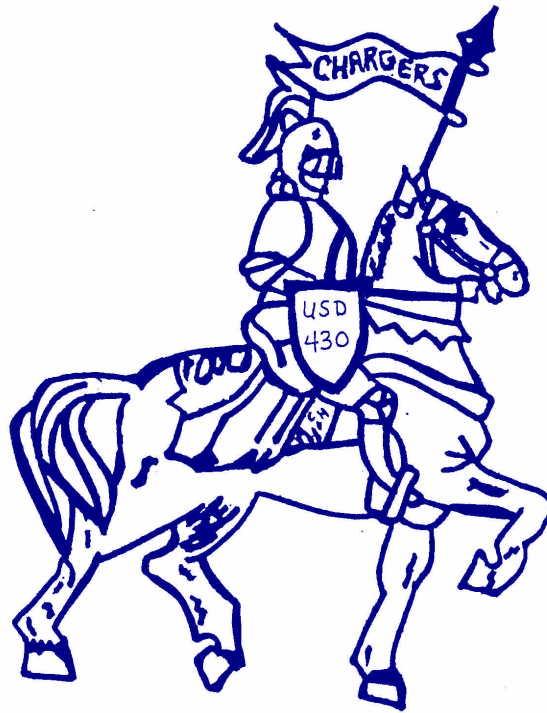


**USD #430**  
**South Brown County**  
**Coaches' & Sponsors'**  
**Handbook**



**2017-2018**  
**Activities & Athletics**  
**for**  
**Everest Middle School**  
**Horton High School**

## **STATEMENT OF PHILOSOPHY**

Extracurricular activities are an important component of the educational program at U.S.D. #430 South Brown County, Everest Middle School/Horton High School. These activities can, should, and must reinforce our academic programs. A well-balanced curriculum that is accompanied by athletics and activities provides an opportunity for physical, social and emotional growth, but it also strives to stimulate intellectual growth. The academic program teaches cognitive skills; the activities program endeavors to stimulate responsibility. Responsibility is mastered through dedication, discipline, and determination. The opportunity of participating in extracurricular activities challenges the student to become dedicated to the refinement of one's self. Furthermore, participation shall be deemed as a privilege and an honor to represent the school. In order for these programs to be successful:

- Students must learn determination in aspiring to reach their goals, both personal and team/group.
- They must receive encouragement from parents, school officials, coaches, sponsors, teachers, patrons and advisors. It is the philosophy of the Board of Education to, within the means of the district, provides the opportunity of extracurricular participation without regard to sex, race or creed.
- All participants must learn to accept success and failure, gain confidence in themselves, as well as poise. The student will strive to understand others, comprehend tolerance, and gain the feeling of self-actualization by accomplishing these goals.

It is through an efficiently administered total school program, that students and spectators become better citizens. We will participate and observe the principles and procedures of the Kansas State High School Activities Association with an emphasis on conduct and sportsmanship.

## **ATHLETIC PROGRAMS**

All USD #430 athletic programs beginning at the seventh grade level are an extension of the high school varsity program and are under the direction of the head high school varsity coach. Throughout all levels, an appropriate progression of skills and concepts will be coordinated and reaffirmed. At all levels of instruction, an effort will be made to balance the emotional welfare of the individual, the needs of the team, and the physical requirements of the sport.

### **ATHLETIC PROGRAMS—MIDDLE SCHOOL**

At the middle school level, participation and equitable opportunity for skills development is encouraged with appropriate, not necessarily equal, playing time opportunities afforded all participants.

## **ATHLETIC PROGRAMS—HIGH SCHOOL**

Beginning at the 9<sup>th</sup> grade level of participation, the philosophy of playing time begins to shift focus, with more attention given to team success. At the freshman and junior varsity levels, equitable opportunity for individual skill development continues to be a priority; however, playing time opportunities are earned, reflecting the individual's level of skill, attitude, and commitment to program and team policies and expectations.

At the varsity level, high commitment is given to team and individual excellence, to include skills, strategies, and attitude. Varsity team status is awarded to those individuals who have best demonstrated achievement in these related areas.

### **NON-DISCRIMINATION STATEMENT**

U.S.D. #430, South Brown County, Horton, Kansas, "Discrimination against any individual on the basis of race, color, national origin, sex, disability, age or religion in admission or access to, or treatment or employment in the district's programs and activities is prohibited." Questions regarding this statement should be directed to:

Superintendent of Schools  
522 Central  
Horton, Kansas 66439  
785-486-2611

### **ACTIVITY DIRECTORS, SPONSORS, COACHES, TEAMS, GROUPS**

**ACTIVITY DIRECTORS:** Organizes, and schedules all athletic, KSHSAA sponsored activities, and clubs as listed below, and supervises the respective sponsors and coaches. Supervising of activities is the responsibility of the High School Activity Director and Principals.

**REPORTS TO:** High School and Middle School Principals.

**SPONSORS/COACHES:** Organizes, and schedules all practice for their sponsored activities or clubs. Head Coaches/Sponsors supervise their respective assistant coaches/sponsors. Supervising of activities is the responsibility of the High School Activity Director and Principals. They are responsible for the students in their sponsored activities or club during any practice, game, activity, event, or required transportation and must meet requirements as set by state certification, board approval, and KSHSAA.

**REPORTS TO:** Activities Director

**TEAMS/GROUPS:** All Middle School and High School sports sanctioned by South Brown County Schools; any group who competes in KSHSAA sponsored events; other clubs, groups or teams as designated by the administration. All of the teams/groups must have rules of training/participation that coincide with U.S.D. #430 total activity philosophies.

**REPORTS TO:** Principals, Activities Directors, Sponsors, Coaches

## ACTIVITIES COVERED

All school-sponsored teams, organizations and groups, which include, but are not limited to:

<b><u>HIGH SCHOOL SPORTS</u></b>	<b><u>HIGH SCHOOL ACTIVITIES</u></b>	<b><u>MIDDLE SCHOOL SPORTS</u></b>	<b><u>MIDDLE SCHOOL ACTIVITIES</u></b>
Basketball (B/G)*	Band*	Basketball (B/G)*	Band*
Cross Country (B/G)*	Cheerleading*	Football*	Cheerleading*
Football*	Dance Team*	Track (B/G)*	Scholars Bowl*
Golf*	Drama Club	Volleyball*	Student Council*
Power Lifting	FCA		Vocal Music*
Track (B/G)*	FCCLA		
Volleyball*	FFA		
	Forensics*		
	K.A.Y.S.*		
	NASA		
	National Honor Society*		
	Scholars' Bowl*		
	Skills USA		
	Spanish Club		
	Student Council*		
	Theater/Musical		
	Vocal Music*		

\*KSHSAA regulated groups

## CONFERENCE ALIGNMENT

Everest Middle School and Horton High School are members of the Northeast Kansas League. The middle school league is composed of nine schools from Jefferson, Leavenworth, Jackson, Atchison, and Brown counties of Northeast Kansas, and the high school is composed of nine schools from Jefferson, Leavenworth, Jackson, Johnson, Doniphan, and Brown counties in Northeast Kansas. The high school portion of the league competes as one 12-team unit. Both levels have a variety of competitive activities.

### Northeast Kansas League

<b>USD</b>	<b>HIGH SCHOOL</b>
#449	Easton-Pleasant Ridge
#430	Horton
#335	Jackson Heights
#339	JCN (Winchester)
#342	McLouth
#341	Oskaloosa
#338	Valley Falls
	Maur Hill

## **Northeast Kansas Middle School League**

<b>USD</b>	<b>MIDDLE SCHOOL</b>
#449	Easton-Pleasant Ridge
#430	Everest
#335	Jackson Heights
#339	JCN (Winchester)
#342	McLouth
#341	Oskaloosa
#338	Valley Falls
	Xavier
	St. Benedicts

### **COACH /SPONSOR RESPONSIBILITIES**

#### **GENERAL EXPECTATIONS**

1. All coaches and sponsors will be responsible for the implementation and supervision of Board Policy with respect to the athletic/activity programs offered by the South Brown County USD #430 School District.
2. Coaches and sponsors will uphold their contractual and professional obligations.
3. Coaches and sponsors will follow KSHSAA regulations.
4. Coaches and sponsors will keep current on rules, strategies, and regulations that affect their sport or activity.
5. Professional behavior is expected at all times when dealing with athletes, faculty, administration, parents, fans, opponents, and officials.
6. It is strongly recommended that all coaches be certified in first aid and/or have had current instruction in athletic training and conditioning.
7. Follow the proper procedures when confronted with an issue needing resolution. Coaches/sponsors will direct all complaints, questions, requisitions, work orders, etc., in writing and shall deliver them to the activities director for consideration.
8. If there is a question in your mind regarding the athletic program or school policy, ask the activities director before you proceed.
9. There will be a preseason and a postseason meeting with the activities director and the head coach each year.
10. Coaches/Sponsors will do daily practice schedules and provide schedules to the activities directors upon request.
11. All coaches/sponsors shall be responsible for submitting written notices for the daily announcements concerning practice times, departure times, bus schedules, game results, and lists of students to be excused if class time is involved. Student lists should be turned at least two (2) days before an activity.

12. Coaches are to submit the results of Horton High School games to the media as specified by the Northeast Kansas League.
13. If an athlete is dropped or added to the roster, or if an athlete quits, the activities director must be notified in writing at the start of the next day.
14. Entries are the responsibility of the coach/sponsor. KSHSAA forms may be obtained from the activities director upon request. A copy is to be given to the Activities Director.
15. Entry fees, meal allowance, turnpike fees, and other expenses that may be incurred for specific events must be put on a requisition and approved by the activities director.
16. Entry fees that are contracted between schools will be taken care of by the Activities Director. Entry fees that are subject to the number of entries or medals won should be requisitioned by the coach/sponsor.
17. Rosters:
  - a. Pre-season rosters must be turned into the office of the Activities Director after the first week of practice. Uniforms must be issued to athletes after one (1) week of practice so that numbers can be turned into the Activities Director's office at least one week before the first date of competition.
  - b. Post-season rosters of letter winners and participants must be turned in on the correct form, and in alphabetical order, to the activities director's office within one (1) week following the conclusion of the season.
18. Consult with the administration, custodial staff, faculty, and activities director so that all are informed of plans for specific events. NEVER ASSUME!

### **SCHEDULING EVENTS**

1. All competition scheduling will be done through the ACTIVITY DIRECTORS' office and will be done a year in advance when at all possible.
2. No games or meets will be scheduled on Wednesday nights or Sundays.
3. Should school be cancelled, all home events will be cancelled. Away contests are subject to administrative decisions.
4. Consideration will be given to available dates on the calendar when events that will not interfere with other activities or require students to be absent from class in excess.
5. Teachers will be informed of activity events, which might affect their classroom, daily schedule, planning, or student population by coach/sponsor and Athletic Director.

## **PRACTICES**

1. Certain factors must be taken into consideration when working out practice schedules. These include: facilities, condition of athletes, weather conditions, and supervision.
2. All KSHSAA requirements regarding starting dates, practice types, number of practices, and holiday moratoriums will be strictly followed.
3. Practice times will **start 15 minutes after school is dismissed** for the school day unless otherwise approved by the Athletic Director in written form.
4. All practice/workouts shall never be more than two hours and 15 minutes in length with the exception of special occasions with permission granted by the activities director. When using shared facilities, that facility must be available for the shared activity by the time designated by the Athletic Director.
5. Practices at the Everest Middle School will conclude in time for the shuttle bus to leave the Everest Middle School at 5:15 pm. Football practice must concluded in time for the shuttle bus to leave Everest at 5:30 pm.
6. Practice will not be held on Saturdays, Sundays, or school holidays unless the Activities Director, Principal or Superintendent has granted special permission. Coaches/sponsors will submit dates and times in writing to the Activities Director for prior approval, 24 hours in advance of each request.
7. Time and place of practices will be scheduled with the Activities Director and will be adhered to.
8. There are times when other patrons will use our facilities. Coaches or sponsors will be notified in advance when this situation occurs. No outside recreation groups or teams will take precedence over school-sponsored events.
9. Practices will be held when school has been cancelled for inclement weather at the discretion of the Coach, Activities Director and Principal.
10. There will be no practices scheduled during parent-teacher conferences or in-service hours unless there is prior administrative approval of at least 5 school days.

## **SUPERVISION OF STUDENT PARTICIPANTS**

### **GENERAL RESPONSIBILITIES**

1. Students should be supervised in the classrooms; locker rooms, weight room, and at all school facilities.
2. Coaches/Sponsors should make sure students use the designated entry and will not block any door open.

3. Coaches/sponsors are never to leave until all students have safely left the school grounds. Never leave students unsupervised.
4. If you are coaching or sponsoring a team or group, the staff will supervise the team/group to and from the event.

### **TRANSPORTATION**

1. All transportation requests must be submitted at the beginning of each sport season.
2. Coaches/sponsors **WILL NOT** transport students in their own vehicles.
3. Request the use of a district van with the Activities Director, two weeks in advanced.

When using school vans:

- record beginning and end mileage on the Activity Trip Sheet
- clean out trash after use.
- obtain keys from and return keys to the Board of Education Office.
- fill up the gas tank, sign the ticket and turn in with the Activity Trip Sheet.
- lock the van when leaving the vehicle.
- place keys and Activity Trip Sheet in the slot at the Board of Education Office.

### **TRIP SUPERVISION RESPONSIBILITIES**

#### **ALL TRIPS:**

All students will behave appropriately and safely while riding on a school bus. Behavior, which prevents drivers from doing their job or preventing other students from having safe transportation, will not be tolerated. The following regulations are applicable to all students transported on regular and activity routes. The bus driver is charged with the responsibility of maintaining a safe, disciplined bus on regular routes and the activity sponsor or coach is charged with the same responsibility for activity trips.

Passengers who do not observe the rules of bus conduct to the satisfaction of the driver/sponsor/coach may be denied the privilege of bus transportation. The driver/sponsor/coach shall advise the passenger of the misconduct and ask the passenger to modify his/her behavior. If the passenger does not respond, the driver/sponsor/coach may issue a Bus Conduct Report. Short term or permanent suspension from riding the school bus may be necessary if the student does not comply with conduct rules.

1. The driver is in charge of the passengers on the bus.
2. The passenger may select a seat; however the coach/sponsor has the authority to assign seats on a temporary or permanent basis as necessary.
3. Passengers must be on time and driver must make every attempt to follow the schedule.
4. Passengers must not stand in the roadway or street while waiting for the bus.



5. Passengers will not litter, write on, or damage the bus in any way.
6. Passengers will keep all body parts and all objects inside the bus.
7. Unnecessary conversation between the driver, coaches, sponsors and passengers is discouraged. Passengers shall not talk in a loud voice or otherwise distract the driver's attention.
8. Passengers are to stay in their seats while the bus is in motion. Students must face the front. No standing or changing seats.
9. When leaving the bus, passengers must observe the directions of the driver and if the road must be crossed, the passenger shall cross in front of the bus after making sure the roadway is clear.
10. Passengers shall be responsible for the seat space they occupy. Seat covers shall not be defaced or cut. The driver, coach and sponsor will inspect the bus for damage.
11. The aisles, windows and emergency exits will be kept clear.
12. Passengers will not use profanity.
13. Passengers will not make rude gestures.
14. Passengers will keep their hands, feet, and objects to themselves.
15. Animals or insects are not allowed on the bus.
16. No food/beverages on bus (unless prior approval, in writing, by the principal for activities).
17. Bus drivers are not responsible for articles left on the bus. Check with the coaches and sponsors for lost articles.
18. No weapons are allowed on the bus.
19. CD players, Game boys, use of headsets, tape recorders, toys, etc. are not allowed while the bus is in motion. With the exception that MP3 players, and headphones are permitted on the bus on the way to and from meets, as long as only one ear bud is used.
20. Book bags, equipment and musical instruments will be kept in the seat with the passenger if possible.
21. No large objects or other potentially hazardous objects will be transported on the school bus that might cause an obstruction to the bus driver's vision throughout the school bus. Examples of these objects are large classroom projects, large vocational projects, large balloon arrangements, etc. The parents and the student will need to find other ways to transport these objects from school to home. Please keep in mind if large balloon arrangements are sent to school, they WILL NOT be transported home or to activities on the bus.

22. The coach/sponsor and students will clean up the bus/van when they exit.
23. Coaches/Sponsors will sit in the front, middle and back of the bus. They WILL NOT sit side by side in the front. Supervision must be provided.
24. Girls/Boys (bus divided)
  - The bus will be divided by the walkway in the Bus.
    - a) The GIRLS will sit on one side of the walkway.
    - b) The BOYS will sit on the other side of the walkway.
25. Exit-One side at a time.
  - The students will exit one side of the bus at a time. The students will sit in their seats until the driver tells them it is time to exit.
26. Exit-Seat by Seat
  - The students will exit seat by seat as told by the driver. The students will stay in their seats until told to exit by the driver.
27. Assigned Seats
  - The driver MAY assign seats to help enhance more control and order on the bus.
28. All Rules
  - All rules will be enforced.

### **AREA TRIPS**

1. Leave locker/classrooms, as you found them or cleaner.
2. Take proper care of the host school's facilities and equipment.
3. Secure valuables.
4. Stopping to eat after games shall be requested, on the Trip Itinerary, to the Activities Director. If permission is granted, in written form, announce at least 24 hours in advance to the participants so they can make arrangements with their parents. Stopping on a school night is discouraged.
5. A district Parent Event letter, with directions, departure and return times must be handed out at least twenty-four (24) hours prior trip departure.

### **OVERNIGHT TRIPS**

1. Overnight trips are not encouraged by USD #430 South Brown County and are supported only after discussion and approval by the Activities Director and Principal.

2. Items considered for overnight trips:
  - a. Student safety
  - b. Educational value
  - c. Available sponsorship
  - d. Reimbursement by KSHSAA
  - e. Expense to the district
3. Students will be assigned rooms by the coach/sponsor.
4. Designate a "lights out" time
5. Monitor room activities of students. Arrange with hotel management to have stops put on pay per view movies and phone use.
6. Have students check in with sponsor/coach each hour on the hour until lights out.
7. Keep track of receipts for expenses and turn them in to central office upon your return.
8. Motel phone numbers and tentative itinerary should be made available to the Activities Director and parents prior to the trip.
9. Students will not stay with parents when representing USD #430 Schools unless approved by the administration.

### **FIELD TRIPS**

1. There may be extracurricular field trips by teams or groups as per school policy. Athletic team trips are considered part of practice.
2. Field trips should be scheduled through the office as per Faculty Handbook policy and procedures will follow the district policy.

### **BUILDING SECURITY**

1. Coaches/sponsors are responsible for securing the building before they leave school property.
2. Check doors to make sure they are locked.
3. Put away all equipment and lock the storage areas.
4. Shut off the lights.
5. Notify the Activities Director or Principal immediately if you find a potential security problem.
6. **Do not block/prop doors open at any time!**
7. You are responsible for any proper or improper use of your keys. **Be careful!**

## **ACCIDENT PREVENTION AND PROCEDURES**

1. Check and secure your area to prevent injuries.
2. Plan your activities with safety precautions in mind. Include proper warm-up, cool down, and training procedures on practice schedules.
3. Coaches/Sponsors must have permission to treat and emergency contact numbers available for all students in their charge and use them as stated in the Faculty Handbook.
4. Accident reports must be filled out for incidents where the parent is contacted. Accident report forms may be obtained from the Activities Director.
5. When in doubt, treat the injury/illness as serious and call the parents.
6. Contact your administrator as soon as possible (the day of the event) when injuries occur.
7. Coaches must carry a well-stocked training kit to all events.
8. All treatment and rehabilitation issues will be documented and kept on file.
9. Anytime a participant shows signs, or is suspected of having a concussion, a concussion checklist must be completed on the student. A copy of the concussion checklist should be given to the student, the parent should be contacted, and copy will be given to the school nurse. The student may not participate in either practice or game until cleared by a physician.

## **ATTENDANCE**

1. All coaches/sponsors shall take online their respective KSHSAA required rules meetings.
2. The Athletic Director will provide each coach the required login information of the KSHSAA website for rules meeting attendance and taking rules test.
3. Coaches/Sponsors will be required to attend faculty meetings unless the building principal has granted approval for their absence.
4. Coaches/sponsors will be expected to attend honors banquets or assemblies as scheduled for their team or group.
5. Coaches/sponsors are encouraged to attend the annual league meeting, if held.
6. Coaches are required to attend All-League voting meetings for appropriate sports, when held.

## **EQUIPMENT**

### **EQUIPMENT USE**

1. Pick up and put away equipment after each game/practice/use session.
2. Lock storage doors following use.
3. When using other department's equipment, secure permission from the appropriate teacher or coach and return it promptly to its proper place.

### **ISSUING OF EQUIPMENT**

1. Before any equipment is issued to an athlete, it shall be marked (with a number, HHS/EMS initials, etc.) so it can be recognized as USD #430 athletic equipment.
2. All equipment issued to each athlete shall appear on an athletic checkout sheet so that the coach knows who is responsible for that piece of equipment.
3. Coaches are to have on file for each student checking out any school owned equipment, a district equipment contract with all appropriate signatures before the first contest or activity.
4. The coach is responsible for the condition of all equipment (seven-man sled, pole vault pit, balls, etc.).
5. All equipment is to be checked back in to **COACHES ONLY**; not managers, secretaries, Activities Director, etc.
6. Equipment should be checked in by the end of the first week, following the final game of the season.
7. A video recorder, portable battery pack, camera, tripod, case, and extension cord is available for use by the head coach of each respective sport. It is the coach's responsibility to see that this equipment is kept secure, used properly, and to report any malfunction to the Activities Director. Locating personnel to operate this equipment shall be the responsibility of the coach.

### **INVENTORIES**

1. Inventories are the **COACHES' RESPONSIBILITY**, not the manager or office personnel.
2. Inventories of athletic equipment shall be due in the Activities Director's office **TWO WEEKS** after the last game of any particular sport.
3. All equipment shall be returned and checked in before inventory is taken.
4. Any athlete who has not properly cleaned and/or not checked in their equipment shall not be eligible for another activity and will not letter until it is returned or the athlete will be billed for the replacement cost of the equipment.

5. The inventory should include: all school owned items, replacement cost, uniform numbers and sizes, and the location of where the items are stored.

### **STORAGE OF EQUIPMENT/UNIFORMS**

1. All equipment must be stored away promptly once the season is over.
2. Equipment should be stored neatly and properly to assure its care for the next season.
3. Uniforms should be stored in a manner where they cannot get wet or mildewed. The uniforms must be washed by the student/parents before they are turned in to the coach.
4. The area designated for storage shall be the responsibility of the Activities Director.
5. Other coaches or the custodial staff should not have to put away your equipment.
6. Custodial staff, upon the request of the coaching staff or Activities Director, will put away large pieces of equipment for off-season storage.
7. Equipment must be stored away from doorways and water sources by order of the Fire Marshall.
8. Athletic equipment is not to be used in PE classes unless permission is secured from the appropriate coach/sponsor and return it promptly to its proper place.
9. Students are not to be in the storage areas unless supervised or with permission from the head coach/sponsor.

### **REQUISITIONS/PURCHASING OF ATHLETIC EQUIPMENT**

1. All purchasing of athletic equipment is done on a **BID** basis and through the Athletic Director.
2. Supplies needed during the season or school year may be submitted on a requisition to the Activities Director for consideration.
3. All requests must come in the form of a properly filled out requisition.
4. Everything must be processed through purchase orders and the business office. Reimbursement may not happen for purchases made without prior approval.

### **ESTABLISHING AND ENFORCING TEAM/GROUP RULES/POLICIES**

1. State expectations clearly and is consistent in their enforcement.

2. Include a copy of the training rules established by the district.
3. Have team or group rules **submitted and approved by the Activities Director prior** to publishing.
4. Coaches/Sponsors should have a preseason student/parent orientation meeting to cover team policies, schedules, and expectations. All head coaches will publish a team policy statement and require that each athlete and a parent/guardian sign the policy sheet prior to the first competition in that sport. The policy sheet should include team/school rules, responsibilities of the athlete, and lettering guidelines. These meetings **MUST** be scheduled through the Activities Director.
5. Keep the Activities Director informed of potential problems. Don't hesitate to confer with the Activities Director prior to rule enforcement.
6. Coaches/Sponsors are responsible to make sure a district policy form is signed by athletes and on file with Athletic Director.

### **STUDENT ELIGIBILITY**

Coaches and sponsors are to inform students and parents of eligibility requirements and assist in their enforcement. KSHSAA regulations are very specific and can result in suspension of the student's eligibility and/or a reprimand of the coach or sponsor. **DO NOT allow students who are ineligible in some way to participate in games** as defined by school or KSHSAA policies.

### **ACADEMIC**

Horton High School and the Everest Middle School students must meet all eligibility requirements of the Kansas State High School Activities Association in order to participate in all interscholastic activities. Students must meet the following prerequisites:

1. Passed five subjects of unit weight the previous semester at Horton High or previous quarter at Everest Middle School.
2. Enrolled in five subjects of unit weight during the current semester.
3. In good standing at school-students who are in-school or out-of-school suspended or on probationary status are not in good standing.
4. Have a signed physical form on file at school-physical forms are available from the school. A student will not be allowed to practice or play in a game until the school-physical form is on file. The cost of this physical is to be paid by the student.
5. Have a signed concussion warning form on file with the Activity Director. A student will not be allowed to practice or play in a game until the concussion warning form is on file.

## **EVEREST MIDDLE SCHOOL**

Students must realize that deliberate misbehavior, destruction of property, or unexcused absences can cause them to lose their good standing and as a result, their eligibility to participate in interscholastic activities.

In addition to the KSHSAA regulations, eligibility is determined weekly on the last day of the school week. If a student is failing one or more subjects, the student is ineligible for the sport or activity for the following week, Monday through Saturday. Academic eligibility will begin at the second week of a grading period. Coaches/Sponsors must submit a roster to the Activities Director following the first week of practice to certify both KSHSAA and academic eligibility.

## **HORTON HIGH SCHOOL**

Horton High School students are encouraged to be involved in extra-curricular activities. This however, is a privilege that comes second to academic achievement. HHS teachers are committed to helping each student reach their academic potential, but expect students to take responsibility for completing assigned class work.

A confidential list of students who are failing one or more courses will be generated from the office every Wednesday. This list will take effect the following Monday. The primary ineligibility list will be posted at the High School Office and Commons on Thursday morning. Students on the list will be identified by their 4-digit lunch code along with the teacher(s) to which they are ineligible. Teachers should also let students know if they are failing their course and what needs to be accomplished to become eligible.

A student can also be ineligible due to behavioral infractions described in the discipline plan and for excessive unexcused absences (five in a semester). Students on the list for attendance will need to meet with the principal and will become eligible after completing two weeks with no unexcused absences. Further unexcused absences will lead to being reassigned to the ineligibility list. Participation in extra-curricular activities will be allowed immediately when fees/library/office obligations have been met.

Students who are enrolled in a class, which has required performances, will be allowed to perform to meet the class requirements.

## **ATTENDANCE**

Students are required to attend **ALL** of the school day to participate in any school-sponsored activity (practice or games/contests). Acceptable exceptions to this rule are verifiable absences for doctor, lawyer, and court appointments, funerals, or at the discretion of the principal.

For absences from program activities (practices/matches/meetings-other assigned functions), the 1st unexcused absence will result in a written warning and extra conditioning for the missed practice; the 2<sup>nd</sup> unexcused absence will result in extra conditioning and removal from the next competition; the 3<sup>rd</sup> unexcused absence will result in dismissal from the squad for the rest of the season. An unexcused absence is any absence (except for sickness) where the coach is not personally notified and approves the absence in advance.

## **COMPLETED FORMS**

KSHSAA regulations require physicals and insurance forms to be completed and on file in the office before practicing. The Kansas State Department of Education requires that a concussion



warning form also be on file. All athletes must have the following forms completed, signed, and turned into the Activities Director before they may start workouts:

- 1) Physical
- 2) Concussion warning form
- 3) Permission to treat
- 4) Emergency contact numbers.

### **TRANSPORTATION TO SCHOOL ACTIVITIES**

Following a contest or activity), participants are obligated to the program until released. There will be times (for instructional purposes) that a team/group meeting will follow a contest. It is the school's responsibility to transport participants in a school-approved vehicle both to and from out-of-town events. In addition to safety considerations, the district deems team travel to be important educational time, and thus asks parents to keep alternative transportation requests confined to return trips.

Arrangements may be made for alternative transportation after games or events when:

1. Parents or guardians **MUST** sign the signature sheet at the event and make personal contact with the coach or principal that they will be taking their student home.
2. A student may be released to an immediate family adult member (adult siblings, parents/guardians, grandparents) or adult family friend after the event, if and only if, the parent/guardian has sent prior written approval to the coach and principal before leaving school property to travel to the event or game. The said relative or family friend will still be required to make personal contact with the coach or principal at the game/event and sign the student out on the signature sheet provided by the district.

## LETTERING POLICY

### VARSIITY LETTERING REQUIREMENTS OF HORTON HIGH SCHOOL

The varsity award shall be presented to a participant who satisfies the requirements (minimum) as listed below, completes all team/squad obligations, and receives the recommendation of the coach/sponsor. (In unusual circumstances, the coach/sponsor may recommend a waiver of these requirements)

**ART:** Students must earn 70% of the required points from participation in league, regional, and state invitationals and/or competitions.

**BAND:** Students must earn 85% of the points available at required performances. The points are earned successful performance at each event including, but not limited to, proper attire, behavior, and participation.

**BASKETBALL:** Participation in 50% of the varsity games.

**CHEERLEADING/DRILL TEAM:** Meet 80% of the contest and practice requirements.

**CROSS COUNTRY:** Participation in 50% of the varsity meets in the regular season, or place in the top ten in the league meet, or place in the top fifteen at the regional meet or qualify for the state meet.

**FOOTBALL:** Participate in 50% of the varsity quarters or play a specialist position (punter, kicker, etc) in 50% of the varsity games.

**GOLF:** Participation on the varsity team in 50% of the matches or medal in a varsity meet, or qualify for the state meet.

**POWERLIFTING:** Compete in three or more meets; place in two meets; medal at the state meet; or participate in weightlifting all four years of high school.

**SCHOLARS' BOWL:** Participation in assigned number of varsity meets and attends 80% of required practices.

**SPEECH/DRAMA:** (excluding school play and musical) Participation in varsity competition and having placed in the top four in at least 50% of the regular season meets including regional, or have qualified for the state meet.

**TRACK:** (1) earn a total of 30 points; (2) set a school record, place in the league, regional or state meet.

**VOCAL MUSIC:** A total of 20 pts earned from participation in concerts and choir tour, must participate in league and regional music festivals or qualify for state music contest.

**VOLLEYBALL:** Participation in 50% of the varsity games.

## LETTERING IN ALL ACTIVITIES

1. An individual who moves to the varsity level of competition will letter provided the student has met the requirements.
2. A coach/sponsor will have the prerogative to letter a Senior who has not met the seasonal requirements for lettering, if the Senior has been a participant in good standing all four years.
3. Any student who is a varsity member who is participating regularly and was injured may be awarded a letter if in the coach/sponsor's judgment the student would have met the lettering requirements.
4. The student completes the season in good standing with the school and the coach/sponsor.

## AWARDS

**FIRST YEAR AWARDS:** Chenille letters with a gold service bar, an emblem signifying the activity, and a certificate will be given. Should the student receive a chenille letter in one activity, he/she will not receive a second chenille.

**SECOND, THIRD AND FOURTH YEAR AWARDS:** Gold service bar and certificate.

All coaches are accountable for a complete record of how each athlete lettered. A list of award winners (letterman, participation, and coach's awards), **listed in alphabetical order**, will be turned in to the Activities Director by the coach within one week following the completion of the season.

## MIDDLE SCHOOL ACTIVITY AWARD GUIDELINES

Any student that completes the season in good standing will receive a Certificate of Participation.

## IMPORTANT PHONE NUMBERS

Use the following numbers in case of emergency when supervising students at home or away events.

### TRANSPORTATION

	<b>Office</b>	<b>Home</b>	<b>Cell</b>
Doug Schmitt	(785) 486-2439	(785) 486-2653	(785) 548-6594

### ADMINISTRATION

Jason Cline (Superintendent)	(785) 486-2611		
Fred Winter (HHS Principal)	(785) 486-2151	(785) 486-2151	(785) 432-0650
Mark Ross (HHS A.D.)	(785) 486-2151		(785) 741-4163
Jackie Wenger (EMS Principal)	(785) 548-7536	(785) 474-3590	(785) 548-5508
Rodney Clay (EMS A.D.)	(785) 486-7536	(785) 486-2741	(785) 548-5013
Judy Dickman (HGS Principal)	(785) 486-2616	(785) 544-1102	(785) 741-3253

## IMPORTANT PHONE NUMBERS CON'T.

### SCHOOL

HHS Office	(785) 486-2151
EMS Office	(785) 548-7536
HES Office	(785) 486-2616
Central Office	(785) 486-2611

### EMERGENCY PERSONNEL

Brown Co. Sheriff (911)	(785) 742-7125
Horton Police (911)	(785) 486-2694
Ambulance (911)	(785) 486-2642
Highway Patrol	(785) 296-3102

### FAX NUMBERS

Central Office	(785) 486-2496
High School Office	(785) 486-2909
EMS Office	(785) 548-7538
Elem. School Office	(785) 486-2527
Special Ed. Office	(785) 742-3234
USD #430 Transportation	(785) 486-2439

## **MEDIA PHONE/FAX NUMBERS**

<b>NEWSPAPERS</b>	<b>PHONE</b>	<b>FAX</b>
Horton Headlight	(785) 486-2512	(785) 486-2512
Atchison Daily Globe	(913) 367-0853	(785) 367-7531
Hiawatha World	(785) 742-2111	(785) 742-2276
Holton Recorder	(913) 364-3141	(913) 364-3422
Kansas City Star	(816) 234-4125	(816) 234-4360
Lawrence Journal World	(913) 682-0305	(913) 682-1114
Leavenworth Times	(913) 682-0305	(913) 682-1114
St. Joseph News Press	(800) 779-6397	(816) 271-8692
	1 = news; 2 = sports	
Topeka Capital Journal	(800) 777-7171 (785) 295-1111	(913) 295-1230

<b>RADIO &amp; TELEVISION</b>	<b>PHONE</b>	<b>FAX</b>
KAIR	(888) 367-9320	(913) 367-7021
KCMO (Ch. 5)	(913) 677-7242	(913) 677-7246
KNZA (fm 103.9)	(785) 547-3461	(785) 547-9900
KQTV (Ch. 2)	(816) 233-1606	(816) 232-7505
KSNT (Ch. 27, Topeka)	(785) 582-4000	(785) 582-5283
KTKA (Ch. 49, Topeka)	(800) 844-5852	(785) 273-9075
WIBW (Ch. 13, Topeka)	(913) 272-3456 (785) 272-1363	(785) 272-0418

## **FREQUENTLY USED FAX NUMBERS**

KSHSAA (785) 271-0236

<b>NEK SCHOOLS:</b>	<b>FAX NUMBERS</b>	
	<b>HIGH SCHOOL</b>	<b>MIDDLE SCHOOL</b>
EASTON-PL. RIDGE	(913) 651-7797	(913) 651-0049
HORTON/EVEREST	(785) 486-2909	(785) 548-7538
XAVIER		(913) 682-5262
JACKSON HEIGHTS	(785) 364-2487	(785) 364-4712
JEFF. CO. NORTH	(913) 774-8535	(913) 886-6280
MCLOUTH	(913) 796-6124	(913) 796-6124
OSKALOOSA	(785) 863-3106	(785) 863-3106
TROY	(785) 985-3885	(785) 985-3688
VALLEY FALLS	(785) 945-3220	(785) 945-3220
MAUR HILL-MOUNT ACA.	(2010)(913) 367-5096	

**FAX NUMBERS**  
**OTHER COMMONLY USED NON-LEAGUE SCHOOLS:**

HIAWATHA	(785) 742-7156	(785) 742-1744
HOLTON	(785) 364-5360	(785) 364-5460
NEMAHA VALLEY	(785) 336-3672	(785) 336-2174
SABETHA	(785) 284-2600	(785) 284-0061
ACCHS/ACCMS	(913) 833-2240	
DONIPHAN WEST	(785) 442-3286	(785) 359-6526
KANSAS CITY CHRISTIAN	(913) 648-5227	(913) 648-5227
TROY	(785) 985-3533	(785) 985-2568

**PHONE NUMBERS**  
**FREQUENTLY USED PHONE NUMBERS**

KSHSAA (785) 273-5329

<b>NEK SCHOOLS:</b>	<b>HIGH SCHOOL</b>	<b>MIDDLE SCHOOL</b>
EASTON-PL. RIDGE	(913) 651-5556	(913) 651-5522
HORTON/EVEREST	(785) 486-2151	(785) 548-7536
XAVIER	(913) 682-3900	(913) 682-3135
JACKSON HEIGHTS	(785) 364-2195	(785) 364-2244
JEFF. CO. NORTH	(913) 774-8515	(913) 886-3870
MAUR HILL/MOUNT	(913) 367-5482	
MCLOUTH	(913) 796-6122	(913) 796-6122
OSKALOOSA	(785) 863-2281	(785) 863-3237
VALLEY FALLS	(785) 945-3229	(877) 854-4775

**ATHLETIC AND ACTIVITY SCHEDULES**  
(These are sequenced as they happen during the school year)

**HORTON HIGH SCHOOL**

**HS Cross Country**

**HS Varsity/JV Football**

**HS Varsity/JV/Fr Volleyball**

**HS Varsity/JV Scholar's Bowl**

**HS Varsity/JV Basketball**

**HS Fr Basketball**

**HS Track**

**HS Varsity/JV Golf**

**EVEREST MIDDLE SCHOOL**

**EMS Football**

**EMS Volleyball**

**EMS Basketball**

**EMS Scholars Bowl**

**EMS Track**

**HORTON HIGH SCHOOL  
CROSS COUNTRY SCHEDULE  
2017-2018**

Date	Event	Location	Time
<b>September</b>			
2	Marysville Invitational	Marysville Country Club	9:00 AM
14	Hiawatha Invitational	Hiawatha Country Club	4:30 PM
21	Nemaha Central Invitational	Spring Creek Golf Course	4:00 PM
<b>28</b>	<b>Horton Invitational</b>	<b>Mission Lake Country Club</b>	<b>4:00 PM</b>
30	Centralia Invitational	Centralia Lake	10:00 AM
<b>October</b>			
5	Sabetha Invitational	Sabetha	4:00 PM
12	NEK League Meet	Jackson Heights High School	4:00 PM
17	Jackson Heights Invitational	Jackson Heights High School	3:45 PM
21	Regional Cross Country	TBD	TBD
28	State Cross Country	Rim Rock Farm	11:00 AM

**HORTON HIGH SCHOOL  
FOOTBALL SCHEDULE  
2017-2018**

Date	Time	Host	Opponent	Level
<b>September</b>				
<b>1</b>	<b>7:00 PM</b>	<b>Horton</b>	<b>Pleasant Ridge*</b>	<b>Varsity</b>
<b>8</b>	<b>7:00 PM</b>	<b>Horton</b>	<b>Oskaloosa* (Homecoming)</b>	<b>Varsity</b>
15	7:00 PM	@ Maur Hill	Maur Hill-Mt Academy*	Varsity
22	6:00 PM	@ St. Joseph HS / KC	Maranatha	Varsity
<b>29</b>	<b>7:00 PM</b>	<b>Horton</b>	<b>Jefferson County North*</b>	<b>Varsity</b>
<b>October</b>				
6	7:00 PM	@ D-West	Doniphan West #	Varsity
13	7:00 PM	@ McLouth	McLouth* #	Varsity
20	7:00 PM	@ Jackson Hts.	Jackson Heights* #	Varsity
<b>27</b>	<b>7:00 PM</b>	<b>Horton</b>	<b>Troy # (Senior Night)</b>	<b>Varsity</b>
<b>November</b>				
3	TBD		2A Regional	Varsity
10	TBD		2A Sectional	Varsity
17	TBD		2A Sub State	Varsity
25	TBD		2A STATE CHAMPIONSHIP	Varsity

\* - NEK League Contest

# = 2A District 1 Playoffs



## HORTON HIGH SCHOOL VOLLEYBALL SCHEDULE 2017-2018

Date	Time	Host	Opponent	Level	Pts	Pts
<b>August</b>						
26	9:00 AM	@ Perry-Lecompton	Perry-Lecompton Invitational	JV		5
29	5:00 PM	@ Valley Falls	JCN & Valley Falls	JV/V	2	2
<b>September</b>						
5	5:00 PM	@ McLouth	Maur Hill & McLouth	JV/V	2	2
9	8:30 AM	@ Pleasant Ridge	JV Round Robin	JV		5
9	9:00 AM	@ Nemaha Central	Nemaha Central Invitational	V	5	
<b>11</b>	<b>5:00 PM</b>	<b>Horton</b>	<b>Hiawatha/Valley Falls/NCHS Quad</b>	<b>Fr.</b>		<b>5</b>
12	5:00 PM	@ Oskaloosa	Pleasant Ridge & Oskaloosa	JV/V	2	2
16	9:00 AM	@ Hiawatha	Hiawatha Invitational	V	5	
<b>19</b>	<b>5:00 PM</b>	<b>Horton</b>	<b>Metro Academy &amp; Jackson Heights</b>	<b>JV/V</b>	2	2
21	5:00 PM	@ Jackson Heights	Jackson Heights/Centralia/JCN Quad	JV		3
23	9:00 AM	@ Atchison	Atchison Invitational	Fr.		
25	5:00 PM	@ Falls City	Hiawatha & Falls City	JV/V	2	2
<b>26</b>	<b>5:00 PM</b>	<b>Horton</b>	<b>JCN &amp; Valley Falls</b>	<b>JV/V</b>	<b>2</b>	<b>2</b>
<b>October</b>						
3	5:00 PM	@ Maur Hill	Maur Hill & McLouth	JV/V	2	2
5	5:00 PM	@ Valley Falls	Jackson Heights/Valley Falls/Troy Quad	V	3	
7	9:00 AM	@ Atchison	Atchison Invitational	V	5	
<b>10</b>	<b>5:00 PM</b>	<b>Horton</b>	<b>Pleasant Ridge &amp; Oskaloosa (Senior Night)</b>	<b>JV/V</b>	2	2
17	5:00 PM	@ Jackson Heights	Maranatha & Jackson Heights	JV/V	2	2
21		TBD	Sub-State			
27-28		TBD	State		<b>V</b>	<b>JV</b>
<b>Total:</b>					<b>36</b>	<b>36</b>

**HORTON HIGH SCHOOL  
SCHOLARS' BOWL SCHEDULE  
2017-2018**

Date	Time		Host	Level
<b>October</b>				
19	4:00 PM	@	JCN	JV/V
23	4:00 PM	@	Sabetha	JV
30	4:00 PM	@	Nemaha Central	V
<b>November</b>				
2	4:00 PM		Horton	JV/V
7	4:00 PM	@	Nemaha Central	JV
9	4:00 PM	@	Maur Hill	JV
14	4:00 PM	@	Sabetha	V
16	4:00 PM	@	Jackson Heights	JV/V
<b>December</b>				
9	9:00 AM	@	Hiawatha	JV
<b>January</b>				
13	9:00 AM	@	Valley Falls (NEK)	JV/V
17	4:00 PM	@	Perry-Lecompton	V
18	4:00 PM	@	Holton	V
25	4:00 PM	@	Maur Hill	V
<b>February</b>				
1	TBD		Regional Meet	
10	TBD		State	

**HORTON HIGH SCHOOL  
BASKETBALL SCHEDULE 2017-2018**

Date	Opponent	Team (s)	Location	Time
<b>December</b>				
1	@ Maur Hill*	JV B/G & VG/B	MH-MA	5:00 PM
5	McLouth*	JV G & V G/B	HHS	5:00 PM
		JV Boys	Armory	5:00 PM
8	JCN*	JV B & V G/B	HHS	5:00 PM
		JV Girls	Armory	4:30 PM
12	@ KC Christian	JV G/B & V G/B	KCC HS	4:30 PM
15	Doniphan West*	JV G & V G/B	HHS	5:00 PM
		JV Boys	Armory	5:00 PM
19	Oskaloosa*	JV B & V G/B	HHS	5:00 PM
		JV Girls	Armory	4:30 PM
<b>January</b>				
5	@ Pleasant Ridge*	JV G & V G/B	PRHS	5:00 PM
		JV Boys	PRMS	5:00 PM
6	@ Nemaha Central	Fr. Girls	NCHS	TBD
6	@ Sabetha	Fr. Boys	SHS	TBD
8	@ Nemaha Central	Fr. Girls	NCHS	TBD
8	@ Sabetha	Fr. Boys	SHS	TBD
9	Valley Falls*	JV G & V G/B	HHS	5:00 PM
		JV Boys	Armory	5:00 PM
12	Jackson Heights*	JV B & V G/B	HHS	5:00 PM
		JV Girls	Armory	4:30 PM
16	@ Thunder Classic	VB	NCHS	TBD
18	@ Thunder Classic	VB	NCHS	TBD
20	@ Thunder Classic	VB	NCHS	TBD
23	@ Hiawatha Inv.	VG	HHS	TBD
25	@ Hiawatha Inv.	VG	HHS	TBD
27	@ Hiawatha Inv.	VG	HHS	TBD
30	Maur Hill*	JV G & V G/B	HHS	5:00 PM
		JV Boys	Armory	5:00 PM
<b>February</b>				
2	@ JCN*	JV B/G & VG/B	JCN	4:30 PM
5	Falls City	C Team B/G	FCCHS	6:30 PM
6	Silver Lake	JV G & V G/B	HHS	5:00 PM
		JV Boys	Armory	5:00 PM
8	@ McLouth*	JV B/G & VG/B	MHS	5:00 PM
13	@ Oskaloosa*	JV G & V G/B	OHS	5:00 PM
		JV Boys	OMS	5:00 PM
16	Pleasant Ridge* (Senior Night)	JV B & V G/B	HHS	5:00 PM
		JV Girls	Armory	4:30 PM
20	@ Valley Falls*	JV B/G & VG/B	VF-HS	5:00 PM
23	@ Jackson Heights*	JV G & V G/B	JH-HS	5:00 PM
		JV Boys	JH-GS	5:00 PM

Sub-State Basketball 2/26 - 3/3 (Location TBD)

State Basketball 3/7 - 3/10 (TBD)

\*Denotes League Matchup

**HORTON HIGH SCHOOL  
TRACK SCHEDULE  
2017-2018**

Date	Time		Host
<b>April</b>			
6	3:00 PM	@	McLouth
10	3:30 PM	@	ACCHS
17	3:00 PM	@	Jackson Hts.
20	2:00 PM	@	Rossville (JV/V)
24	2:30 PM	@	Falls City
26	4:00 PM	@	Hiawatha
<b>May</b>			
3	3:00 PM	@	Sabetha
10	3:00 PM	@	Jackson Hts. (NEK League)
5/18/18 Regional Track			
5/25-5/26 State Track			

**HORTON HIGH SCHOOL  
GOLF SCHEDULE  
2017-2018**

Date	Time		Host	Location	Level
<b>April</b>					
3	3:00 PM	@	Jeff West	Village Greens	JV
6	3:00 PM	@	Hiawatha	Hiawatha CC	V
6	3:00 PM	@	Sabetha	Sabetha CC	JV
9	3:00 PM	@	Hiawatha	Hiawatha CC	JV
9	1:00 PM	@	Sabetha	Sabetha CC	V
12	1:00 PM	@	Nemaha Central	Spring Creek CC	V
<b>17</b>	<b>3:00 PM</b>		<b>Horton</b>	<b>MLCC</b>	<b>V</b>
23	10:00 AM	@	Silver Lake	Lake Shawnee CC	V
<b>26</b>	<b>3:00 PM</b>		<b>Horton</b>	<b>MLCC</b>	<b>JV</b>
26	9:00 AM	@	St. Mary's	Rolling Meadows CC	V
<b>May</b>					
1	10:00 AM	@	Maur Hill Mount Academy	Bellevue CC	V
2	8:00 AM	@	Jeff West	Village Greens	JV
3	3:00 PM	@	Perry-Lecompton	Lake Perry CC	V
14			Regional Golf	TBD	
21			State Golf	TBD	

## 2017-2018 Everest Middle School Activity Schedule

	Date	Opponent	Sport	Location	Time
Tuesday	8/15/2017	District Information Day	School Calendar		
Wednesday	8/16/2017	Teacher In-service	School Calendar		
Thursday	8/17/2017	Teacher Workday	School Calendar		
Friday	8/18/2017	Teacher In-service	School Calendar		
Monday	8/21/2017	Teacher In-service	School Calendar		
Tuesday	8/22/2017	Teacher Workday	School Calendar		
Wednesday	8/23/2017	First Day of School	School Calendar		
Monday	8/28/2017	NEK-Pleasant Ridge Triangular	Volleyball	Easton, KS	4:30:00 PM
Thursday	8/31/2017	Valley Falls Middle School	Volleyball	Everest, KS	4:30:00 PM
Thursday	8/31/2017	Valley Falls Middle School	Football	Horton, KS	6:30:00 PM
Monday	9/4/2017	No School	School Calendar		
Thursday	9/7/2017	Oskaloosa Middle School	Volleyball	Everest, KS	4:30:00 PM
Thursday	9/7/2017	Oskaloosa Middle School	Football	Horton, KS	6:30:00 PM
Monday	9/11/2017	NEK - McLouth Triangular	Volleyball	McLouth, KS	4:30:00 PM
Thursday	9/14/2017	Jackson Heights Middle School	Volleyball	Jackson Heights	4:30:00 PM
Thursday	9/14/2017	Jackson Heights Middle School	Football	Jackson Heights	6:30:00 PM
Monday	9/18/2017	NEK - Valley Falls Triangular	Volleyball	Valley Falls KS	4:30:00 PM
Thursday	9/21/2017	Pleasant Ridge Middle School	Volleyball	Everest, KS	4:30:00 PM
Thursday	9/21/2017	Pleasant Ridge Middle School	Football	Horton, KS	6:30:00 PM
Monday	9/25/2017	NEK - Everest Triangular	Volleyball	Everest, KS	4:30:00 PM
Thursday	9/28/2017	St. Benedict Catholic School	Volleyball	Everest, KS	4:30:00 PM
Thursday	9/28/2017	St. Benedict Catholic School	Football	Horton, KS	6:30:00 PM
Friday	9/29/2017	EMS plays @ HHS FB Game	Music	Horton, KS	Halftime
Saturday	9/30/2017	NEK League Tournament	Volleyball	Oskaloosa, KS	9:00:00 AM
Thursday	10/5/2017	Jefferson County North Middle School	Football	Winchester, KS	5:30:00 PM
Thursday	10/12/2017	McLouth Middle School	Football	McLouth, KS	5:30:00 PM
Monday	10/16/2017	Jackson Heights Middle School	Girls Basketball	Jackson Heights	4:30:00 PM
Thursday	10/19/2017	Oskaloosa Middle School	Girls Basketball	Everest, KS	4:30:00 PM
Thursday	10/19/2017	End Of First Quarter	School Calendar		
Friday	10/20/2017	Teacher In-service and Work Day	School Calendar		
Monday	10/23/2017	McLouth Middle School	Girls Basketball	McLouth, KS	4:30:00 PM
Tuesday	10/24/2017	Parent Teacher Conferences	School Calendar		4:00:00 PM
Thursday	10/26/2017	Jefferson County North Middle School	Girls Basketball	Everest, KS	4:30:00 PM
Thursday	10/26/2017	Parent Teacher Conferences	School Calendar		4:00:00 PM
Friday	10/27/2017	No School	School Calendar		
Monday	10/30/2017	St. Benedict Catholic School	Girls Basketball	Everest, KS	4:30:00 PM
Monday	11/6/2017	Pleasant Ridge Middle School	Girls Basketball	Everest, KS	4:30:00 PM
Thursday	11/9/2017	Immaculata Middle School	Girls Basketball	Leavenworth, KS	4:30:00 PM
Monday	11/13/2017	Valley Falls Middle School	Girls Basketball	Valley Falls, KS	4:30:00 PM
Thursday	11/16/2017	Jackson Heights Middle School	Girls Basketball	Everest, KS	4:30:00 PM

Monday	11/20/2017	Oskaloosa Middle School	Girls Basketball	Oskaloosa, KS	4:30:00 PM
Wednesday	11/22/2017	Thanksgiving Break	School Calendar		
Thursday	11/23/2017	Thanksgiving Break	School Calendar		
Friday	11/24/2017	Thanksgiving Break	School Calendar		
Monday	11/27/2017	McLouth Middle School	Girls Basketball	Everest, KS	4:30:00 PM
Thursday	11/30/2017	Jefferson County North Middle School	Girls Basketball	Nortonville, KS	4:30:00 PM
Saturday	12/2/2017	NEK Tournament Pigtail Game	Girls Basketball	TBA	
Monday	12/4/2017	NEK Tournament - Quarterfinals	Girls Basketball	TBA	
Thursday	12/7/2017	NEK Tournament - Semifinals	Girls Basketball	McLouth, KS	
Saturday	12/9/2017	NEK Tournament - Finals	Girls Basketball	McLouth, KS	
Tuesday	12/12/2017	EMS Christmas Program	Music		7:00:00 PM
Wednesday	12/20/2017	End Of First Semester	School Calendar		
Thursday	12/21/2017	Teacher In-service	School Calendar		
Friday	12/22/2017	Teacher Workday	School Calendar		
Monday	12/25/2017	Christmas Break	School Calendar		
Tuesday	12/26/2017	Christmas Break	School Calendar		
Wednesday	12/27/2017	Christmas Break	School Calendar		
Thursday	12/28/2017	Christmas Break	School Calendar		
Friday	12/29/2017	Christmas Break	School Calendar		
Monday	1/1/2018	Christmas Break	School Calendar		
Tuesday	1/2/2018	Christmas Break	School Calendar		
Wednesday	1/3/2018	Christmas Break	School Calendar		
Thursday	1/4/2018	Jackson Heights Middle School	Boys Basketball	Jackson Heights	4:30:00 PM
Thursday	1/4/2018	Teacher In-service	School Calendar		
Friday	1/5/2018	Teacher Workday	School Calendar		
Monday	1/8/2018	Oskaloosa Middle School	Boys Basketball	Everest, KS	4:30:00 PM
Thursday	1/11/2018	McLouth Middle School	Boys Basketball	McLouth, KS	4:30:00 PM
Monday	1/15/2018	Jefferson County North Middle School	Boys Basketball	Everest, KS	4:30:00 PM
Monday	1/15/2018	Teacher In-service	School Calendar		
Thursday	1/18/2018	St. Benedict Catholic School	Boys Basketball	Everest, KS	4:30:00 PM
Thursday	1/25/2018	Pleasant Ridge Middle School	Boys Basketball	Everest, KS	4:30:00 PM
Monday	1/29/2018	Immaculata Middle School	Boys Basketball	Leavenworth, KS	4:30:00 PM
Thursday	2/1/2018	Valley Falls Middle School	Boys Basketball	Valley Falls, KS	4:30:00 PM
Monday	2/5/2018	Jackson Heights Middle School	Boys Basketball	Everest, KS	4:30:00 PM
Wednesday	2/7/2018	NEK Vocal Festival	Music	Oskaloosa, KS	
Thursday	2/8/2018	Oskaloosa Middle School	Boys Basketball	Oskaloosa, KS	4:30:00 PM
Friday	2/9/2018	Teacher In-service and Work Day	School Calendar		
Monday	2/12/2018	McLouth Middle School	Boys Basketball	Everest, KS	4:30:00 PM
Tuesday	2/13/2018	Parent Teacher Conferences	School Calendar		4:00:00 PM
Thursday	2/15/2018	Jefferson County North Middle School	Boys Basketball	Nortonville, KS	4:30:00 PM
Thursday	2/15/2018	Parent Teacher Conferences	School Calendar		4:00:00 PM
Friday	2/16/2018	No School	School Calendar		
Saturday	2/17/2018	NEK Tournament Pigtail Game	Boys Basketball	TBA	4:30:00 PM
Monday	2/19/2018	NEK Tournament -	Boys Basketball	TBA	4:30:00 PM

		Quarterfinals			
Thursday	2/22/2018	NEK Tournament - Semifinals	Boys Basketball	Everest, KS	4:30:00 PM
Saturday	2/24/2018	NEK Tournament - Finals	Boys Basketball	Everest, KS	4:30:00 PM
Thursday	2/15/2018	Jefferson County North Middle School	Boys Basketball	Nortonville, KS	4:30:00 PM
Saturday	2/17/2018	NEK Tournament Pigtail Game	Boys Basketball	TBA	4:30:00 PM
Monday	2/19/2018	NEK Tournament - Quarterfinals	Boys Basketball	TBA	4:30:00 PM
Thursday	2/22/2018	NEK Tournament - Semifinals	Boys Basketball	Everest, KS	4:30:00 PM
Saturday	2/24/2018	NEK Tournament - Finals	Boys Basketball	Everest, KS	4:30:00 PM
Monday	2/26/2018	NEK Meet #1	Scholars Bowl	McLouth	4:00:00 PM
Thursday	3/1/2018	NEK Meet #2	Scholars Bowl	Nortonville	4:00:00 PM
Monday	3/5/2018	NEK Meet #3	Scholars Bowl	Everest	4:00:00 PM
Thursday	3/8/2018	End of Third Quarter	School Calendar		
Friday	3/9/2018	Teacher In-service and Work Day	School Calendar		
Monday	3/12/2018	NEK Meet #4	Scholars Bowl	Jackson Heights	4:00:00 PM
Thursday	3/15/2018	HHS/EMS Evening of the Arts	Music	Horton, KS	7:00:00 PM
Monday	3/19/2018	Spring Break	School Calendar		
Tuesday	3/20/2018	Spring Break	School Calendar		
Wednesday	3/21/2018	Spring Break	School Calendar		
Thursday	3/22/2018	Spring Break	School Calendar		
Friday	3/23/2018	Spring Break	School Calendar		
Monday	3/26/2018	NEK League Meet	Scholars Bowl	Atchison, KS	4:00:00 PM
Tuesday	3/27/2018	Doniphan West Track Meet	Track	Highland, KS	
Friday	3/30/2018	No School - Good Friday	School Calendar		
Monday	4/2/2018	No School - Easter Break	School Calendar		
Tuesday	4/3/2018	Everest Track Meet	Track	Horton, KS	1:30:00 PM
Tuesday	4/10/2018	Jefferson County North Track Meet	Track	Winchester, KS	
Tuesday	4/17/2018	Pleasant Ridge Track Meet	Track	Pleasant Ridge	
Monday	4/23/2018	Nemaha Central Track Meet	Track	Seneca, KS	
Wednesday	4/25/2018	NEK Mass Band Festival	Music	Jackson Heights	9:00:00 AM
Monday	4/30/2018	Jackson Heights Track Meet	Track	Jackson Heights	
Thursday	5/3/2018	NEK League Track Meet	Track	Pleasant Ridge	10:30:00 AM
Tuesday	5/8/2018	EMS Spring Concert	Music		7:00:00 PM
Thursday	5/17/2018	Last Day of School	School Calendar		
Friday	5/18/2018	Teacher In-service	School Calendar		
Monday	5/21/2018	Teacher In-service	School Calendar		
Tuesday	5/22/2018	Teacher In-service	School Calendar		
Wednesday	5/23/2018	Teacher Workday	School Calendar		

# THE ROAD TO CHARGER VICTORIES

## NORTHEAST KANSAS LEAGUE SCHOOLS

**JACKSON HEIGHTS**: Located 3 miles North of Holton on US 75. Take Hwy. 20 to Highway US 75 turn south (left) and go 11 miles.

**JEFFERSON COUNTY NORTH**: The high school events are at Winchester. Take highway 159 to Effingham, go south 4 miles, turn East (left) and go to Nortonville. Go South on Highway 59 5 miles, turn left (east) and go 2 miles to Winchester.

**MCLOUTH**:

**OSKALOOSA**: Located on US 59.

**PLEASANT RIDGE**: Located at the junction of Hwy. 192 and Leavenworth County Road 17. Go East on Hwy. 92 until you reach County Road 17.

**VALLEY FALLS**: Located at the junction of Hwy. 16 and 4.

**WATHENA**: Located on US 36, east of Troy.

## NON-LEAGUE OPPONENTS:

**ATCHISON**: (Mt. St. Scholastica, Atchison Catholic MS, Maur Hill) - Located on US 59. *Atchison Catholic MS* (2nd and Division); *Mt. St. Scholastica Academy* (810 R St.); *Maur Hill Prep* (1000 Green St.).

**DONIPHAN WEST**: Highway US 36 West of Hiawatha 14 miles or East of Troy 14 miles.

**EUDORA**: Located on Hwy. 10, east of Lawrence.

**KANSAS CITY CHRISTIAN**: South on Highway 59 to Highway 24, Highway 24 to I-70, I-70 East to I-635 South, I-635 turns into Metcalf South, take 79<sup>th</sup> Street East to KCCS.

**LYNDON**: Located on Hwy. 75, 27miles south of Topeka.

**MARANATHA ACADEMY**: School is located at 6826 Lackman Rd., just off of Shawnee Mission Parkway. Playing locations vary.

**ROYAL VALLEY HS**: (Hoyt) - Located on US 75.

**TROY**: Located on Hwy. 7 & US 36. 28 miles East of Hiawatha.



## **Directions to Area Middle Schools from the Everest Middle School**

### **To Doniphan West**

Start at the **Everest Middle School** on 7<sup>th</sup> Street going north. Turn right on Main Street. Continue east over the railroad tracks on KS-20. Arrive at Doniphan West Middle School, on the left.

### **To Jackson Heights**

Start at the **Everest Middle School** on 7<sup>th</sup> Street going east. Turn right on KS-20. Continue on KS-20 through Horton. Turn left on US-75. Turn left on 266TH Road. Arrive at the **Jackson Heights School**, on the right.

### **To Troy**

Start at the **Everest Middle School** on 7<sup>th</sup> Street going east. Turn right on KS-20. In Horton, turn right on US-73. Continue north on US-73 until Hiawatha. Turn right on US – 36. Exit at KS-7. Turn right on Chestnut Street. Turn right on Park Street. Arrive at the Troy Middle School, on the left.

### **To Valley Falls Stadium**

Start at the **Everest Middle School** on 7<sup>th</sup> Street going east. Turn right on KS-20 to Horton. Turn left on US-159. Continue on Edwards Road then continue on Effingham Road. Turn right on KS-4 then turn right on KS-16. Turn left on Stadium Road and stadium is on the left.

### **To Pleasant Ridge**

Start at the **Everest Middle School** on 7<sup>th</sup> Street going east. Turn right on KS-20 to the stop sign. Turn left on **US-73** to and through Atchison, leaving Atchison heading south. Turn right on KS-192 arriving at the Pleasant Ridge Schools, on the left.

### **To Oskaloosa**

Start at the **Everest Middle School** on 7<sup>th</sup> Street heading east. Turn right on KS-20 to the stop sign. Turn left US -73 to Horton then turn left on US-159 going south. Go through Nortonville and continue on US 59. Turn right on Warren Street then right on Liberty street, which becomes Park Street arriving at the Oskaloosa Schools, on the right.

### **To McLouth**

Start at the **Everest Middle School** on 7<sup>th</sup> Street going east. Turn right on KS-20 then turn left on US-73. Turn right on KS-9, KS-9 becomes US-159. Turn right on US-59 Bear left on KS-16. Bear right on K-92 then bear right on KS-16. Turn left on Summit Street arriving at the McLouth Schools on the left.

## **Directions to Area Middle Schools from the Everest Middle School Continued**

### **To Jefferson County North Middle School at Nortonville**

Start at the **Everest Middle** School on 7<sup>th</sup> street going east. Turn right on KS-20 then turn left on US-73. Turn right on KS-9. KS-9 becomes US-159. Continue on US 159 by turning left. Continue on US 159. Turn right on Charger Lane and the Jefferson County North Middle School is on the left.

### **To Jefferson County North High School – Winchester.**

Start at the **Everest Middle** School on 7<sup>th</sup> street going east. Turn right on KS-20 then turn left on US-73. Turn right on KS-9. KS-9 becomes US-159. Turn right on US 59 South. Turn left on KS-192 then continue on Saline Road arriving at the Jefferson County North High School.

## HORTON HIGH SCHOOL COMUS NIGHT AWARDS

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Department

The following students have earned pins, certificates, or other awards for the \_\_\_\_\_ school year from Horton High School. These awards are based upon the following system: (please show the standards for your awarding system in the space provided).

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**STANDARDS:**

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Please indicate the number of awards needed: EMBLEMS\_\_\_\_; MANAGERS\_\_\_\_;  
BARS\_\_\_\_; CHENILLES\_\_\_\_; (*Emblems and letters are for first year letter persons only*)

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LIST THOSE STUDENTS RECEIVING YOUR AWARDS BY CLASSES AND IN ALPHABETICAL ORDER. SHOW BY YEARS WHEN LETTERED.

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SIGNATURE OF SPONSOR/COACH

DATE

PLEASE MAKE THREE COPIES. RETURN ONE COPY TO THE OFFICE OF THE ACTIVITIES DIRECTOR, ONE COPY TO MR. BURKS AND KEEP A COPY TO BE USED ON COMUS DAY. ATTACH A SHEET IF NEEDED.



# **KSHSAA**

## ***Mission Statement***

### **Goals that Influence Student Learning Outcomes**

The Kansas State High School Activities Association advocates principles and sponsors services which assure that the state's middle level and high school students gain a balanced preparation for life, work, and post-secondary education.

### **Principles on which Intended Outcomes are Based**

Principles advocated by the association are promotion of scholastic achievement as a fundamental basis for a well-balanced activity program, and development of effective citizenship through the practice of good sportsmanship.

### **Services to Accomplish the Mission**

Services provided by the association are:

1. Sponsorship of educational workshops, seminars, conferences and publications designed to inform and positively influence students, parents, educators, and community members in accordance with organizational principles;
2. Administration of a program of interscholastic activities, festivals, clinics and contests among member schools;
3. Protection of member schools from exploitation by special interest groups; and
4. Communication with policy-making bodies to influence decisions consistent with association principles and operational standards.

**COACHES CODE OF ETHICS**  
**NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS**

The function of a coach is to properly educate students through participation in interscholastic competition. The interscholastic program is designed to enhance academic achievement and never should interfere with opportunities for academic success. Each child should be treated as though he/she were the coaches' own, and the child's welfare shall be uppermost at all times. In recognition of this, the following guidelines for coaches have been adopted by the NFICA Board of Directors.

The coach must be aware that he or she has a tremendous influence, either good or bad, in the education of the student-athlete and, thus shall never place the value of winning above the value of instilling the highest desirable ideals of character.

The coach must constantly uphold the honor and dignity of the profession. In all personal contact with the student-athlete, officials, athletic directors, school administrators, the state high school activity association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse and under no circumstances should authorize their use.

The coach shall avoid the use of tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

The coach shall be acquainted thoroughly with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.

Coaches shall actively use their influence to enhance sportsmanship by their spectators, working closely with cheerleaders, pep club sponsors, booster clubs and administrators.

Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite players or spectators against the officials. Public criticism of officials or players is unethical.

Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

A coach shall not exert pressure on faculty members to give student-athletes special consideration

## **KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION**

### **CODE OF ETHICS FOR COACHES, DIRECTORS, AIDES, ADJUDICATORS, JUDGES AND OFFICIALS**

Believing that mine is an important part in the nationwide school activity program, I pledge to act in accordance with these principles:

1. I will honor contracts regardless of possible inconvenience or financial loss.
2. I will study the rules, observe the work of other coaches, directors, adjudicators, judges, or officials and will, at all times, attempt to improve myself and the activity.
3. I will conduct myself in such a way that attention is drawn not to me but to the young people participating in the contest.
4. I will cooperate with the news media in the interpretation and clarification of rules and/or other areas relating to good sportsmanship, but I will not make statements concerning decisions made during the contests.
5. I will maintain my appearance in a manner befitting the dignity and importance of the activity.
6. I will uphold and abide by all rules of the KSHSAA and the National Federation.
7. I will shape my character and conduct so as to be a worthy example to the young people who participate under my jurisdiction.
8. I will give my complete cooperation to the school which I serve and to the KSHSAA which I represent.
9. I will cooperate and be professional in my association with other coaches, directors, adjudicators, judges or officials and will do nothing to cause them public embarrassment.
10. I will keep in mind that the contest is more important than the wishes of any individual.
11. I will make responsible decisions about consumption of alcohol, including abstinence from alcohol at least twelve hours prior to a contest in which I will be involved.
12. I will not use tobacco products while directly involved in interscholastic activities.

## **KSHSAA INCLEMENT WEATHER PROCEDURES DURING A CONTEST**

The safety of athletes (participants), spectators, coaches/directors, school personnel, and all others present at an athletic contest must be the first and foremost concern of contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist or severe weather is anticipated, the following should be considered:
  - a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
  - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.
  - c. If a tornado WATCH has been issued, the host team building administrator and the head contest official will notify coaches, school administrators, and if applicable, the individual responsible for public address announcements that the possibility of abrupt suspension of play exists.
  - d. If a tornado WARNING has been issued, the contest should be suspended immediately. Participants, spectators, and all personnel involved with the contest will be advised to “take cover.” The procedure will be announced, when available, over the PA system.
  - e. When lightning is observed in the vicinity of a contest conducted outdoors, play should be suspended.
  - f. If any other life-threatening condition occurs, play should be suspended immediately and predetermined directions to safe locations will be announced.
  
2. When a suspension of a contest occurs, the following should be considered:
  - a. If the suspension is forty-five minutes or greater, resuming at a later date should be considered.
  - b. When it appears that weather conditions are no longer a threat to the safety of participants, spectators or contest officials, administrators from all schools involved will meet with the head contest official casts a negative vote for play to resume, the suspension should continue.
  - c. If play is to be resumed, contestants will be given at least a 15-minute warm-up period prior to competition.

**KSHSAA HOT WEATHER TIPS**  
**HEAT STRESS AND ATHLETIC PARTICIPATION**  
**by Frederick O. Mueller Ph.D. and Robert Cantu, M.D.**

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. Under such conditions the athlete is subject to the following:

**HEAT CRAMPS-**

Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

**HEAT SYNCOPE-**

Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. predisposes to heat stroke.

**HEAT EXHAUSTION (WATER DEPLETION)-**

Excessive weight loss, reduced sweating, elevated skin and deep body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

**HEAT EXHAUSTION (SALT DEPLETION)-**

Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

**HEAT STROKE-**

An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991). The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed:
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the PHYSICAL CONDITION of their athletes and set practice schedules accordingly.



3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for GRADUAL ACCLIMATIZATION TO HOT WEATHER. It is necessary for an athlete exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum of 10-minute water breaks be scheduled for every half hour of heavy exercise in the heat. Athletes should rest in a shaded area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practice or games has been found to aid performance in the heat.
5. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. ATTENTION MUST BE DIRECTED TO REPLACING WATER-FLUID REPLACEMENT IS ESSENTIAL.
6. Know both the TEMPERATURE and HUMIDITY. The greater the humidity the more difficult it is for the body to cool itself. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM'S Guidelines for the Team Physician, 1991)

Below 64	Unlimited activity
65-72	Moderate risk
74-82	High risk
82 plus	Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Mathews, 1931) which involves knowing the relative humidity and air temperature.

AIR TEMP	DANGER ZONE	CRITICAL ZONE
70F	80% RH	100% RH
75F	70% RH	100% RH
80F	50% RH	80% RH
85F	40% RH	68% RH
90F	30% RH	55% RH
95F	20% RH	40% RH
100F	10% RH	30% RH

RH=RELATIVE HUMIDITY

One other method of measuring the relative humidity is the use of a sling psychomotor, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 60F	Safe but always observe athletes
61-65F	Observe players carefully
66-70F	Caution
71-75F	Shorter practice sessions; more frequent water and rest breaks
75F	Danger level and extreme caution

7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.
8. Athletes should weigh each day before and after practice and WEIGHT CHARTS CHECKED. Generally a three percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions.
9. Observe athletes carefully for signs of trouble, particularly athletes who lose much weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and steadiness.
10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

### **HEAT STROKE:**

THIS IS A MEDICAL EMERGENCY-DELAY COULD BE FATAL. Immediately cool body while waiting for transfer to a hospital. Remove clothing and use cool water on body. An increasing number of medical personnel are now using treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source-The First Aider-September 1987)

### **HEAT EXHAUSTION:**

OBTAIN MEDICAL CARE AT ONCE. Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

### **SUMMARY**

The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

## FREQUENTLY ASKED QUESTIONS ABOUT KSHSAA POLICIES

The following "**may**" and "**may not**" list is designed to help coaches, school administrators, students and parents understand what they may or may not be able to do in connection with sports/activities. The list is not intended to be all-inclusive. The items included are the ones that prompt frequent questions as to what the coach or athlete may or may not be permitted to do under KSHSAA rules.

Because KSHSAA rules affecting what students and coaches may and may not do differ during the year the list is divided into **three sections** - during school year, during school season of sport/activity and during the summer. As you review this list it is important to keep this in mind when reviewing KSHSAA rules.

### DURING THE SCHOOL YEAR OUTSIDE THE SEASON OF SPORT/ACTIVITY

#### SECTION 1:

A school coach **may not** coach their athletes in the same sport.

A school coach **may** coach senior athletes in the same sport following the conclusion of the school season.

A school coach **may not** check out **player** equipment to students (helmet, shoulder pads, team jersey, pants, etc.)

School helmets and player equipment **may not** be used in All Star events without a written exemption from the KSHSAA, obtained by the event management.

A school coach **may** check out team equipment to students (balls, implements, etc.)

A school coach **may** attend camps or clinics.

A school coach **may not** attend camps or clinics with their athletes.

Students **may** attend camps or clinics but **may not** attend camps with their coach(es).

A school coach **may** transport (but not in school vehicles) students to non-school competitions in their sport.

A school coach **may not** be reimbursed transportation costs by the school or school booster club.

A school coach **may not** transport students to camps or clinics in their sport.

Students **may** play on non-school teams but there are restrictions on the number of same school squad team mates which may be rostered, practice or play together on non-school teams.

A school coach **may** supervise an off-season conditioning program for students not currently on a school team.

School conditioning programs **may not** be sport specific and shall only include weights, running, conditioning and general skill development (not a sport specific skill).

Sport specific equipment **may not** be used in conditioning programs.

Off-season conditioning programs **must** be open to the entire student body and participants **MUST** furnish their own clothing.

## **DURING THE SCHOOL YEAR AND DURING THE SCHOOL SEASON OF ACTIVITY**

### **SECTION 2:**

A student **may not** practice with or play on a non-school team in the same sport/activity.

A student **may** play on a non-school team in a different sport (subject to the school squad limitations).

A student **may** receive private instruction at any time of the school year, subject to the limits outlined in the KSHSAA Handbook, Rule 26. (NOTE: Private instruction is defined as one student receiving instruction from one person during the period of instruction.)

A student **may not** attend camps or clinics in the same sport/activity.

A student **may** attend camps or clinics in different sports/activities.

A student **may** serve as a clinician for a camp conducted by their school coach for their sport/activity.

A student **may not** serve as a clinician for a camp conducted by outside agencies.

## **DURING THE SUMMER (FROM SATURDAY PRECEDING MEMORIAL DAY TO THE TUESDAY FOLLOWING LABOR DAY)**

### **SECTION 3:**

All school coaches **may** attend camps or clinics.

Students **may** attend camps or clinics.

**A school football, volleyball or basketball coach MAY NOT** attend camps or clinics with athletes they would coach the following school year **unless** the coach was a camp clinician and there **were no more than 10% of the campers enrolled** at the camp from the coach's team.

Students **are** considered part of the high school program immediately upon graduation from the junior high or middle school.

Coaches **may** supervise conditioning programs (which are general conditioning programs and not sport specific) for the students who would play for the coach the next school year.

Football, volleyball and basketball coaches **may** supervise open-gyms but **MAY NOT** give instruction, organize drills or practice during the open gym. Summer open gyms **MUST** conclude by Saturday of SCW#4.

Football, volleyball and basketball coaches **may** instruct students in groups of three or less who request individual help from their coach. (Coaches are not permitted to require players to attend sessions.) Individual instruction **MUST** conclude by Saturday of SCW#4.

Other than football, volleyball and basketball, all other school coaches **may** coach teams including students who would play for the coach the following school year.

Students **may** play on teams which include any number of students from their same school squad. (There are no roster limitations on students during the summer.)

#### **DURING THE SUMMER (FROM SATURDAY PRECEDING MEMORIAL DAY TO THE TUESDAY FOLLOWING LABOR DAY) CONTINUED**

Coaches **may** conduct one-week sports camps for team members who would be on their school team next year.

To be eligible to attend a coach's one-week camp, students **MUST** have been enrolled and in attendance at that coach's school the previous year.

New students attending a junior high/middle school or high school for the first time **MUST** have been enrolled and in attendance at that middle/junior high school's feeder school(s) the previous year.

New students (summer transfer) at a school **MUST** pre-enroll before attending a coach's camp.

Students are limited to attending **ONLY ONE** coach's camp per sport.