



CUMBERLAND SCHOOL DISTRICT ATHLETIC AND CO-CURRICULAR CODE HANDBOOK

PHILOSOPHY FOR STUDENTS PARTICIPATING IN ATHLETICS AND CO-CURRICULAR ACTIVITIES

An individual's participation in interscholastic and co-curricular activities is voluntary and is a result of one's abilities and interest. Cumberland High School considers one's participation a privilege and part of the overall school experience. As these are voluntary programs, the individual who enrolls in these opportunities is obliged to abide by the rules and regulations spelled out in the Cumberland High School Athletic and Co-Curricular Handbook and the rules and regulations of the Cumberland Board of Education and the WIAA. Part of the learning process is realizing rules are always present, choices will always have to be made, and there are consequences for violating rules.

Finally, participants must realize that athletics and co-curricular activities are secondary to academics and will be available only if the student meets the academic requirements of the code.

TITLE IX COMPLIANCE

It is the policy of the Cumberland School District not to discriminate on the basis of sex in its educational programs, activities or employment policies as required by Title IX of the 1972 Educational Amendments. Inquiries regarding compliance with Title IX may be directed to the Cumberland High School Principal at 1000 8th Avenue, Cumberland, Wisconsin (Telephone No. 715-822-5121).

ACTIVITIES GOVERNED BY THIS CODE

- (a) Football
- (b) Volleyball
- (c) Cross country (Men & Women)
- (d) Soccer (Men & Women)
- (e) Golf (Men & Women)
- (f) Basketball (Men & Women)
- (g) Wrestling (Men & Women)

- (h) Hockey (Men & Women)
- (i) Baseball
- (j) Track and Field (Men & Women)
- (k) Softball
- (l) Cheerleading/Dance Team
- (m) Drama Club
- (n) Forensics
- (o) Band
- (p) Choir
- (q) Beofor
- (r) Class Officers
- (s) FCCLA
- (t) FFA
- (u) Wisconsin Interscholastic Fishing Association Team
- (v) National Honor Society
- (w) Drag Racing Team
- (x) Student's Offering Support
- (y) Student Council
- (z) Wisconsin State High School Clay Target Team
- (aa) Whirligigs

Courts

- (bb) Homecoming
- (cc) Prom

Although Drama Club falls under the co-curricular code, the punishment of violations will be handled on a case to case basis due to the uniqueness of the program.

All students involved in athletics or another co-curricular activity must read, sign and be willing to abide by this Code to participate in the activities listed above.

Any inadvertent non-signing of the Code does not exclude you from the policies of the Code when participating in any of the aforementioned activities.

Expectations

It is required that all participants:

1. Display high standards of social behavior.
2. Display, at all times, the qualities of sportsmanship befitting the school and Cumberland community.
3. Display proper respect for those in authority, including administration, teachers, coaches, officials and other school personnel.
4. Display a spirit of cooperation.
5. Dress appropriately when attending a contest away from home.
6. Use socially acceptable language and self-control.

7. Abide by all rules and responsibilities at all times (24 hours a day/365 days per year)

GENERAL RESPONSIBILITIES OF ATHLETES AND CO-CURRICULAR PARTICIPANTS

1. All athletic and co-curricular group members must adhere to the policies, ideals, principles, and standards of the Cumberland School District Student/Parent Handbook and this Code. Students and parent/guardian must complete required paperwork before being allowed to participate in any activity with their respective organization or sport. Anyone violating these provisions are subject to the penalties outlined above.
2. The athlete must observe WIAA eligibility rules.
3. All athletic and co-curricular group members must be responsible for all school equipment issued to him/her. They must pay for all equipment not returned at the end of their group season. He/she will pay the cost of replacing the item prior to participation in the next year activity or to participate in the graduation ceremony.
4. Participants will be expected to be at home at a reasonable hour on school nights and weekends. Participants' parents should determine the hours; however, the coach/advisor reserves the right to designate hours under certain circumstances.
5. All athletic and co-curricular group participants should travel to and from out-of-town contests with their group on transportation provided by the school. Exception: An Administrator's discretion made following a written note, email, text, or fax from guardians or parent(s) prior to the event, or an advisors', coaches' discretion after being personally contacted by parents/guardians at an event or contest, accompanied with a written note of permission to ride home with them.
6. In order to participate in an activity (practice or competition), each group member must be in school six out of the eight periods of that school day. Unexcused absences will not fulfill this requirement. Students may be excused from this obligation only under extenuating circumstances or emergencies cleared by the athletic director or principal, ideally before the absence occurs. Students will be allowed to keep medical or dental appointments or funeral visitations on practice, contest, or event days. Students who abuse this policy on a consistent basis will be disciplined accordingly.
7. Participants of each organization are expected to attend all practice sessions on time unless there is a valid excuse for missing. For unexcused absences, disciplinary action may be administered by the coach/director with guidance from administration if needed. Students who need academic help after school WILL NOT be penalized if they contact the coach beforehand and present a pass from the instructor when arriving late to practice. Driver Education students must make coaches and advisors aware of any potential missing practices or contests due to scheduled classes.

8. Students will need to be excused early from class to attend some events. Those requests must be made by each individual coach/advisor in a timely manner. Students are expected to remain in their classes until the time submitted to the teachers by their coach or office personnel. Students will not be excused early to do other personal tasks prior to leaving for an event. Likewise, when students return late from out of town competitions, they are expected to be in attendance according to their schedule the next morning. Students will not be excused for being late to school because of a perceived late return from an away event. We ask for the cooperation of parents to see that students miss as little as possible.

ELIGIBILITY RULES

In order to represent the Cumberland School District in any athletic or co-curricular activity, a student must meet all eligibility requirements of the WIAA and the Cumberland School District.

1. If participating as an athlete, a student may not practice or participate in an athletic activity until the school has written evidence on file in its office attesting to a current Alternate Year Card or Physical Card as determined by a licensed physician no less than every other school year, with April 1 the earliest date of examination year card completed.

A physical examination taken April 1 and thereafter is valid for the following two school years. Physical examination taken before April 1 is valid only for remainder of that school year and the following school year.

NOTE: It is recommended that a student also have dental fitness attested by a licensed dentist.

2. Academics First - All students are ineligible for athletic competition or co-curricular activities if (upon release of grades) he or she received a failing grade at any 4½ week grading period of a semester. Should a check reveal a student to not be meeting eligibility criteria at any 4½ week grading check, they immediately become ineligible until they are passing-unless eligibility is approved by review of the principal and/or Athletic Director. If a single failure occurs in a semester class or at the end of the school year, a one game suspension is applied. It is the student's responsibility to be passing all classes after the one game suspension is served. In the event of an incomplete, the student will not participate until a grade is awarded for the class. If there are multiple failures, more severe penalties will be enforced as established by the WIAA.
3. An athlete may compete in only one sport in any one season. An athlete who is dropped from one squad for disciplinary reasons, or who quits, shall be ineligible to compete in another sport during that same season unless extenuating circumstances as determined by the administration. However, any student who is cut from a squad may compete in another sport during that same season. If an athlete comes out for a sport once the season has begun, they must meet the required WIAA mandatory days of practice to be eligible before a competition.

4. An athlete cannot compete more than four years in any sport in grades 9 - 12 and two years in grades 7 - 8.
5. An athlete cannot become 19 years of age before August 1 of the current school year. No student may become 16 years of age before August 1 if playing on a 9th grade team.
6. All athletes must be an amateur in all WIAA recognized sports in order to participate in any sport. Examples of violating amateur standing are (a) accepting any amount of money or merchandise, (b) signing any contract for athletic services, (c) permitting your name, picture or personal appearance to be used for promoting anything, (d) playing under another name, (e) accepting an award of value such as a jacket, watch, billfold, etc., at any time during the school year or during the summer, (f) playing on a city/all-star team while you are a member of your school team, and (g) playing in a game or a meet sponsored by anyone other than your school during the school year if there are awards given or admission collected.
7. Students who have been accepted on an interscholastic squad may be cut by the coaching staff (with approval of the Principal and/or Athletic Director) due to excessive numbers.
8. Athletes and Co-Curricular participants - Any athlete, co-curricular group leader, or class officer, who records a violation of this Code cannot be a captain/group leader/officer or a member of the Homecoming Court or Prom Court for one year. That year is made up of three seasons of activity (fall, winter, and spring). If the violation takes place during a period of activity, they will be removed from their position and resume eligibility at the beginning of that seasons' activities the following year.

A second violation will make them ineligible for the remainder of their Cumberland School District athletic/co-curricular career.

9. Athletes cannot participate in a summer athletic program, which could be interpreted as out-of-season practice in a sport, as established by the WIAA handbook.

The athlete shall receive the minimum penalty for acts of unacceptable conduct as outlined above occurring in WIAA sponsored tournaments. That minimum penalty shall be immediate disqualification of a student for the entire tournament series in that sport.

ATHLETIC AND CO-CURRICULAR CODE VIOLATIONS

Categories

1. Consuming or Possession
2. Guilt by Association
3. Willful Misconduct
4. Social Media and On-Line Representation

1. Consuming or Possession

- a. Possession or using any product containing, made, or derived from tobacco that are intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, or ingested by any other means. Examples include, but are not limited to cigarettes; cigars; dry snuff; moist snuff/chewing tobacco; snus; and other non-FDA approved nicotine products. Electronic cigarettes or other devices that provides a vapor of liquid nicotine, lobelia, and/or other substance, and the use of inhalation of which simulates smoking are also prohibited.
- b. Possession or use of alcoholic beverages.
- c. Unauthorized possession or use of narcotics, controlled substances, or WIAA banned substances.

Possession is the state of having, owning, or controlling something.

2. Guilt by Association

Is a situation where a student ‘knowingly participates’ - whether or not they consume - in any ‘party’ or other occasion where violation of state law or local ordinance regarding possessions, purchase, sale, or consumption, of alcohol, tobacco, or illegal drugs occurs.

Honesty Clause: To avoid a penalty of guilt by association, if an athlete/co-curricular member finds themselves at a party or occasion where alcohol, drugs, or tobacco, are being illegally dispensed, they must leave the party immediately without use and report their attendance to the principal or athletic director before the end of the next school day. “Leaving” means leaving the party IMMEDIATELY.

If the violation occurs over the summer or on a weekend, the student/athlete/co-curricular participant has 24 hours to report to the principal or the athletic director, (leaving a detailed voice mail or e-mail is considered a report). Following these procedures exonerates the innocent student/athlete/co-curricular member, assuming that the athlete is not frequently at these parties, or that there is information to indicate use. However, a student/athlete failing to report attendance will be judged to have been in possession or guilty by presence.

Mr. Narges’s direct telephone number is 715-822-5102 (he will record time of call)

Mr. Majewski’s direct telephone number is 715-822-5121, Ext. 434 (he will record time of call)

3. Willful Misconduct

Is any civil or criminal infraction, form of harassment, violence or threats towards others, insubordination, or act that is classified as an embarrassment to the District and/or community.

Any willful misconduct while involved in an actual athletic contest is an exceptional situation and may be treated differently. The enforcement period is from the time the athlete boards the team bus at Cumberland Schools until he/she departs from the team bus at Cumberland Schools.

4. Social Media and On-Line Representation

The same rules of appropriate, respectful behavior which apply to Cumberland School District students also applies in on-line environments such as Twitter, Facebook, YouTube, Instagram, message boards, and any other social media sites. Students are to conduct themselves in a manner that represents their pride and respect for themselves, their families, their school, and their community at all times, whether in person or on-line. Students who fail to meet these expectations and who violate the code of conduct on-line are subject to the same consequences as if they did them in person. Students who re-post inappropriate material originally written by others are subject to the same consequences as if they posted it themselves.

CODE ENFORCEMENT ACTION

1. **Guilt by Association** - If a student is guilty by association and fails to report within the 24-hour guidelines, a one-game suspension will be applied and count as a cumulative offense under this code. If a second guilt by association occurs, it will constitute an enforceable second offense. An athlete's penalty, besides the one-game suspension, will also make him ineligible to be a captain, a member of Homecoming or Prom Court, or a member of the All-Conference team during that sports season in which the infraction occurred or the next sport season in which they participate. A co-curricular participant's penalty, besides suspension for one group activity, will also make them ineligible to be a group leader or member of the Homecoming or Prom Court for two months from the date of the violation.
2. **First Offense** - Suspension from 20 percent of scheduled game dates or co-curricular activities, or suspension from 10 percent of scheduled game dates or activities if self-referral within 24 hours of the violation, and the violator meets with Student Assistance Program (SAP) Counselor for three sessions if substance abuse related.

SAP Guidelines – Students/athletes/co-curricular participants will follow the guidelines below when found in violation for:

Substance Use Issues:

- Students will be given three choices for an SAP counselor by the SAP coordinator.
- The coordinator makes contact with the SAP counselor that the student has chosen.
- The coordinator then gives the student the counselor's name and it is the student's responsibility to set up the three sessions in a timely manner.
- The student is not eligible until the three sessions are complete (four if it is a second offense) and the SAP counselor gives the SAP coordinator a completion form to be kept in the student's file in the main office.

3. **Second Offense** - Suspension from 50 percent of scheduled activity dates, and the student meets SAP counselor (Four sessions) if substance abuse related.
4. **Third Offense** - Suspension for twelve (12) months from athletic or co-curricular activities.

5. **Fourth Offense or Other Serious Violations** – such as felonies or maximum penalty will result in the suspension from all athletic and co-curricular involvement for the student’s career at Cumberland Schools.

Party Ringleaders - There shall be a greater consequence for a student if it is determined that he/she was involved in the organization, facilitation, promotion, or hosting of any gathering or social event where alcohol or drugs are available, or use has occurred. This penalty may include suspension for up to a full calendar year from all athletic/co-curricular activities, based on the information received during the investigation.

MISCELLANEOUS ENFORCEMENT PROCEDURES

1. Code violations are cumulative, but if a two-year time period has elapsed since the last calendar date of the first offense, the student shall be given a clean slate. This does not apply to a second violation.
2. To complete a penalty for a violation, the student must complete the entire season or length of the activity in which the penalty is being served. If they do not complete the activity season, the penalty will carry over to the next activity they participate in.
3. Students who have violated academic or co-curricular code requirements may still attend (Coach/Advisor discretion) and participate in group practices and non-competitive events while suspended. Suspended students will not however, be allowed to miss any instructional time which involves leaving school early.

If there is no loss of school time, they may attend a group competition from which they are suspended, but may not dress in any group uniform during these events.

CODE VIOLATION APPEAL PROTOCOL

If a student and his/her guardian are dissatisfied with the findings, they may appeal the decision to a Council consisting of the following people: The Athletic Director, School Principal, and three teacher/coaches of non-involved activities. If requested, the Council will meet within five days of the request, and all decisions will be final. The contact for the appeal is the School Principal.

REPORTING A VIOLATION

1. The Principal and/or Athletic Director may question students who have been reported in possible violation of this Code. If found in violation the parents and advisor/coach will be notified by mail of the violation. The letter will state the beginning and ending dates of the suspension and the number of events involved. If there is a dispute concerning the violation

and suspensions, the student should contact the principal to set up an appointment and determine if the Appeals Council should meet.

2. During the investigation of any student athlete violation, the student must be truthful and forthcoming with information, or the Principal/Athletic Director has within their power to impose a greater level of consequence if it is determined that the student has lied, been deceptive or untruthful prior to, or after the determination of guilt and/or consequences.
3. Great weight must be placed on the privilege of representing our school and community, and any student that fails to be truthful, and/or cooperative would jeopardize the perceived character of our programs.
4. In the event that a student is not honest about their involvement in a potential code violation during questioning, an additional 10 percent suspension will be added to the penalty.
5. Suspensions will begin immediately once the student admits to the offense or is found in violation.
6. A record will be kept of all violations and code enforcements.

ADDITIONAL INFORMATION

ATHLETIC PARTICIPATION

WIAA Sports Physical

General Requirement:

The Rules of Eligibility of the WIAA, Article VII – Health and Behavior – state the following:

A student may not practice for or participate in interscholastic athletics until the school has written evidence on file in its office attesting to:

1. Parental permission each school year including an acknowledgement of receiving the school athletic code, 2. Acknowledgement of receiving the WIAA Rules of Eligibility, 3. Athletic Emergency Form, 4. Current physical fitness to participate in sports.
 - a. A pre-participation physical fitness form attesting to current physical fitness to participate in sports as determined by a licensed physician, Physician's Assistant (PA) or Advanced Practice Nurse Prescriber (APNP) no less than every other school year with April 1 the earliest date of examination (chiropractors are not accepted). School policy determines when an athlete may return to competition following an injury, except where rule book or WIAA tournament policies apply.
 - b. Physical examination taken April 1 and thereafter is valid for the following two school years; physical examination taken before April 1 is valid only for remainder of that school year and following school year. In the year when an examination is not required,

an Alternate Year Athletic Permit Card must be signed by a parent or guardian and be on file.

INSURANCE

1. It is the parent/guardian's responsibility to provide medical insurance for their son/daughter who is involved in interscholastic athletics at Cumberland Schools.
2. Students/athletes are provided with the opportunity to enroll in Student Accident Insurance. It is not mandatory for every athlete to take this insurance.

WEDNESDAY NIGHT /SUNDAY REGULATION

Wednesday and Sunday evenings are designated as family time in Cumberland. There shall be no practices, co-curricular activities, formal or informal, after 6:00 p.m. on Wednesday evening, unless it is a WIAA sanctioned event or tournament. Sunday practices by athletic teams or co-curricular groups may occur in some cases, but the individual advisor/coach must receive permission from the High School Principal or Athletic Director.

STUDENT MEALS

1. The school does not reimburse students for meals during competitions unless such contests require a student to be away from home for multiple contests.
2. When involved in tournament competition, a student may be provided with a meal when his participation requires him to be absent from a meal at home.

ATTENDANCE AT WIAA TOURNAMENT CONTESTS

The Cumberland School District does not sponsor an athlete's attendance at WIAA tournaments if the individual or his/her team is not participating in that level of competition.

LAUNDRY

Athletes are expected to furnish their own towels and keep all gear, uniforms, and clothes laundered.

LETTER AWARD REQUIREMENTS

Varsity letter awards are determined by the Coach/Advisor through pre-determined criteria, which is filed with the Athletic Director. If a copy is needed, contact the Head Coach of the sport, and/or the Athletic Director.

To qualify for a varsity letter, the co-curricular participant/athlete may not be suspended during that particular season for any alcohol, tobacco, drug, vandalism, criminal offense, or other serious offense considered unbecoming of an athlete.

For each letter earned following the first-time lettering, a pin is awarded for each individual sport.

INDIVIDUAL TEAM RULES

Coaches/Advisors may establish additional rules and regulations with the approval of the Principal/Athletic Director for their respective groups. These additional rules must be stipulated in writing to all team/group members and parents, and be explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach/advisor.

USE OF FACILITIES

Facility use is for in-season sports only. The summer use of District facilities will be coordinated by the Athletic Director. We encourage everyone to make good use of our Fitness Center in your off season.

CUMBERLAND SCHOOL DISTRICT ATHLETIC/CO-CURRICULAR CODE AGREEMENT

I have read the Athletic Code and/or Co-Curricular Code Handbook. Furthermore, I understand that violation of any of the WIAA or Cumberland School regulations will result in immediate action as stated. **This code will take precedence over any previous codes. This code will be effective during years of eligibility unless modifications or revisions are made to the Code.**

Print Name of Athlete

Grade Level

Signature of Athlete

Date Signed

Signature of Parent/Guardian

Date Signed

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Parent/Guardian Code of Commitment

As a parent who is also committed to the education, maturity and athletic success of your child, I encourage you to make a formal commitment as described below. Our partnership together will increase the likelihood of a successful season, regardless of the final win/loss record of the team.

Parent/Guardian Commitment

I understand that as a parent/guardian I play a vital role in the development of my child's athletic ability and character, and therefore, in the success of the School's Athletic and Co-Curricular Programs. Recognizing this role, I therefore commit to the following as a parent/guardian:

- Be a positive role model so that through my own actions I can help to make sure that my child has the best athletic experience possible.
- Be a "team" fan, not a "my kid" fan.
- Weigh what my child says in any controversy, since it is normal for youth to tend to slant the truth to their advantage.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Not instruct my child before or after a game, because it may conflict with the coach's plans and strategies.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the sport.
- Recognize and show appreciation for an outstanding play by either team.
- Help my child learn that success is experienced in the development of his/her skills, and that he/she can feel positive about their skill development during the season, regardless of the team's record.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if I have a concern. I will respect the coach by following the designated chain of command.
- Support the alcohol, tobacco and other drug-free policies of our School by refraining from the use of any such substances during athletic contests. I will also support my child and hold him/her accountable for their commitment to non-use of substances as outlined in the Code by not hosting parties that have alcohol or drugs or allowing my child to be at a party with alcohol or drugs.

My signature below indicates my commitment to the above.

Signature of Parent/Guardian

Date Signed

Concussion Agreement

As a Parent/Guardian and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

Parent/Guardian Agreement:

I _____ have **read** the Parent/Guardian Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

Signature of Parent/Guardian

Date Signed

Athlete Agreement:

I _____ have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused.

I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play.

I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Signature of Athlete

Date Signed