

***Freeman
Jr.-Sr. High School***



***2018-2019
Activities Handbook***

www.freemanpublicschools.org

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Introduction

Student participation in extracurricular activities has been linked to improved attendance, higher academic achievement and greater student self-confidence and self-esteem. Freeman Public Schools provides students with the opportunity to participate in a comprehensive activities program which includes athletics, fine arts, and select clubs or organizations associated with academic areas.

The philosophy of activities at Freeman High School is such that participants are considered an integral part of the school's program of education, and are an extension of the classroom which provides experiences that will help students physically, mentally, and emotionally.

Although the school district believes strongly in the value of student activities, participation in the activities program is a privilege, not a right. Students must obey the rules set out in this handbook and any additional rules created by their coach or activity sponsor. This handbook is advisory and does not create a "contract" with parents, students or staff. The administration reserves the right to make decisions and make rule revisions at any time to implement the educational program and to assure the well-being of all students. The administration is responsible for interpreting the rules contained in the handbook. If a situation or circumstance arises that is not specifically covered in this handbook, the administration will make a decision based upon all applicable school district policies, and state and federal statutes and regulations.

Please read this handbook carefully. Students and their parents are responsible for complying with all of the rules and procedures detailed in this booklet. Parents must sign the acknowledgement and permission to participate form at the end of this handbook before their student will be permitted to participate in the activity programs of the district.

The provisions in this handbook are subject to change at the sole discretion of the Board of Education. From time to time, you may receive updated information concerning changes in the handbook. These updates should be kept within the handbook so that it is up to date. If you have any questions regarding this handbook, please contact the Superintendent for assistance.

Mr. Jeremy Schroeder, Principal

Mr. Scott Anderson, Athletic Director

Notice of Non-Discrimination

Students, their families, and potential employees of the Freeman Public High School are hereby notified that the Freeman Public High School does not discriminate on the basis of race, color, national origin, age, religion, marital status, sex, or disability in employment career and technology programs or activities as set forth in compliance with federal and state statutes and regulations. Any persons having inquiries concerning Freeman Public High School compliance with Title II, Title IV, Title VI, Title IX and/or Section 504 may contact Superintendent Randy Page, 415 8th Street, PO Box 259, Adams, NE 68301. Phone: 402-988-2525, Ext. 103. Email: rpage@freemanschools.net

Freeman Public High School offers the following career and technical education programs for all students regardless of race, color, national origin, age, religion, marital status, including those with limited English proficiency, sex, or disability: Business, Agriculture, Information Technology. Persons seeking further information concerning the career and technical education offerings and specific prerequisite criteria should contact Dr. Bob Michl, Principal, 415 8th Street, PO Box 259, Adams, NE 68301. Phone: 402-988-2525, Ext. 104. Email: bmichl@freemanschools.net

To obtain this information in a language other than English, call (402) 988-2525, ext. 103.

SPONSORS 2017-2018**CHEERLEADERS/SPIRIT CLUB****INSTRUMENTAL MUSIC****VOCAL MUSIC****COMPETITIVE SPEECH****ANNUAL STAFF****STUDENT COUNCIL****ONE ACT PLAY PRODUCTION****NATIONAL HONOR SOCIETY****ATHLETIC LETTER CLUB****JR-SR PROM****SENIOR CLASS****JUNIOR CLASS****SOPHOMORE CLASS****FRESHMAN CLASS****EIGHTH GRADE CLASS****SEVENTH GRADE CLASS****QUIZ BOWL COORDINATORS****FBLA****FFA****JR. - SR. CLASS PLAY****SADD**

Lacy Snook/Timary Vetrovsky

Marcy VanEngen

Lisa Delhay

Jen Kastanek/Becky Jobman

Jen Kastanek

Jeremy Schroeder

Amy Larkins/Marcy VanEngen

Becky Jobman

J.D. Dalrymple

Vicky Kelly

Vicky Kelly/Jeremy Schroeder

Ross Rumsey

Travis Andreasen

Marcy VanEngen

Sandy Renken

Marshall Payer

Danielle Fulcher/Jamie O'Connor

Ross Rumsey

Tony Jensen

TBD

Danielle Fulcher

FREEMAN COACHING STAFF 2018-19**FOOTBALL**

Travis Andreasen

Head Coach

Tony Jensen

Asst. Coach

Marshall Payer

Asst. Coach

Joe Gramann

Asst. Coach

Bob Floth

Jr. Hi. Coach

Jim McLaughlin

Jr. Hi. Asst.

Theron Troxel

Jr. Hi. Asst.

SOFTBALL

Cassie Muir

Head Coach

Greg Dorn

Asst. Coach

Lenny Beu

Asst. Coach

GIRLS BASKETBALL

Kristin Kroeker

Head Coach

Travis Andreasen

Asst. Coach

Asst. Coach

Ann Parrish

Jr. Hi. Coach

Dayna Anderson

Jr. Hi. Asst.

GIRLS TRACK

Sandy Renken

Head Coach

Dayna Anderson

Asst. Coach

Marshall Payer

Asst. Coach

Lindsey Israelson

Jr. Hi. Coach

Scott Anderson

Jr. Hi. Coach

SWIMMING

Head Coach – Coop with Beatrice

VOLLEYBALL

Scott Anderson

Head Coach

Dayna Anderson

Asst. Coach

Sandy Renken

Asst. Coach

Ann Parrish

Jr. Hi. Coach

Erin Sieh

Jr. Hi. Asst.

WRESTLING

Darwin Buss

Head Coach

Chandler Brandert

Asst. Coach

Darwin Buss

Jr. Hi. Coach

BOYS BASKETBALL

Jim McLaughlin

Head Coach

Marshall Payer

Asst. Coach

Kurt Little

Asst. Coach

JD Dalrymple

Jr. Hi. Coach

Ross Rumsey

Jr. Hi. Asst.

BOYS TRACK

Jim McLaughlin

Head Coach

Dayna Anderson

Asst. Coach

Marshall Payer

Asst. Coach

Ross Rumsey

Jr. Hi. Coach

*Freeman Public Schools follows state/national guidelines in hiring and retaining highly qualified staff to provide services to students. If parents have any questions or requests regarding Freeman staff, please contact the office and documentation will be provided.

Freeman High School has an extensive program of co-curricular activities that supplement the academic program of the school. Participation in these activities offers the chance for expression of interest, development of personality and poise, and the acquisition of talent that will carry over through an entire lifetime.

PHILOSOPHY

Any student is welcome to try out for any of the interscholastic activities available to them providing they meet the requirements established by the Nebraska School Activities Association and the school, and they agree to follow the guidelines established in this booklet.

Freeman High School offers a wide range of student activities. Each student is encouraged to participate in one or more activities. While activity participation is a key to success in life, it is important to make correct choices as you must commit yourself to goals or that organization or program.

The athletic program of Freeman Junior-Senior High School is designed to provide wholesome opportunities for those students who desire competitive activity in athletics.

It is our desire to instill in each athlete the image of a true "Falcon" athlete. He/she will:

1. Develop specific physical skills in each respective sport.
2. Demonstrate responsibility to others and self toward the achievement of common goals.
3. Demonstrate self-discipline.
4. Demonstrate the ability to set goals and make a plan to achieve those goals.
5. Demonstrate the ability to accept coaching in a positive manner.
6. Represent the Freeman Schools and communities in a positive manner.
7. Demonstrate good sportsmanship in victory and in defeat.
8. Demonstrate positive leadership skills.
9. Be provided with a valuable learning experience.

A great athletic tradition is not built overnight. It takes hard work and dedication of many individuals over many years. As a member of an interscholastic team, an athlete has certain responsibilities to uphold.

It is the Freeman school district's philosophical belief that the 7th & 8th grade sports program will emphasize student participation along with sports competition. There is an expectation for all athletes to strive to win as athletes are being prepared for varsity competition. It is at this level that athletes of varsity ability are made.

In high school, sports competition is emphasized over student participation. At no time does the athletic program place the total education curriculum secondary in emphasis.

Participation in athletics, both as a player and as a student spectator, is an important part of a student's total educational experience. Such participation is a privilege that carries with it responsibilities to the school, to the parents, to the communities, to the entire student body and to the athletes themselves. These experiences contribute to the knowledge and skill of the student athlete and will hopefully make them better people and better community citizens.

Responsibilities to Yourself

An athlete is someone special who has certain responsibilities imposed on him/her. An athlete is one who accepts these responsibilities and broadens him/herself and develops strength of character. Athletes owe it to themselves to get the greatest possible good from their school experiences: their studies, their participation in the other co-curricular activities, as well as from athletics. Strive to do whatever you do to the best of your abilities.

GENERAL INFORMATION

Senior High Sports Seasons (Nebraska School Activities Association)

All interscholastic sports are divided into three seasons - fall, winter, and spring.

The division of sports, the date of the first organized practice, and the closing of the season shall be as follows. No individual may participate simultaneously in more than one sport per season.

<i>FALL</i>	<i>OPENING PRACTICE</i>	<i>CLOSE OF SEASON</i>	
Football	August 6	State Finals	Nov. 20
Softball	August 6	State Tournament	Oct. 10-12
Volleyball	August 6	State Tournament	Nov. 8-10
 <i>WINTER</i>			
Wrestling	November 12	State Meet	Feb. 14-16
Girls Basketball	November 12	State Tournament	Feb. 28 - Mar. 2
Boys Basketball	November 12	State Tournament	Mar. 7-9
Swimming	November 12	State Meet	Feb. 21-23
 <i>SPRING</i>			
Boys & Girls Track	Feb. 27	State Meet	May 19-20

No organized practice may be held in any sport between the close of the previous season and the opening date of practice for the following season. An organized practice shall be defined as:

Football - more than 5 players under the direct supervision of a sponsor.

Basketball/Volleyball/Softball/Wrestling - more than 4 players under the direct supervision of a sponsor.

Track/Cross Country/Swimming-more than 3 players under the direct supervision of a sponsor.

Student Awareness - Warning

The purpose of this warning is to bring to your attention the existence of potential dangers associated with participation in extra-curricular activities. Participation in any activity may involve injury of some type. The severity of such injury can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck, and spinal cord. On rare occasions, injuries can be so severe as to result in total disability, paralysis, or death. Even with the best coaching, the use of the best protective equipment and strict observance of rules, injuries are still a possibility. Freeman Public School's coaches are well-qualified, professional people who have been instructed in First Aid techniques which are safe for athletes.

Academic Eligibility

To be eligible to participate in the school's activity programs, each student must (1) meet Nebraska State Activities Association (NSAA) requirements concerning scholastic eligibility (see Section Three of this Handbook), (2) be registered for 20 semesters credit hours and be in regular attendance, (3) be passing all classes on a weekly basis, and (4) not have any Incomplete marks on a weekly basis. Participants must attend practices and participate in all conditioning during any period of ineligibility. Students may not participate in any activity, performance or practice while serving a short-term suspension, long-term suspension or expulsion from school.

Activities on Wednesday and Sunday Night

According to the Nebraska School Activities Association, no athletic contests may be scheduled on Sundays. In addition, the school wishes to keep Wednesday nights free of activities. EXCEPTION: When a varsity athletic team is required to play in conference, district, or tournament competition. The policy further states: "There will be no activities scheduled for Sundays." EXCEPTION: When a team is required to play a contest on Monday on the varsity level, non-mandatory varsity practices may be scheduled on Sunday afternoon. For all such practices, permission must first be granted through the Activities Director. No other activities shall be scheduled on Wednesday evenings or on Sundays.

Admission Prices/Season Activity Passes

Admission for Freeman varsity contests will be \$5.00 for adults and \$4.00 for students and senior citizens (age 65+). Students in grades 7-12 are admitted free after paying for their activity fee. Admission for Freeman non-varsity contests (JH, JV, 9/10, etc.) will be \$2.00 for adults. Season passes are good for all home athletic events except holiday, conference and NSAA sponsored tournaments. Season passes offer significant discounts to regular admission prices.

Attendance for Practice/Games

A team member is not allowed to practice or participate if he/she is not in attendance for a full school day. Students must report to school before the conclusion of first period. A school-sponsored activity is an exception as are doctor and dental appointments, college visits, and other reasons that have been previously approved by the administration. A team member is not allowed to practice or participate if he/she leaves school at any time during the day due to illness.

If an athlete is unable to attend practice, he/she must contact the coach before the practice begins. Exception: When an athlete is absent from school, he/she does not need to notify the coach. However, most coaches appreciate knowing the reason why the athlete is absent from school. Each coach may have specific attendance requirements that will be given to each player before the season.

Closing/Stormy Weather Procedure

All activities will be cancelled or postponed in the event that school has been called off for inclement weather or any other reason as determined by the administration, unless the administration determines that it is permissible for the activity to continue as scheduled.

Certificated staff members are directly responsible for all students under their supervision in the classroom, and at any school sponsored activity. When severe weather strikes with little or no warning, staff members directly in charge of activities must determine in their best judgment, what actions will be in the best interest concerning the safety of their students.

At away events, when severe weather becomes a concern, coaches or sponsors along with the bus drivers will determine the best course of action to take, keeping in mind the safety of the students.

In the event that an activity may be canceled due to bad weather, the following media will be informed. Please listen to or watch any of the following: KWBE Radio 1450, KFOR Radio 1240, KFAB Radio 1110, KOLN/KGIN TV Channel 10/11, KLKN TV Channel 8. Electronic media (school website & twitter) as well as School Messenger will also be used whenever possible as well.

Complaint Procedure

To reduce conflicts in the school's activities program, students and/or their parents should use the district's formal complaint procedure to manage conflicts about the program. The complaint procedure is printed in the school's student handbook which may also be found online at the school's website.

Concussion Awareness

The Nebraska Concussion Awareness Act, effective, July 1, 2012, contains three primary components: Education, Removal of Athlete, and Written and Signed Clearance for Return to Play (RTP).

Freeman Public Schools will require yearly educational training of all coaches on how to recognize symptoms of a concussion and how to seek proper medical treatment.

Education

Freeman athletes and parents will be provided concussion information prior to an athlete's participation on an annual basis that includes a) signs and symptoms of a concussion, b) risks posed by sustaining a concussion, and c) actions an athlete should take in response to sustaining a concussion – including informing their coaches.

Removal of Athlete

Any Freeman athlete presenting with signs or symptoms of a concussion thereby being "reasonably suspected" of having sustained a concussion a) must be removed from participation, and b) may not return to participation until evaluated by appropriate licensed health care professionals.

If a student is reasonably suspected after observation of having sustained a concussion or brain injury and is removed from an athletic activity, the parent or guardian of the student will be notified by the school of:

- a. The date and approximate time of the injury suffered by the student
- b. The signs and symptoms of a concussion or brain injury that were observed, and
- c. Any actions taken to treat the student.

The school district will not provide for the presence of a licensed health care professional at any practice or game.

Written and Signed Clearance For Return to Play (RTP)

Any Freeman athlete having been removed from participation for the purpose of presenting with signs or symptoms or "reasonably suspected" of having sustained a concussion must have, before RTP or participation is allowed by a coach a) written and signed clearance from an appropriate licensed health care professional, and b) written and signed clearance from the athlete's parents.

*A licensed health care professional means a physician or licensed practitioner under the direct supervision of a physician (ie. – PA-C or APRN, a neuropsychologist, an athletic trainer, or a qualified individual able to a) provide health care services where doing so falls within one's scope of practice in Nebraska AND b) is trained in the evaluation and management of traumatic brain injury among a pediatric population.

School officials shall deem the signature of an individual who represents that he/she is a licensed health care professional on a written clearance to resume participation that is provided to the school to be conclusive and reliable evidence that the individual who signed the clearance is a licensed health care professional. The school will not take any additional or independent steps to verify the individual's qualifications.

www.NebSportsConcussions.org is an informational resource on sports-related concussions for coaches, athletes, parents, and community youth programs.

A Parent's Guide to Concussions

WHAT IS A CONCUSSION?

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

CONCUSSION FACTS

- It is estimated that more than 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System).
- Concussions occur most frequently in football, but girls' lacrosse, girls' soccer, boys' lacrosse, wrestling and girls' basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- Athletes who have symptoms from a concussion should not return to sports because they are still at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK MY CHILD HAS HAD A CONCUSSION?

An athlete who is suspected of having a concussion must be removed from play immediately, whether it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk of further injury, and even death. Parents and coaches are not expected to be able to “diagnose” a concussion, as that is the job of a medical professional. However, they must be aware of the signs and symptoms of a concussion and if they are suspicious, the child must stop playing:

WHEN IN DOUBT – SIT THEM OUT!

Every athlete who sustains a concussion needs to be evaluated by a health care professional who is familiar with sports concussions. Parents should call their child’s physician, explain what has happened, and follow the physician’s instructions. A child who is vomiting, has a severe headache, or has difficulty staying awake or answering simple questions should be taken to the parent’s doctor or emergency room immediately.

WHEN MAY AN ATHLETE RETURN TO PLAY FOLLOWING A CONCUSSION?

No athlete who has suffered a concussion should return to play or practice the same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Concerns about athletes who return to play too quickly have led state lawmakers in Oregon and Washington to pass laws stating that **no athlete shall return to play on the day he or she suffered a concussion and the athlete must be cleared by an appropriate health care professional before he or she are allowed to return to play in games or practices.** The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Once an athlete is free of symptoms of a concussion and is cleared to return to play by a health care professional knowledgeable in the care of sports concussions, he or she should proceed with activity in a step-wise fashion to allow the brain to readjust to exertion. On average, the athlete will complete a new step each day. The return-to-play schedule should proceed as below following medical clearance:

Step 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.

Step 2: Running in the gym or on the field. No helmet or other equipment.

Step 3: Non-contact training drills in full equipment. Weight training can begin.

Step 4: Full contact practice or training.

Step 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by a health care provider.

HOW CAN A CONCUSSION AFFECT SCHOOLWORK?

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization.

In many cases, it is best to reduce the athlete’s class load after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days or perhaps a longer period of time if needed. Decreasing the stress on the brain soon after a concussion may reduce symptoms and shorten the recovery period.

WHAT CAN YOU DO?

- Both you and your child should learn to recognize the “Signs and Symptoms” of a concussion as listed above.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season’s sports.

OTHER FREQUENTLY ASKED QUESTIONS:

Why is it so important that an athlete not return to play until they have completely recovered from a concussion?

An athlete who has not fully recovered from an initial concussion is very vulnerable to recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return-to-play decisions are carefully made. No athlete should return to sport or other at-risk participation when symptoms of a concussion are present and recovery is ongoing.

Is a “CT scan” or MRI needed to diagnose a concussion?

Diagnostic testing which includes CT (“CAT”) and MRI scans are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g., skull fracture, bleeding, swelling), they are not normally used, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete’s story of the injury and the health care provider’s physical examination.

What is the best treatment to help my child recover more quickly from a concussion?

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) may exacerbate the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms decrease, you may allow increased use of computers, phone, video games, etc., but the access must be reduced if symptoms worsen.

How long do the symptoms of a concussion usually last?

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases, symptoms may last for several weeks or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

How many concussions can an athlete have before he or she should stop playing sports?

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as the way the injury happened and length of symptoms following the concussion are very important and must be considered when assessing the athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?

The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time, we have very little knowledge of the long-term effects of concussions which happen during high school athletics.

In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or sheer force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to carefully manage each concussion.

Adapted from [A Parent’s Guide to Concussion in Sports](#), National Federation of High School Associations.

Some of this information has been adapted from the CDC’s “Heads Up: Concussion in High School Sports” materials by the NFHS’s Sports Medicine Advisory Committee. Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

Dances

School dances are part of the district's extracurricular activity program. Students who wish to participate in school dances must comply with the activity code. Students may be prohibited from participating in school dances as a consequence for violating school rules or these activity rules.

All high school dances are restricted to Freeman High School students and their guests. Any organization wishing to sponsor a dance must obtain permission from the principal regarding date and times. Each dance must be sponsored by at least two faculty members. Once admitted to the dance, students must remain until the close of the dance. Student who leave the dance will not be readmitted. Students who are academically ineligible will not be allowed to attend school dances.

The Homecoming dance is open to students and guests of Freeman High School. .

The Junior/Senior Prom is open to students and guests of the Freeman High School junior and senior classes. Guests must follow all rules that the students must follow. Each student is responsible for his/her guest's conduct. Appropriate attire is required for these dances.

Dress

Participants will be neat, clean, and well groomed. Participants will take pride in their dress and appearance. No outlandish dress or attire will be permitted. Attire will be appropriate and conservative as determined by each coach.

Dressing Room Policies

All athletes will be under the supervision of the coach in charge. An athlete must not linger in the dressing room, be rowdy, or endanger the safety of others. The coach in charge will address all cases of misconduct in the dressing area. Athletes are to respect equipment and supplies in the training room. Coaches' offices and equipment rooms are off limits to all athletes except student managers unless requested to enter by the coach.

Electronic Communication

The school board supports the use of technology by coaches, extracurricular sponsors, and other staff members to communicate with students for legitimate educational, extracurricular, and other school-related purposes. However, electronic communication between students and teachers, sponsors, and coaches shall be appropriate at all times and shall not violate any law, district policies, or the Regulations and Standards for Professional Practices Criteria, commonly known as Rule 27 of the Nebraska Department of Education ("Rule 27").

Equipment

The athletic department will furnish athletes with the needed equipment. The school's equipment is kept in good repair. In the case of contact sports, athletes are well protected.

Equipment will be checked out to individuals at the beginning of the season by the coach in charge. The athlete will be responsible for this equipment and should be prepared to pay for the cost of replacement if it is not checked in at the end of the season in reasonable condition. It is the responsibility of the athlete to check in the equipment at the end of the season or immediately should he/she quit the sport. If an athlete fails to check in equipment at the designated time, he/she will be expected to pay the cost of replacement. Collection for lost equipment will be handled in the principal's office.

At no time should an athlete wear equipment checked out to him/her except for practices and contests. Any athlete found to be wearing school equipment outside of practice or possessing school athletic equipment can expect to be treated as possessing property not belonging to him/her.

Fundraising

All school-sponsored fundraising activities must be approved by a member of the school district administration. Fundraising and/or collection of money from students for any activity must comply with the district's policies, including applicable provisions specifically pertaining to Booster Clubs and PTOs for non-school-sponsored fundraising.

Individual Training Rules and Rules of Conduct

Head coaches or sponsors may develop additional training rules or rules of conduct for their activity. These rules must fall within district policy compliance. Copies of these rules are to be provided to the Activities Director. Students are responsible for knowing these rules and complying with them.

Initiations and Hazing

Initiations and hazing by members of classes, clubs, athletic teams, or any other organization affiliated with the district are prohibited except as otherwise permitted by this policy. Any student engaging in hazing or non-approved initiations is subject to discipline as permitted by policy and law.

Initiations are defined as any ritualistic expectations, requirements, or activities placed upon new members of a school organization for the purpose of admission into the organization, even if those activities do not rise to the level of "hazing" as defined below. Initiations are prohibited except by permission of the superintendent.

Hazing is defined as any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership in any school organization. Hazing activities include, but are not limited to, whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with the intent to affront or alarm any person, a lewd fondling or caressing of the body of another person, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, or any brutal treatment or the performance of any unlawful act that endangers the physical or mental health or safety of any person.

Injuries

Participants who suffer any type of injury while involved in extracurricular activities must notify the coach or sponsor immediately. The coach or sponsor will then evaluate the injury and, if necessary, notify the participant's parents or seek immediate medical treatment.

If at any time during participation, a doctor removes an athlete from participation because of an illness or injury, the athlete must have a written release from a doctor before participating again. The written release must be given to the coach or sponsor of the activity.

NOTE: The release requirement will be satisfied if the initial doctor's order specifies the duration of the student's restriction from participation and/or competition. Also see Concussion Awareness above.

Insurance

The Freeman Athletic Department provides no insurance coverage. It is the responsibility of the parents to provide adequate insurance to cover any medical expenses which may be incurred while the student is participating in athletics. The school does offer supplemental student accident insurance. Forms can be obtained from the office.

Lettering Requirements

Each time an individual letters in high school, he/she will be awarded a letter certificate by the coach of that sport at the Activity Banquet. The first time an individual letters in **any** sport at the senior high level, he/she will be awarded by the coach of that sport, the standard chenille letter representative of athletes of the senior high level.

Requirements are based on varsity competition with some consideration given to reserve participation. The coach's discretion is required for all letter winners, as is completion of the season in good standing. Coach's approval includes consideration for attendance at practice and contests, contributions made to the team, and appropriate conduct by the participant at all times. An individual who is suspended from an athletic team may not letter in that particular sport. This pertains to the sport season where the infraction occurs and does not carry over to another sport.

When an athlete accepts his/her letter, he/she agrees to accept the responsibilities that go along with the letter, to continue to be active in the athletic program unless personal problems or injury prevent participation, and to agree to join the "Letter Club".

- Football* Anyone playing a minimum average of two quarters per varsity contest.
Reserve games will count as one fourth per quarter toward a varsity letter.
Quarters may also be earned through summer weight-lifting program.
Any senior playing four years but never gaining enough quarters to letter.
- Volleyball* A player must play a minimum average of one set per varsity contest.
Reserve games will count one third per set toward letter.
- Softball* A player must play a minimum of 25% of all varsity contests.
- Basketball* Playing a minimum average of one quarter per varsity contest.
A senior playing all four years, but not earning a letter.
Quarter qualification is voided if team advances past district tournament.
Reserve games will count one fourth per quarter toward a varsity letter.
Quarters may also be earned through summer weight-lifting program.
- Wrestling* Earn 24 points. Points toward lettering are awarded according to the following system.
-2 points for a varsity win or 1 point for a junior varsity win (by decision)
-3 points for a varsity win or 2 points for a junior varsity win (by pin)
Wrestlers may also earn a letter through outstanding team contribution (Coach's discretion)
- Track & C.C.* Earning an established number of "points" for the season as a result of attending practices, meets, and scoring at meets.
- Swimming* As per Coach's criteria.
- Cheerleaders* Meet all requirements outlined under the Spirit Club and Cheerleader Constitutions.

Off Season Practice Regulations

All interscholastic sports are divided into three seasons - fall, winter, and spring.
No individual may participate simultaneously in more than one sport per season.
No organized practice may be held in any sport between the close of the previous season and the opening date of practice for the following season. An organized practice shall be defined as:
Football - more than 5 players under the direct supervision of a sponsor.
Basketball/Volleyball/Softball/Wrestling - more than 4 players under the supervision of a sponsor.
Track/Cross Country/Swimming-more than 3 players under the direct supervision of a sponsor.

To have a well-rounded athletic program at Freeman High, and due to limited facilities for some sports, these guidelines are followed concerning off season unorganized practices.

1. During the time between the close of the school term and organized fall practice, there will be no restrictions on unorganized practices.
2. Nothing will be done by any coach or athlete to take away from the sport in season.
3. Coaches will encourage athletes to participate in other sports during the off-season.
4. Daily off-season practices will start after the practices of the sport in season and will be concluded before the daily practice ends so as not to interfere in any way with the sport in season.
5. No individual will be allowed to change sports during a season unless he/she has the approval of the coach of the sport they are quitting.
6. If an individual is dropped from a squad because of disciplinary reason, by the coaching staff or if they quit on their own accord, they may not practice for the next sport season using school facilities or under the supervision of a coach until the sport which he/she quit is completed.
7. If an individual is cut from a squad by the coaching staff, they may then participate in another sport of that season if permissible under the rules of the Nebraska School Activities Association. (Must practice five full days before competing.)

Participant/Spectator Conduct At Contests

Each participant and spectator should conduct him/herself in a manner that exemplifies good sportsmanship and conduct. Foul language, negative comments directed to participants or officials, and engaging officials are not allowed. Participants discrediting Freeman schools will be disciplined. Spectators violating conduct expectations may be suspended from Freeman contests for up to 2 weeks.

Photographs

Individual and team photos will be taken for all teams and individuals who want them. Individuals ordering photos must submit payment to the office by the due date.

Pre Practice Requirements

All athletes must meet the following requirements before they begin practice:

- A. Return a completed physical form to the head coach or high school office. Before the physical will be given, the athlete must supply the physician with a medical history report found on the physical form.
- B. Return the parental permission form to the head coach.
- C. Attend a pre-season meeting with the Activities Director (grades 9-12 only).
- D. Insurance - Must have proof that son/daughter is covered by medical insurance.

Secret Organizations

Secret organizations are prohibited. School officials shall not allow any person or representative of any such organization to enter upon school grounds or school buildings for the purpose of rushing or soliciting students to participate in any secret fraternity, society or association.

Starting, Dismissal, and Length of Practice

Starting times for practices are designated by the individual coach. Athletes are expected to be on time at the field/court. Under normal conditions, athletes will be required to report to practice, dressed, no later than 15 minutes from the time of school dismissal.

In order that athletes and their parents may plan accordingly, and for the welfare of the athlete, the following maximum length of practices will be enforced. This shall be considered from the time the athlete is expected to report to the practice facility to the time the athlete leaves the practice facility. This shall include scouting reports, film reviews, chalk talks, conditioning, weight lifting, etc.

EXAMPLES: If the volleyball team is required to be on the floor and ready for practice at 3:45, practice shall end no later than 6:00. If the football team is required to be on the practice field at 4:00, the team should be off the field by no later than 6:15. If the basketball team has a film review at 3:45 and doesn't take the floor until 4:15, the team shall be off the floor by 6:00.

Sr. High Athletics 2:15

Jr. High Athletics 2 hours

Student Fees

Junior High students participating in any extra-curricular activity will be required to pay a \$35 one-time fee to assist in offsetting costs for equipment, etc. Senior High students participating in any extra-curricular activity will be required to pay a \$50 one-time fee to assist in offsetting costs for equipment, etc. This fee will also allow students to attend all home activities free of charge (exception: Holiday BB Tourney, Conference Activities, District Activities). Refer to Student-Parent Handbook for more information.

Student Manager, Helpers, or Activity Aides

Students wishing to serve as student volunteers for extracurricular activities must gain the permission of the activity coach or sponsor. Student volunteers must comply with all of the rules and procedures contained in this handbook. No elementary students may be used. A maximum of 4 student managers (7-12) per team is allowed.

Summer Activities Participation

Participation in school run summer activities is encouraged but not mandatory. This includes strength training, team and individual skills camps, clinics, open-gym, etc. Coaches and athletes understand the summer is an excellent time to get bigger, stronger, faster, and more skilled.

Team/Organization Travel

Freeman athletic teams, organizational members, and staff members will travel to and from events by school bus or furnished vehicles of the school district. Participants are expected to be on time for departure to all events. Participants are expected to abide by the transportation rules and regulations as set forth in the Freeman Student-Parent Handbook. Coaches/Sponsors are expected to submit a roster of all people traveling to an event to the High School Office in advance of the trip. The bus driver shall also receive a copy of the roster.

All members of a team will return from a contest by the same transportation provided for taking them to the contest. Exception: an athlete may go home with his/her parents or immediate adult family member after a contest. The athlete's parents or immediate adult family member must gain permission from the head coach involved by speaking to him/her personally at the contest AND by signing off on the release section of the travel roster.

Traveling to Practice Fields or Courts

Whenever athletes are required to travel to another field or court for practice or a contest, they will walk. They will not walk on lawns. (Exception: Athletes may travel by vehicle to Zion Lutheran Church ballfield for softball practice/contest)

Weight Room Guidelines

Supervision will be under the coaching staff. Weights will be kept in an assigned area and will be used in the presence of an assigned supervisor present.

The weights will be used for the following purposes and in the following priorities:

- A. Physical education instruction - physical fitness program.
- B. By the sport in season - program to be designed by the head coach.
- C. Off-season practices.
- D. Conditioning program for athletes after regular programs have started. This program will not start until two weeks after the regular season programs have started.
- E. Summer conditioning program - for all athletes in grades 9-12 for the coming year.

Report all injuries to the supervisor immediately. Spotters must be used. Safety is the main concern for everyone. Actions that threaten weight room safety will not be tolerated.

CODE OF CONDUCT FOR ATHLETICS AND EXTRA-CURRICULAR ACTIVITIES

All students associated with Freeman Public Schools and participating in extracurricular or school sponsored activities (including all NSAA activities) are required to avoid conduct that is detrimental to the integrity of and public confidence in the school. Rules promoting lawful, ethical, and responsible conduct serve the interests of all people associated with the school. Illegal and irresponsible conduct puts people at risk, tarnishes the reputation of the offender and everyone else associated with the school, and undermines the public support and respect of the school district.

Standard of Conduct

Participation in school-sponsored or extracurricular activities is a privilege and not a right. Participants must follow board policy, this code, and all the training rules and rules of conduct of the coaches and/or activity sponsors. Students participating in school-sponsored or extracurricular activities are held to a high standard. Students are expected to conduct themselves in a way that is lawful, responsible, promotes the values upon which the school is based, and that brings credit to themselves and the school. Students who fail to live up to the required standard of conduct are guilty of detrimental conduct and subject to discipline under all school policies, the general student code of conduct, and these Activity Participation Rules.

Coach and Sponsor Rules

Coaches and/or activity sponsors shall establish training rules or rules of conduct for participation in or attendance at the activity or event. General training rules or rules of conduct shall be established prior to the activity or event. This Code shall control in the event that there is a conflict with coach or sponsor rules.

Prohibited Conduct

Students in school-sponsored and/or extracurricular activities may not engage in the following conduct:

1. Receipt of a criminal citation by law enforcement for any reason.
2. Conviction of a crime in adult court or the adjudication of a criminal charge in juvenile court.
3. Any behavior that is illegal under the laws of Nebraska or the United States of America regardless of whether it results in a criminal charge or conviction.
4. Any conduct that substantially interferes with the educational process or disrupts the activity or event.
5. Possession, use, distribution, or being at parties in the presence of alcohol, illicit drugs, tobacco, or controlled substances, or any lookalike or imitations thereof, without parental supervision, or being under the influence of alcohol, illicit drugs, tobacco, or controlled substances, or any lookalike or imitations thereof. "Lookalike or imitations" means substances such as K2 and products like electronic cigarettes, vapor pens, etc. (Note: the term "under the influence" for school purposes has a less strict meaning than it does under criminal law; for school purposes, the term means any level of impairment and includes even the odor of alcohol on the breath or person of a student; also, it includes being impaired by reason of the use or abuse of any substance for the purpose of inducing a condition of intoxication, stupefaction, depression, giddiness, paralysis, inebriation, excitement, or irrational behavior, or in any manner changing, distorting, or disturbing the auditory, visual, mental, or nervous processes).
6. Engaging in initiations, defined as any ritualistic expectations, requirements, or activities placed upon new members of a school organization for the purpose of admission into the organization, even if those activities do not rise to the level of "hazing" as defined below.
7. Engaging in hazing as defined by state law and this policy Hazing is defined as any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership in any school organization. Under state criminal law, hazing activities include, but are not limited to, whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with the intent to affront or alarm any person, a lewd fondling or caressing of the body of another person, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, or any brutal treatment or the performance of any unlawful act that endangers the physical or mental health or safety of any person. For purposes of school rules, hazing also includes any activity expected of someone joining a group, team, or activity that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate; personal servitude; restrictions on

personal hygiene; yelling, swearing and insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such on one's skin; binge drinking and drinking games; sexual simulation and sexual assault.

Such conduct is prohibited during the school year, regardless of whether it occurs on-campus or off-campus. School year means the period commencing on the first day of fall sports practice through the last day of spring sports practice, events, or attendance at school for a given school year.

Reporting of Incident

Students shall report any violation of these rules to the coach, principal, or superintendent no later than 30 minutes after the beginning of the next school day after the violation has occurred. Failure to report an incident will constitute a violation of these rules and will be taken into consideration in making disciplinary determinations under this policy.

Discipline

Students who violate any provision of these Activity Participation Rules may be subject to discipline up to and including expulsion from extracurricular activities and school sponsored events. Disciplinary action may include a probationary period and conditions that must be satisfied prior to or following reinstatement. Administrators will take the following into consideration when making disciplinary decisions:

1. Any prior or additional misconduct;
2. The nature and seriousness of the offense;
3. The motivation for the offense;
4. The amount of violence involved;
5. The student's demeanor and attitude regarding the violation;
6. The actual, threatened, or potential risk to the student and others due to the student's behavior;
7. Whether the student has compensated or will compensate the victim in the event of property damage or personal injury;
8. Whether the circumstances of the violation are likely to recur;
9. The student's willingness to participate in evaluations, counseling, or other programs;
10. Any mitigating factors;
11. Any other relevant factors.

A violation of the aforementioned rules will result in a suspension from all school contests and activities for 28 calendar days. The suspension begins at such time as the coach, sponsor, Principal, or Activity Director learns the student has violated the rule and continues from that date. At the conclusion of the suspension, the student may be reinstated provided he/she has met any and all additionally agreed upon conditions during that period.

Evaluation, Counseling, and Treatment

Apart from any other disciplinary procedures, students who violate any provision of these rules may be required to undergo a formal clinical evaluation at the administration's discretion. Based upon the results of that evaluation, the student may be encouraged or required to participate in an education program, counseling, or other treatment deemed appropriate by the evaluating professional.

A second conduct violation which occurs in the same school year will result in suspension from all contests and activities for the remainder of the school year.

Proof of violation shall be defined as follows:

1. Admission of a violation of rules to a coach, sponsor, Freeman School Administrator, or law enforcement officer.
2. Being observed in violation of Freeman training rules by any Freeman School employee.
3. Being observed or cited by a law enforcement officer.
4. Failure of a breathalyzer test of any similar test.

NOTE: The rules/consequences that apply to the Code of Conduct also apply to other situations where students fail to meet expectations of Freeman Public Schools. Code of Conduct violations include, but are not limited to such things as plagiarism, physical violence, bullying, cyber-bullying, and earning an

“unsatisfactory” mark in Citizenship. The length of the suspension from activities shall be determined by the Principal/Activities Director and may range from a minimum of one contest to 28 calendar days.

If suspended, the student must continue to participate in practices and conditioning during the suspension if required by the coach or activity sponsor. The failure to comply with the practice and conditioning requirement will make the student ineligible for reinstatement to the activity.

Discipline Procedures

Prior to any disciplinary action under this activities code, the following procedures shall be followed:

1. The principal and/or activities director shall make an investigation of alleged violation and provide an opportunity for the student to present his or her version of the facts surrounding the alleged violation.
2. The student and his/her parent or guardian shall be given oral or written notice of the information obtained as a result of the investigation and provided an opportunity to confer with the principal and/or activities director regarding the incident and any resulting disciplinary action.
3. The principal and/or activities director shall make a decision regarding disciplinary action after steps 1 and 2 have been followed and shall report to and consult with the principal regarding the decision.
4. The student or the student's parents will be given written notice of the disciplinary action taken within a reasonable amount of time by principal and/or activities director.

Review of Administrative Decision

A student or the student's parents may, within five (5) school days of the notice of disciplinary action from the principal and/or activities director, notify the superintendent in writing of their request for a review of the principal and/or activities director's determination. The superintendent or his or her designee shall review the situation and render a decision within three (3) school days from the date of the request for review. The superintendent's decision shall be in writing and shall be final.

Misrepresentations

Any misrepresentation of fact by a student regarding any alleged violation of these rules shall be considered a separate violation of these rules, and the student shall be subject to additional disciplinary action.

Questions

Any parent or student who has questions about board policy, this code, training rules or rules of conduct of coaches or activity sponsors, or their interpretation or application shall consult with the activities director and/or the superintendent.

Assistance

Students are encouraged to consult with their coach, an administrator, a counselor, or a teacher to obtain access to educational, counseling, and other programs and resources that may be available to help avoid misconduct that may result in discipline under this policy.

POLICIES & REGULATIONS GOVERNING STUDENT PARTICIPATION IN EXTRA-CURRICULAR ACTIVITIES

In order to represent a high school in interscholastic athletic competition, a student must abide by eligibility rules of the Nebraska School Activities Association. Eligibility requirements are established by the NSAA in its Constitution and its Bylaws and Approved Rulings. These documents can be found online at <http://nsaahome.org/yearbook.php>. A summary of the major rules is given below. Contact the principal, activities director or the activity sponsor or coach for an explanation of the complete rule.

1. Student must be a *bona fide* student of their member school and have not graduated from any high school.
2. After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school membership beginning with his/her enrollment in grade nine.
3. Student is ineligible if nineteen years of age before August 1 of current school year. (Student in grades 7 or 8 may participate on a high school team if he/she was 15 years of age prior to August 1 of current school year.)
4. Student must be enrolled in some high school on or before the eleventh school day of the current semester.
5. Student must be continually enrolled in at least twenty credit hours per semester and regular in attendance, in accordance with the school's attendance policy at the school he/she wishes to represent in interscholastic competition.
6. Student must have been enrolled and received twenty of credit hours in school the immediate preceding semester.
7. **Guardianship does not fulfill the definition of a legal parent.** If a guardian has been appointed for a student, the student is eligible in the school district where his/her legal parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for review and a ruling.
8. A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After a student makes an initial choice of high schools, any subsequent transfer, unless there has been a change of domicile by his/her parents, shall render the student ineligible for ninety school days. If a student has participated on a high school team at any level as a seventh, eighth, or ninth grade student, he/she has established his/her eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, he/she shall be ineligible for ninety school days.
9. Student eligibility related to domicile can be attained in the following manners:
 - a. If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.
 - b. If the domicile is changed during the summer months and the student is in grade twelve and the student has attended the high school for two or more years, the student may remain at the high school he/she has been attending and retain eligibility.
 - c. If a student elects to remain at the same high school initially enrolled after being promoted from grade eight of a middle or junior high school, or grade nine of a junior high school, he/she is eligible at that school, or is eligible at a high school located within the school district in which the parents established their domicile.
 - d. If the legal parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student shall be eligible immediately in the school district where the parents established their domicile.

10. Nebraska transfer students whose name appears on the NSAA transfer list prior to May 1 shall be eligible immediately in the fall. Those students whose name does not appear on the NSAA transfer list prior to May 1 shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
11. Nebraska transfer students must have signed and delivered all forms necessary to make such transfer to the school in which he/she intends to enroll for the 2018-19 school year prior to May 1, 2018; for the student to be eligible, the school to which the transfer is being made must have notified the NSAA office via an NSAA online transfer form, no later than May 1, 2018. The student would become ineligible for ninety school days the next fall if the student were to change his/her mind and decide not to transfer. If such student were to transfer to the new school, but later decides to return to his/her former district before 90 school days have elapsed, such student will be ineligible in the former district for 90 school days, with the ineligibility period commencing at the start of the fall semester. Those students, who did not have their enrollment forms signed, delivered and accepted prior to May 1, 2018, shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
12. Once the season of a sport begins, a student shall participate in practices and compete only in athletic contests/meets in that sport, which are scheduled by his/her school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules
13. During the season of a particular sport, athletes participating in that sport for a high school may attend, but may not physically take part, either as an individual or as a member of a team, in the sport activity in which instruction is being offered in the clinic, camp or school. (*Refer to NSAA Bylaw 3.5.1.1 for exception in Swimming and Diving.)
14. A student shall not participate on an all-star team while a high school undergraduate.
15. A student must maintain his/her amateur status.

SCHOOL ORGANIZATIONS/ACTIVITIES

Freeman Senior High School offers a wide range of student organizations/activities. It is hoped that every student will take part in at least one of the organizations/activities. While activity participation is a key to success in life, it is important to make the correct choice as you must commit yourself to the goals of that organization or program. Other school events, such as Prom, Homecoming, etc., fall under the same guidelines of eligibility as athletics and organizations.

Athletic Letter Club

The Athletic Letter club promotes school unity through athletics, provides financial support to the athletic program, and develops strong moral and ethical leadership in athletics.

Sponsor: J.D. Dalrymple

Cheer Squad

Participants are selected by the sponsor(s) or judges appointed by the sponsor. Members of the cheer squad will attend all home and selected away athletic contests. The purpose of the Freeman Cheerleading organization is to provide moral support to athletic teams, to maintain enthusiasm and school spirit, to promote physical fitness, and to acquire near perfection in routines.

Sponsors: Lacy Snook & Timary Vetrovsky

Future Business Leaders of American (FBLA)

The purpose of FBLA is to provide, as an integral part of the instructional program, additional opportunities for secondary students in business and office education, to develop vocational and career supportive competencies, and to promote civic and personal responsibilities.

Sponsors: Ross Rumsey

FFA

The purpose of the FFA organization is to create an enthusiasm for agricultural related opportunities and to provide instructional opportunities for those students interested in pursuing agricultural related careers.

Sponsor: Tony Jensen

Music

All students are eligible to participate in instrumental and vocal music classes at Freeman High School. Because they take place during the school day, they will be considered academic in nature. School concerts, pep band, conference music clinics, and other events are an extension of the classroom and require attendance per the classroom teacher.

Any performance/activity within the music department that is "graded" will be treated as an extension of that classroom and not as "extracurricular." This includes, but may not be limited to concerts, pep band performances, parades, recitals, and contests. (ie – Malcolm Music Contest, MUDECAS Music Contest, District Music Contest).

Any music event that is considered a privilege or "Honor" event will be considered "extracurricular and will be subject to the provisions of student eligibility as they are "not graded." (ie – ECNC Honor Band/Honor Choir, All-State Band/Choir, Meridian Honor Band, etc.)

Students not in compliance with NSAA Eligibility Rules will not be able to participate in NSAA sponsored music activities. Students who violate Freeman Public Schools activities participation/eligibility rules will be ineligible to participate in any music events which occurs during the suspension period.

Members of music groups (Mixed Chorus & Band) meeting the necessary guidelines are required to take part in every activity the group participates in. If for any reason a member wishes to be excused from an activity, arrangements must be made prior to the activity, and the validity of the excuse will be determined by the music department and the administration. It is felt that school activities should have priority over other activities; however, conflicts may arise and these will be given due consideration.

Students have a copy of the current grading and lettering policy.

Sponsor: Marcy VanEngen/Lisa Delhay

National Honor Society

The purpose of the society is to create an enthusiasm for scholarship, promote worthy leadership, encourage public service, and develop character in all high school students.

Sponsor: Becky Jobman

One-Act

One Act is an NSAA Sponsored Activity/Competition with conference, district, and state contests.

Students in grades 9-12 selected to participate will be competing in a 30 minute play production. This is a fall season activity.

Sponsors: Amy Larkins/Marcy VanEngen

Play Productions

The purpose of this activity is to create an understanding and appreciation by students of good dramatic literature and production, and to instruct students in acting and play production. The Junior and Senior classes combine to present a play in the spring.

Sponsors: Lisa Delhay

Speech Team

Freeman High School speech team is designed to promote the art of speaking among students on a competitive level.

Eligibility of Students

Students in speech class or any other student in grades 9-12 are eligible to participate on the speech team. Students who participate outside of the established speech class will be considered as being on the speech team as an extra-curricular activity.

Participation

Students enrolled in speech class will be expected to participate in both conference and district speech contests. Students not in speech class must declare to the speech coach in advance of a competition that he/she is interested in participating by registering for Independent Speech. Two weeks before the contest, the student must have his/her written speech material approved by the speech coach in order to be eligible to participate.

Sponsors: Jen Kastanek/Becky Jobman

Spirit Club

The purpose of the Spirit Club is to promote and uphold the true ideals of sportsmanship and youth leadership by promoting the school's athletic teams and activity organizations.

Sponsors: Lacy Snook & Timary Vetrovsky

Student Council

The Student Council is the representative student organization of Freeman High School. Its purpose is to bring the interest of the students before the school administration, to provide opportunities for cooperation with the school and community, promote the general welfare of the school, bolster school morale, hold a sentiment for law and order, and promote service activities to the school/community.

Sponsor: Erik Sokol

Students Against Destructive Decisions

The purpose of this organization is to create awareness of the benefits of avoiding destructive decisions. This encompasses more than just drugs and alcohol, but also making good choices in every aspect of daily life.

Sponsors: Danielle Fulcher

Quiz Bowl

The purpose of this organization is to compete in both the Junior High and High School competitions. It is a game in which two teams compete head-to-head to answer questions from all areas of knowledge, including history, literature, science, fine arts, current events, popular culture, sports, and more.

Sponsors: Danielle Fulcher & Jamie O'Conner

AFFIRMATIVE ACTION

Designation of Coordinator(s)

Any person having inquiries concerning this district's compliance with anti-discrimination laws or policies or other programs should contact or notify the following person(s) who are designated as the coordinator for such laws, policies or programs. The contact address for the coordinator is: Mr. Randy Page, Superintendent, Freeman Public Schools, P.O. Box 259, Adams, Nebraska 68301, (402)988-2525.

Law, Policy or Program	Issue or Concern	Coordinator
Title VI	Discrimination or harassment based on race, color, or national origin; harassment	Superintendent
Title IX	Discrimination or harassment based on sex; gender equity	Superintendent
Section 504 of the Rehabilitation Act and the Americans with Disability Act (ADA)	Discrimination, harassment or reasonable accommodations of persons with disabilities	Superintendent
Homeless student laws	Children who are homeless	Superintendent
Safe and Drug Free Schools and Communities	Safe and drug free schools	Superintendent

AUTHORIZATION AND ACKNOWLEDGEMENT

WARNING: SERIOUS CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion and numerous other exposures to risk of injury. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will eliminate these risks. Students have suffered accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment while playing sports. By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists. Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

I understand the statement above and I understand that by allowing my student to participate in athletic events, I assume the risk that he/she may be injured, perhaps severely.

Signature of Parent

Printed Name of Parent

Date

ACKNOWLEDGEMENT OF CONDUCT CODE

I understand that as a student representing the school district in activities, I am obligated to comply with the activities handbook, including the code of conduct. **This means that I may not be at parties in the presence of alcohol, illicit drugs, or controlled substances at any time during the school term unless I am accompanied by a parent. It also means that I may not possess or use alcohol, illicit drugs, or controlled substances at any time during the school term.** I understand that if I violate the code of conduct or other rules in this handbook, I may be suspended from participation in all co-curricular activities and/or school sponsored activities or events.

Signature of Student

Printed Name of Student

Date

I understand that my student is obligated by this handbook, including the statements above.

Signature of Parent

Printed Name of Parent

Date

