

# Lutheran High Northeast

## ACTIVITIES HANDBOOK

# 2011-2012

### LUTHERAN HIGH NORTHEAST

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Greg Rathke, Activities Director

## Table of Contents

Available activities.....	page 2
Coaches/Advisors names, phone numbers.....	page 2-3
Attendance policy .....	page 3
Cut policy.....	page 3
Club teams policy .....	page 3
Transportation to games.....	page 3
School Vehicle policies.....	page 4
Directions to gyms & fields .....	page 4
Cancellation of games due to weather .....	page 4
Contest day dress code for participants .....	page 4
Uniform care .....	page 4
Varsity letter requirements.....	page 4
Letter jackets.....	page 5
Activities Banquet and other awards .....	page 5
Physical Examinations .....	page 5
Trainer services .....	page 6
Equipment .....	page 6
Conflict resolution .....	page 6
Lockers.....	page 6
First date of practice schedule.....	page 7
State tournament dates/policies.....	page 7
Etiquette for Christian fans .....	page 8
Co-curricular Eligibility policy.....	pages 8-10

Available activities

<b>Basketball:</b>	(G&B): C, B and Varsity schedules
<b>Cheerleading:</b>	try-outs for the team took place in the spring of 2011
<b>Cross Country:</b>	varsity schedule partial JV schedule
<b>Dance Team:</b>	try-outs for the team took place in the spring of 2011
<b>Drama:</b>	spring and fall productions
<b>FBLA:</b>	club activity
<b>FCA:</b>	group activity
<b>Football:</b>	JV and Varsity schedules
<b>Golf:</b>	boys: Varsity schedule, partial JV schedule
<b>Mock Trial:</b>	club activity
<b>Music/districts:</b>	NSAA activity; concert band, concert choir, pep band, small groups and ensembles
<b>Quiz Bowl:</b>	club activity
<b>Softball:</b>	JV and varsity schedules (coop with NCHS)
<b>Speech:</b>	NSAA activity/ varsity schedule/partial JV schedule
<b>Soccer</b>	boys coop with NCHS – Girls on own Varsity and partial JV schedules
<b>Track:</b>	(G&B): Varsity schedule/partial JV schedule
<b>Volleyball:</b>	C, B and Varsity schedules
<b>Wrestling:</b>	JV and varsity schedules

Coaches & Advisors/Sponsors and school officials

Principal:	Paul Leckband	371-6459
Activities Director:	Greg Rathke	316-0094
<b>Coaches:</b>	<i>(head coaches in bold)</i>	
Football:	<b>Darin Suckstorf</b>	750-8925
	Justin Jordan	
	Justin Olsen	
	Max Kant	
	Von Portwood	
Volleyball:	<b>Kathy Gebhardt</b>	750-5222
	Carey Portwood	
	Nancy Boche	
Softball:	<b>Randy Uttecht</b>	640-1737
	Marion Freudenburg	
	Jeff Pasold	
	Al Zietz	
Boys Basketball:	<b>Greg Rathke</b>	316-0094
	Darin Suckstorf	
	Jay Knobbe	
Girls Basketball:	<b>Shannon Pospisil</b>	841-6488
	Rebecca Jabs	
Track:	<b>Greg Rathke</b>	316-0094
	Terry Spence	
Dance Team:	<b>Sara Kruse</b>	640-1292
Cheer Team:	<b>Maria Sweigard</b>	992-3264
Golf:	<b>Pastor Chris Asbury</b>	371-3521
Cross Country:	<b>Terry Spence</b>	841-0656
Wrestling:	<b>Henry Aschoff</b>	992-1234
	Phil Carlson	
	Adam Thompson	
	Frank Aschoff	
	Aaron Schmidt	
Quiz Bowl:	<b>Phil Carlson</b>	371-0989
Speech:	<b>Jason Wolter</b>	379-2773
Drama:	<b>Dan Reynolds</b>	612-810-3337
Mock Trial:	<b>Jason Wolter (sponsor)</b>	379-2773
	Attorney TBA	

Boys soccer	<b>Chad Miller</b> Tom Beutler Todd Wolverton	649-4275
Girls soccer	<b>Rebecca Jabs</b> Amanda Rathjen	443-844-6321
Trainer:	<b>Jenni Aschoff</b>	369-1219

### Attendance Policy

Students who commit to being out for an activity are expected to be at every practice and game. Exceptions to this rule are:

1. If a student is sick and unable to report to school by the beginning of fourth period, or goes home sick before the end of the day.
2. If a student is out of town and has notified the coach, advisor/sponsor *in advance* of the planned trip and the reason for it.
3. If a student is ineligible for the activity due to academic reasons or reasons specified in the preceding eligibility policy.
4. If a student is injured, and the coach, advisor/sponsor okayed the absence.
5. If a student has a conflict and the coach, advisor/sponsor okayed the absence.

In all these cases, responsible participants should notify coaches and advisors/sponsors themselves of their status *prior* to the absence, or in the case of sickness, as soon afterwards as possible. **The students should not rely on others to tell the coach, advisor/sponsor.**

Remember, if a student doesn't report to school by the beginning of fourth period, or goes home sick, they are **not allowed** to participate in any co-curricular activities that day. If a student is absent on Friday they may still participate in weekend events but only at the discretion of the coach, advisor/sponsor, activities director and principal.

Students who miss practice for these reasons or others are always subject to discipline measures by their coach advisor/sponsor, which may include missing all or part of an activity, not being allowed to start, or making up the practice. Coaches, advisors/sponsors, will outline their specific procedures at the beginning of the season.

### Cut policy

Coaches, advisors/sponsors will inform students and parents at the beginning of the season how many will make the team, and will outline their criteria for making cuts. Coaches, advisors/sponsors will evaluate who they feel is ready for varsity competition and who would benefit most from JV competition, and make appropriate assignments. Sometimes, students will play at both levels. Students may also be "cut" from an activity for reasons involving academic performance, a violation of the eligibility policy, or what the coach, advisor/sponsor judges to be a lack of commitment to the team. The lack of commitment may be evidenced by a poor attendance record, a display of poor sportsmanship, insubordination towards the coaches/advisors/sponsors, or other reasons. The students may be subject to a temporary or season long suspension for these reasons. **Students may also be caught in a numbers situation where coaches can only effectively keep a certain amount of players and will be forced to eliminate "cut" students from the activity for the good of the entire program.**

### Club Teams Policy

During the school year, club teams are sometimes formed. Although we do not discourage participation on club teams, we **do not encourage** participation if an athlete is involved with another school sponsored sport at the same time. The time and energy it takes to participate in a club sport during another season of sport can be physically and emotionally draining. Whether or not an athlete is allowed to participate in a club sport during the season of a school sponsored sport is totally at the discretion of the coach of the LHNE sport. For example, if during track season, a track athlete wants to participate in USVBA volleyball, it would be up to the head track coach to determine whether or not it would be in the student's and/or team's best interest. The LHNE coach also has the right to put certain restrictions on the club team activity to make it into a workable situation for both parties, but is not obligated to do so. For example, the track coach might reach the decision that yes, the athlete in question may participate in USVBA, but only certain weekends that don't conflict with the track workout schedule. Another example might be allowing the athlete to participate in weekend volleyball competitions but not the weekday practices.

### Transportation

Teams will usually travel to games using the school vehicles. Occasionally, it may be necessary that students find rides to out-of-town competition sites. Students are to ride with their own families or with parents of a

teammate. No non-participants other than parents and younger siblings should ride with participants to contests. Students who drive themselves should not take other students to away contests. **Any parent who transports students not in their family are required to have a current proof of insurance on file in the school office.**

If the team plans to meet at school before leaving town for a contest, all students will meet unless they have notified their coach/advisor/sponsor the day before. **Students should not rely on others to relay messages to the coach/advisor/sponsor.**

Participants should avoid eating on the way to contests, instead they should plan meals before they leave. When stopping on the way home from contests, students should communicate to parents as much as possible.

#### **School Vehicle Policies**

Students are not allowed to play music without earphones.

Students are not allowed to bring food or drink onto a school vehicle unless permission is given by the coach/advisor. If food is allowed, each student should take responsibility for his/her own trash upon arrival at their destination or upon arrival back to LHNE.

**It is not only against school policy, but it is UNLAWFUL for anyone to harass a school vehicle and/or its driver in any way.** Such conduct will result in serious consequences from the school administration and/or the proper law enforcement authorities.

#### **Bus Safety Guidelines**

If the bus is moving, students should be sitting in a seat facing forward. (Arm rests are not for seating)

The area in back of the white bus is an emergency exit only and is not designated for storage or seating.

NO flash cameras, NO flashlights and keep cell phone displays below seat backs.

If you want to talk to someone on the bus, sit by that person.

If you carry it on the bus, carry it off the bus.

Trash cans are available. PLEASE use them.

#### **Addresses/Directions to Gyms & Fields**

Directions are usually available from the activities director the day before or the day of an out-of-town contest. Parents may call the office or stop in to get directions, or ask that they be sent home with their student. Most contests are in small towns, and one stop in that town will lead to good directions to the field and/or school.

#### **Cancellation of contests due to Weather**

Because contests are scheduled months and years ahead of time, it is rare that contests are cancelled or postponed due to inclement weather. Parents are encouraged to be patient and listen to the Norfolk radio stations, when weather is questionable, as school officials are busy contacting other schools in this situation.

If ever a student is unable to get to a contest site due to weather, the coach, advisor/sponsor and/or activities director should be notified as soon as possible, as this could affect the contest taking place. Unfortunately, games will sometimes not be cancelled until late in the day, so school officials can make the best decision as to whether to hold the contest or not. If school is called off, listen to the radio, as games may still take place.

#### **Contest Day Dress Code for Participant**

Team members are expected to follow the guidelines given to them by their coach/advisor.

#### **Uniform Care**

Uniforms are **the largest expense** for our athletic program. Good care of uniforms helps keep costs down for everyone. When an athlete is issued a team uniform, they are expected to turn it in at the end of the season in the same condition as when it was issued. Because uniforms are made of a superior quality of fabric, little wear and tear or fading should occur with good care after one season.

Uniforms contain tags with washing instructions, but typically should be washed in cold water with like colors, using no bleach. Hang dry uniforms. Do **NOT** put uniforms in dryers. Parents of football players with especially soiled uniforms should consult parents of past football players for tips on stain removal.

Tears or flaws in uniform construction should be brought to the attention of the activities director as soon as they are noticed, and with as much time as possible before the next contest. They can also be carefully repaired at home.

Students will pay replacement cost for lost or destroyed uniforms.

#### **Varsity Letter Requirements**

Each year, letters are given to *varsity* participants who meet the requirements outlined below. Information on letter jackets will be made available to students, and letters will be handed out at the completion each season. Letter jackets are typically ordered in the fall and the spring. The first letter earned by a student will result in a fabric letter and a pin symbolizing the activity. When students letter more than once in an activity, they will receive a bar.

Additional activities will result in pins symbolizing those activities. Graduation year numbers, team names, etc., can be ordered with a letter jacket.

Requirements:

**For basketball and football:** a player must play in as many quarters as there are games. A player doesn't have to play the entire quarter, but must be entered in the official book for that quarter. For example, if there are 10 varsity games, a student must enter games in 10 different quarters throughout the course of the season.

**For volleyball:** we must clarify some definitions. A game is made up of 3 sets. A winner is determined by whoever wins two out of the three sets, or in some cases, best of five sets. To letter, a player must play in 40% of the sets played for the season. Again, a player need not play the entire set, they just need to be entered into the official book as having played. An example would be if there would be 45 sets, it would take 18 sets played out of those 45 to letter – 40%.

**For track:** a participant is required to score as many points as there are varsity meets, including districts.

**For cross country:** TBD

**For golf:** participation in four varsity level contests is required.

**For speech:** practice time, attendance, and successful competition will all be taken into account.

**For drama:** TBD

**For Quiz Bowl:** participation on the varsity team for a minimum of 50% of the contests.

**For Wrestling:** a wrestler needs to score 12 team points or place in a varsity tournament.

**For Cheerleading/Drill:** TBD

**For Softball:** a player must play in 25% of varsity innings played for the season.

**Soccer:** exhibit a positive attitude, commitment and effort toward team goals; attend all practices and games unless excused by the coach; play in 60% of varsity halves.

**Mock Trial:** Participation on the varsity team.

**Music:** Must be enrolled in the appropriate music class for both semesters of the year. Must maintain a B+ average grade in all music classes taken throughout the first three quarters of the year. Must have no unexcused absences from any performance throughout the year. Must perform a solo, or with a small ensemble at District Music Contest **and/or** must be accepted into a school approved festival/clinic like All State or Concordia's Musical Arts Days. Participation in the spring tour. is required.

\* In certain circumstances, students who do not meet one of the above criteria to letter may feel they have a strong case for deserving a letter. The participant may appeal to the activities director who will take the grievance to the activities council who will make a final decision in the matter.

#### **Letter Jackets**

Letter jackets can be ordered a minimum of two times during the year. The first time is in September and the other time is in the spring, usually April. Students should have permission from parents before ordering letter jackets. Prices usually range from \$135 to \$155 depending upon what size is needed. Payment is due when the jackets arrive.

#### **Recognition Nights**

Each head coach is responsible for organizing a recognition night after their seasons are complete at a time and location of their choosing.

#### **Physical Examinations**

The Nebraska State Activities Association requires that each participant in sports has a physical examination each year. This is to be completed prior to the first practice of whatever sport the student participates in. Participants must have a **Preparticipation Physical Evaluation Clearance Form** filed with the school office *before* they will be allowed to participate. These forms are available at most doctors' offices, the school office or on line at [www.nsaa.org](http://www.nsaa.org). Practices missed because a physical hasn't been completed will not be considered excused, and the coach will deal appropriately with the absences. Most of the Medical groups in Norfolk offer sports physicals.

### **Trainer Services**

Typically, a trainer is on hand for practices and home contests. Because these services are free, student athletes are encouraged to take advantage of them. These trainers focus on dealing with the injury and getting athletes back in action as soon as possible. Student athletes needing the services of a trainer should notify the activities director of their need. Jenni Aschoff from Faith Regional will be our trainer this school year.

### **Equipment**

Activities equipment is a large expense for the school each year. If we take care of our equipment, money in the budget can be used to buy new items instead of replacing lost or damaged equipment. Students, staff, and boosters are asked to help keep track of and take care of equipment. This shows school pride and good stewardship.

Students are asked to check out any equipment they use by notifying the activities director. If the equipment is returned damaged or lost, students will be required to pay a fine. Students who abuse equipment during a P.E. class, an activity practice or on their own time may be denied the privilege of extra-curricular activities, and be fined.

### **Conflict Resolution**

No matter how much we try to prevent it, conflicts are almost certain to occur in school activities. Those involved should do their best to follow the example of Matthew 18, and use the hierarchy that has been set up with the goal of simplifying the process of solving problems. As Christians, we should remember to always put the best construction on everything, and work for the good of the team, and school, as a whole. Following Matthew 18 will not only help us as Christians get along better, but will also make the gospel more evident to those around us.

The following steps will be taken in the case of a participant-coach, advisor/sponsor conflict:

1. A participant should tell the coach, advisor/sponsor of the problem at an appropriate time, as soon as possible after it occurs. If a problem occurs during competition or practice, the participant should wait until afterwards.
2. If a participant is uncomfortable going to a coach, advisor/sponsor alone with their problem, they should talk to the team captain first. The captain will help the participant clarify the problem, and encourage the participant to *go to the coach, advisor/sponsor*. If a participant is still uncomfortable, they may choose to have the captain act as their representative before the coach, advisor/sponsor or accompany them.
3. When working out a problem with a coach, advisor/sponsor the participant's concerns will be heard and responded to. The participant will not be penalized for voicing their concerns. A coach, advisor/sponsor may delay their response, choosing to think the situation over before responding.
4. If a similar problem occurs again, a participant may choose to talk to the activities director or principal about the problem, provided they already spoke with the coach, advisor/sponsor directly.
5. Although Lutheran High Northeast encourages students to try to work out their own problems to promote their personal growth, it may sometimes become necessary for parents to become involved. For best results, this should happen only after the first four steps have been followed. When parents get involved, they should also follow Matthew 18, going to the person with whom they have a problem first.
6. In every conflict situation, it is easy to gain security before a confrontation occurs by talking with others first. Although a natural reaction, this process can hamper conflict resolution, and often "makes a mountain out of a molehill." Every person involved should try to first go to the person who can take care of what happened.

*"Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace." Ephesians 4:2-3*

### **Lockers**

Athletes will be issued a large locker in the athletic locker rooms for their use for the duration of the season of whatever sports they are in. They may keep their lockers in between seasons if they are out for two seasons in a row, as there is little time in between. Students should have a lock on their locker since teams from other schools will use the locker rooms on game days. Combination locks must be brought from home and the combinations given to Coach Suckstorf. Lockers will need to be cleared and locks removed the final day of school. No keyed locks, please.

First Day of Practice

FB	Team Practice	August 8
VB	Conditioning:	August 8
	Team Practice	August 15
Softball	Team Practice	August 8
Cross Country	Team Practice	August 15
Basketball/Wrestling	Conditioning	November 7
	Team Practice	November 14
Track:	Conditioning	February 27
	Team Practice	March 5
Golf	Team Practice	March 5
Speech	Team Practice	Tba
Mock Trial	Team Practice	Tba
Quiz Bowl	Team Practice	Tba
Music	District entry deadline	March 16

State Tournament Dates

Volleyball:	November 10-12
Football:	October 27 (1st round of playoffs)
Softball:	Oct. 12-14
Girls Basketball:	March 1-3
Boys Basketball:	March 8-10
Speech	March 16 or 17
Drama (One Acts)	December 9
Cross Country	October 21
Track:	May 18-19
Golf:	May 23-25
Wrestling:	February 16-18

Qualifying for State Policies

When a Lutheran High team or individuals qualify for state competition, Lutheran High will provide the following support:

1) Transportation to and from the competition: The same policies as those listed on p. 4 of this handbook will apply for state competition.

2) Lodging: Lutheran High will provide lodging for all participants, managers, statisticians, and coaches, advisors/sponsors for the duration of the competition. Participation times will dictate for which nights lodging is needed. If a participant decides not to use the lodging provided for them, they are to notify the coach, advisor/sponsor to avoid unnecessary charges to the school.

3) Money for meals: The state may provide meals on some days. When this is not available, Lutheran High will provide \$6.00 per meal to each student and coach, advisor/sponsor involved. This is for the duration of the competition or until the team leaves the competition. Students may stay in Lincoln with parental approval, but at the student's own expense and with their own accommodations.

4) Admission: Passes for admission are usually provided by the state. Any participants who are not provided passes (i.e. cheerleaders) will be given money for admission.

5) Supervision: Coaches and sponsors are responsible for the supervision of all participants. All participants and managers are expected to stay together as a team, with the coach, advisor/sponsor at all times. Parents attending may also elect to get involved in the supervision, keeping in mind that the coach, advisor/sponsor is directly responsible and will make decisions regarding lodging, transportation, departure times, and meals.

6.) If football teams or basketball teams qualify for state and must spend night(s) in Lincoln, cheer team and dance team members will not stay at the same hotel as the competing team. Cheer and dance teams will only be allowed to spend the night before the competition in Lincoln if the first competition is a 9:00 am start time. Cheer and dance teams will come back to Norfolk the day LHNE teams are eliminated. Students may stay in Lincoln with parental approval but will be responsible for their own expenses and accommodations.

7.) **Boys and girls will not be allowed to be in hotel rooms together.** The only exception to this rule would be if a coach is present in the room.

8.) Maps and Directions: The activities director will provide maps and directions to the competition to anyone requiring them.

**Etiquette for Christian fans**

Sportsmanship is won by all, but lost by one.” - anonymous

**Code of Ethics for Christian fans:**

1. Spectators are an important part of the game and should at all times conform to accepted standards of good sportsmanship and behavior.
2. Spectators should respect the officials, coaches, and players at all times.
3. Enthusiastic and wholesome cheering is encouraged.
4. Booing and disrespectful remarks should be avoided at all times.
5. Bell, whistles, or noise makers of any kind are not acceptable.
6. During the free throw, there should be absolute quiet.
7. To best represent our school, good sportsmanship is expected of all fans, coaches, and athletes.

“...So that the name of our **Lord Jesus may be glorified in you...**”

I Thessalonians 1:12

reprinted from LEA/LET magazine, “Teacher to Teacher”, Spring 1996

**CO-CURRICULAR ELIGIBILITY POLICY**

The co-curricular program of Lutheran High Northeast is a vital part of the mission and ministry of our school. We believe that co-curricular activities and events provide an opportunity for students to practice their Christian faith, give public testimony to that faith, and represent their school in a way which gives glory to God and speaks well of the school’s mission & ministry, people, and programs.

This co-curricular policy is meant to support the opportunities described above. Furthermore, it is intended to strengthen self-discipline, enhance physical and mental conditioning, improve the health of the participant, and provide due process for all students participating in co-curricular activities and events while attending Lutheran High Northeast.

The co-curricular program includes all activities and events which are sponsored by the school outside the curriculum. This includes, but may not be limited to:

- interscholastic activities, such as athletics, dance team, speech, debate, drama, etc.;
- elected and/or appointed positions of responsibility, including class officers, student council, etc.;
- clubs and other organizations which represent the school.
- honor positions, such as homecoming court, National Honor Society, etc.

Any student may be excluded from participation in a co-curricular activity or event for (1) conduct constituting grounds for suspension or expulsion from the school, as established in board policy, or any other violation of rules and standards of behavior included in this policy; (2) failing to meet academic eligibility requirements; (3) failing to meet eligibility standards, as set by the Nebraska School Activities Association (NSAA).

**1. Eligibility requirements re: standards of behavior**

A student will be excluded after the principal has investigated the alleged conduct or violation and has determined that this exclusion is needed to help the student, further the mission and ministry of the school, and/or prevent the student from interfering with the mission and ministry of the school. Before a student is excluded, the student and parents will be notified of such action, including the behavior and documentation which resulted in the exclusion. The student will be given an opportunity to present his/her version of the behavior in question.

**These rules apply to student conduct during the entire calendar year.** If a student is guilty of an infraction of these rules, he/she will be subject to the disciplinary action described in this policy.

- I. Conduct which will be grounds for exclusion includes (but may not be limited to):
  - A. Violation of standards of behavior described in the School Handbook, which result in serious disciplinary consequences, including suspension and/or probation.
  - B. Possession or use of any tobacco product, alcoholic beverage, or any other controlled substance. (In alcohol/drug related incidents, the principal will recommend to families that students have an alcohol/drug evaluation performed by a qualified drug/alcohol counselor.)
  - C. Engaging in any activity which is classified as a Class III Misdemeanor or more serious offense, as provided by the laws of the state of Nebraska; is classified as a Class IV or Class V Misdemeanor under the following categories: (1) unlawful possession of firearms on school grounds; (2) use by minors of any tobacco product; (3) minor misrepresenting age to obtain any tobacco product.
  - D. Any conduct not specifically identified above, but which constitutes a danger to other students, interferes substantially with a co-curricular activity or event, or is deemed by the administration to be detrimental to the mission and ministry of the school.
  - E. Failing to attend practice sessions without reasonable cause.
  - F. Being involved in theft or damage or attempting to cause damage to private property, school property, property belonging to a school employee, property belonging to another school district, or property belonging to another student.
  - G. Failure to comply with guidelines established by the staff member in charge of any school-sponsored co-curricular trip; this may include curfew violation, unacceptable behavior, leaving the activity without the expressed permission of the staff member in charge, etc.
  - H. Engaging in any other conduct, either as a spectator or participant, which may not be described above, but which constitutes a substantial interference with the co-curricular program of the school.
  - I. Causing or attempting to cause physical injury to a staff member or another student. (Physical injury caused by accident, self-defense or other action undertaken on a reasonable belief that it was necessary to protect some other person shall not constitute a violation of this subdivision.) **Note: Violation of this standard is grounds for exclusion of an entire season, including both practices and contests.**
- II. Consequences
  - A. First offense: Exclusion for up to two weeks of practice and one-fourth (1/4) of contests.
  - B. Second offense: Exclusion for up to four weeks of practice and one-half (1/2) of contests.
  - C. Third offense: Exclusion for an entire season.
  - D. Fourth offense: Permanent exclusion from co-curriculars.
  - E. The Principal may modify consequences at his/her discretion. Consequences may also include required professional counseling.
- III. Self-reporting: If a student self-reports any violation of this policy, the Principal may modify consequences at his/her discretion.
- IV. Due process
  - A. The Principal shall, as soon as is reasonably possible:
    1. Notify the student and his/her parents/guardians re: the student's alleged conduct or violation of the rules or standards.
    2. Make a reasonable effort to establish a conference between the parent or guardian and the student with the appropriate personnel before the student rejoins the activity.
    3. File a written summary in the student's school file.
    4. Include a description of the procedures for appealing any decision rendered by the principal.
  - B. If the principal makes a decision to discipline a student who is participating in a co-curricular activity or event and that student's parent or guardian does not accept this decision, the grievance policy established by the Board of Directors shall go into effect.

## 2. Eligibility requirements re: academics

**Eligibility requirements for athletics & other co-curriculars** **NOTE:** *Substantial changes have been made to this policy. The new policy is printed. In order to compare, most of the previous policy has been crossed out. SUMMARY: LHNE has been determining athletic & other co-curricular eligibility based on a student's G.P.A. at the end of each midquarter & quarter. We will now be determining eligibility on a weekly basis. RATIONALE: We believe that this will provide better monitoring of students who are in academic "distress." We also believe that it will be more of an incentive for students to work diligently every week to maintain the grades they need to be eligible.*

The following requirements are in force for all students participating in athletics and other co-curriculars sponsored by Lutheran High Northeast. It will be the Assistant Principal and/or Activities Director's responsibility to administer these requirements. Exceptions can only be granted by the Principal.

Nebraska School Activities Association requirements apply to all students participating in NSAA activities, such as athletics, journalism, speech, debate, play production and music. To be eligible a student must earn at least 20 credit hours of school work for the immediate preceding semester. The preceding semester rule does not apply to students who are entering high school for the first time and have not competed or practiced with a high school team.

A student who does not earn 20 credit hours during the spring semester may take 10 credit hours during the summer in an accredited program. Such work must be completed and the grades recorded on the school records prior to September 1 or the opening day of school, whichever comes first, in order for that student to be eligible for varsity interscholastic participation for the fall semester.

If incomplete grades are the determining factor, the student remains ineligible until the incomplete is replaced by passing grades.

All students are eligible to participate in athletics and other co-curriculars with the following restrictions:

1. *The Activities Director will check grades, as reported on Edline, after 12:00 p.m. on the first day of the week (typically Monday).*
2. *In order to be fully eligible for the current week without any type of restrictions, a student must have a G.P.A. of 2.0 or above with no more than one grade of F at the time of the weekly check.*
3. *If a student's G.P.A. drops below 2.0 on any weekly check, and/or if a student has more than one F, the student will be placed on week-to-week eligibility for the remainder of the current quarter.*
4. *A student will have until the next weekly check to achieve a G.P.A. of 2.0 or above with no more than one F. (In other words, a student has one week's "grace" to improve his/her academics to the minimum standard described above.) As long as the student meets the minimum standards described above, he/she is eligible for full participation in co-curriculars during that week.*
5. *However, if at any point during the rest of the quarter the student's G.P.A. drops below 2.0 and/or he/she receives more than one F for the weekly check, he/she immediately becomes ineligible until the next weekly check (most likely the following Monday after noon). This process will continue through the rest of the current quarter.*
6. *At the beginning of the new quarter all students are fully eligible and get to "start over".*
7. *It will be the Activities Director's responsibility to document weekly eligibility for all students and to report weekly eligibility results to the student, parents, and appropriate coach or advisor if that student is put on week-to-week eligibility and/or declared ineligible for the week.*
8. *During the first week a student is ineligible, he/she will be allowed to participate in conditioning for any sport and rehearsals for any other co-curricular program. This will be at the discretion of the Activities Director and head coach or advisor of the appropriate co-curricular program(s).*
9. *During the first week a student is ineligible, he/she may accompany his/her team or other co-curricular program to any contests, performances, etc., at the discretion of the head coach or advisor. However, he/she may not "suit up" or in any way participate in such contests, performances, etc.*
10. *If a student becomes ineligible a second week during a quarter, he/she may not attend or participate in any co-curricular practices, rehearsals, performances, activities, etc., as a part of the team or group, for the rest of the current quarter.*
11. *The above policy may be modified by the Principal for extraordinary circumstances, but this should happen rarely if at all.*

**PARENTAL NOTIFICATION**

I understand the co-curricular policy and agree to the provisions of this policy.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**STUDENT ACKNOWLEDGEMENT**

I understand the co-curricular policy and will follow the guidelines or understand that appropriate consequences will be applied.

Student(s) Signature: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Date: \_\_\_\_\_

**NOTE** - One form is efficient in cases where siblings are all attending LHNE at the same time.

This notification must be signed and returned to the Activities Director, who will keep it on file, prior to the start of school or the first activity practice. Failure to return this notification will result in exclusion from activities.