical Contest
VFW Voice of Democracy Contest

GROUP EVENTS

Interpretation of Drama
Duet Acting

MUSIC

Music is an important part of our daily lives. The study of music helps us gain an appreciation for beauty and a feeling of sensitivity. It also provides an avenue for creativity and recognition as well as a demand for self-discipline. All of these are important in our world today. Through participation in the various aspects of the music program at Sterling, our goal is to enable students to enjoy and remain actively involved in lifelong music participation and appreciation.

Instrumental Music

Band students participate in all three of the following large groups each year:

Concert Band - Performances include concerts, contests and the opportunity to take part in various instrumental clinics. A variety of music styles is studied. The group rehearses during the school year.

Marching Band - Performances include Homecoming, Memorial Day and several parades throughout the year. Repertoire includes marches and pop marching arrangements. There are some rehearsals and performances during the summer.

Pep Band - Performances include most home athletic events, plus tournament games. A wide variety of popular pep band music is studied and used for the performances.

Small ensembles are selected from concert band each year. Their groups rehearse during band class, mainly second semester. Performances include contests and concerts.

Soloists are also selected from concert band each year. Performances include contests and concerts. Repertoire is selected from classics written specifically for the specific instruments.

Juniors and Seniors may elect to audition for All-State and other Honor Bands throughout the year.

Vocal Music

Vocal students participate in two of the three large groups which follow:

Mixed Chorus - All choral students participate in this group. Performances include concerts, contests, and the opportunity to take part in various vocal clinics. A variety of music styles are studied each year.

Girls Glee - All female choral students participate in this group. Performances include concerts and contests. A variety of music styles are studied each year.

Boys Glee - All male choral students participate in this group. Performances include concerts and contests. A variety of music styles are studied.

Swing Choir - This small group is selected every year in September. Performances include concerts, contests and special performances. Pop, swing and jazz are performed. Rehearsals take place once or twice weekly at 7:30 a.m.

Small ensembles are selected from all three of the large vocal groups each year. These groups rehearse second semester, once each week, usually before school. Performances include concerts, contests, and often times special performances.

Soloists are selected from Mixed Chorus. Performances include concerts and contests. Repertoire is selected from classics written specifically for solo vocal performance.

Juniors and Seniors may elect to audition for All-State and other Honor Choirs throughout the year.

Students in grades 8-12 may obtain a music letter by:

1. Successfully completing the entire year.
2. Participating in all concert and contest performances.
3. Instrumental students must attend all of the pep band performances, unless an excused absence is granted.
4. Special cases will be considered by the music instructor and administration.



ATHLETIC ACTIVITIES

Code of Ethics

It is the duty of all concerned with school athletics to:

1. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. Stress the values derived from playing the game fairly.

3. Show cordial courtesy to visiting teams and officials. Remember, they are our guest and deserve to be treated as such.
4. Respect the integrity and judgment of sports officials.
5. Achieve a thorough understanding and acceptance of the rules of the game.
6. Strive for victory through fair play according to the rules of the game.
7. Encourage leadership, use of initiative, and good judgment by players of the team.
8. Recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual participants.
9. Do everything possible to encourage enthusiasm for the game and courtesy and respect for the players, coaches, and fans.
10. Do everything within their power to make the entire athletic program something of which the community will always be proud.

Pre-practice Requirements

All athletes must meet the following requirements before beginning practice:

- | | |
|------------------------------------|---------------------------------|
| 1. Have a physical examination | 3. Turn in proof of insurance |
| 2. Hand in the parent consent form | 4. Be cleared in previous sport |

Boys and Girls Basketball

Offerings

Junior Varsity

Varsity

We expect our players to be competitive with all opponents; therefore, we use the athletes that have demonstrated a willingness to develop their skills and a desire to achieve team success. We expect our players to be good role models, work hard in the classroom, play with intensity, and demonstrate teamwork, sportsmanship, and discipline.

Football

Offerings

Junior Varsity

Varsity

The Sterling football program strives to help each player reach their personal potential mentally, emotionally, and physically. The teaching and reteaching of the basic fundamentals of "blocking and tackling" and a determined work ethic will guarantee success.

Volleyball

Offerings

Junior Varsity

Varsity

The volleyball program is designed to develop the best competitive team possible. Emphasis is placed on developing the player's skills so that they may become the best player possible. Skills such as teamwork, pride, discipline, respect, and sportsmanship are emphasized.

Track

The track program is designed to develop skills and training in each individual event. Each event requires vital balance of expertise in technique and method. The personal development and betterment of each individual is our primary goal. All of these qualities creates the motivation and desire to compete not only as individuals but as a team in representing our school.

Athletic Awards:

Varsity letter in football

1. The student must successfully complete the season.
2. He/she must have competed in at least one-half of he total quarters played
3. Special cases will be considered by the coach and administration

Varsity letter in volleyball

1. The student must successfully complete the season
2. He/she must have competed in at least one-half of he total sets played
3. Special cases will be considered by the coach and administration.

Varsity letter in basketball (boy and girl)

1. The student must successfully complete the season.
2. He/she must have competed in at least one-half of the total quarters played.
3. Special cases will be considered by the coach and administration

Varsity letter in track (boy and girl)

1. The student must successfully complete the season.
2. He/she must place first or second in a minor meet (dual or triangular)
3. He/she must score 6 points during the season.
4. All athletes must be academically eligible for 80% of all scheduled meets.
5. Special cases will be considered by the coach and administration

Lettermen will be given a letter, and medal the first time they letter. Future letters will be awarded with only the bar. Certificates will be awarded each time the student letters.

Guidelines for Student Fees:

K-6 – A list of recommended items will be available. Not a waiver issue.

Field Trip – Admission fees will be the responsibility of the student. This is eligible for fee waiver.

Activity Card - The card will allow admission to school sponsored home games for the year. This does not include conference tournaments or NSAA sponsored activities.

\$20 per Grade K-6 student \$25 per Grade 7-8 student \$30 per Grade 9-12 student

Activity/participation fee:

1. Grades 7-12
2. Required for Athletic participation and will allow for attendance at home activities.
3. \$25 per Grade 7-8 student/per year \$30 per Grade 9-12 student/per year
Eligible for fee waiver.

Drivers Education: Fee for Drivers Education is \$150. Payment or arrangements are due before student is allowed to drive. Eligible for fee waiver issue.

Physical Education Classes: Students are required to have appropriate clothes and shoes. Not a fee waiver issue.

Class & Organizations: Dues are responsibility of the student, but are eligible for fee waiver.

Physical: Responsibility of student, but are eligible for fee waiver.

Cheerleaders: Uniforms are responsibility of student or the group. A deposit for the uniform is the responsibility of the student, but is eligible for fee waiver.

Speech & One Act Play: Appropriate attire is responsibility of student.

Math: A calculator may be recommended and is the responsibility of the student but is eligible for fee waiver.

Music:

Band

- A. Instruments and lesson books are the responsibility of the student, but eligible for fee waiver.
- B. Instrument choices for fee waiver student is school choice.
- C. Personal consumables are the responsibility of the student (reeds, valve oil, etc.)
- D. Uniform cleaning is the responsibility of the student but are eligible for fee waiver.

Chorus – Appropriate attire for performance is the responsibility of the student.

Athletics: Shoes, practice shorts, socks and undergarments are the responsibility of the student. Not a waiver issue.

The school district will provide uniforms and normal protective equipment or pads for the students participating in extra-curricular activities. The school district will select the type of equipment which school officials may feel best meets the needs of the school. The school district will not be responsible for the cost of, or providing equipment or clothing, which may be specially fitted or worn exclusively by a student.

Waivers must be submitted **prior** to the time of the event.

**2009-10
ACKNOWLEDGMENT OF RECEIPT**

This receipt shall serve to demonstrate that you as parents or guardians of a student attending Sterling Public School, District No. 33 have received notice of the standards of conduct of this district exacted of students concerning the absolute prohibition against the unlawful possession, use or distribution of illicit drugs and alcohol on school premises or as a part of any of the school's activities as described in board policy or administrative regulations. This notice is being provided to you pursuant to P.L. 101-226 and 34 C.F.R. part 86, both federal legal requirements for the district to obtain any federal assistance. Your signature on this receipt acknowledges that you and your child or children who are students attending this district fully understand the district's position absolutely prohibiting the unlawful possession, use or distribution of illicit drugs and alcohol on school premises or as a part of the school's activities as herein above described and that compliance with these standards is mandatory. Any non-compliance with these standards can and will result in punitive measures being taken against any such student.

We are aware of the program offered by the Sterling Public School. We realize the need for the school to provide supervision of students. We have read the rules and regulations adopted by the Board of Education as part of the supervision to help the students successfully complete the program. We have no questions about the adopted rules and regulations (Board policies) at this time.

We have read and understand the above policies.

Date

Signature of Student

Signature of Parent