

**ATHLETICS  
ELIGIBILITY  
PACKET**

## INTERSCHOLASTIC ATHLETICS

1. **The New Plymouth School District Board of Trustees** believes individual students will benefit from opportunities to grow physically and intellectually through experience in self-discipline and their contribution to team efforts made possible through competitive team and individual sports activities.
2. **The purpose of high school athletics** is both educational and recreational. The athletic program should encourage participation by as many students as possible and should be carried out with the best interests of the participants. This would be done without unreasonable interference with other obligations in the school district.
3. **The Board recognizes the interest that parents of athletes have** with regard to the accomplishments of their children. Parents are encouraged to be well informed about the academic progress of their child. The parent has the right to disallow the participation of their child in athletics. Parents are encouraged to communicate with teachers and coaches in a cooperative way to obtain maximum benefit for the student.
4. **New Plymouth High School is a member of the Idaho High School Activities Association** and in all athletic matters will firmly adhere to the rules and regulations of that body and to the philosophy of sports which IHSAA encourages. The eligibility of students to participate in the athletic program is determined in accordance with IHSAA regulations.
5. **No student may start practice for any athletic team until he/she has met the requirements for a physical examination** in accordance with IHSAA rules. **All students participating in interscholastic athletics must purchase insurance** available through the school or the parent or guardian must sign a waiver to the effect that such coverage is provided through a family/home policy.
6. **Students participating in athletics are required to have a student activity card.**
7. **Transportation to "away" games will be provided by the school and participants will ride** with other team members on said transportation.
8. **Students must participate in ten practice sessions before being eligible to participate** in any athletic contest sponsored by NPHS. Students transferring in during a given sport season who have been participating at another school will have time practiced at the other school counted as part of the ten practice sessions. Students already participating in one sport may have this rule waived in order to start their next sport without missing contests.
9. **Students are financially responsible for all equipment** checked out to them and not returned.

## EXTRA CURRICULAR ELIGIBILITY

### ALL STUDENTS PARTICIPATING IN ANY EXTRA CURRICULAR ACTIVITY MUST MEET THE FOLLOWING REQUIREMENTS TO BE ELIGIBLE FOR PARTICIPATION.

1. On days of specific activities, students must be in school the entire day unless arrangements have been made with the principal before school begins on the day of the anticipated absence. Emergency situations are to be left to the discretion of the principal.
2. Students who are involved in the use of or possessions of tobacco (in any form), drugs or alcohol regardless of where the use or possession occurs will be ineligible for participation in extra-curricular activities for the following four weeks (athletics, trips, performances). Students shall attend any practices during this time.
  - a. Should a student incur a second offense during their high school career, they will be ineligible for participation in extra-curricular for the following six weeks.
  - b. Should a student receive a third offense during their high school career, they will be ineligible for participation in any extra-curricular activities for a calendar year from the date of the infraction.
  - c. Should a student receive a fourth offense during their high school career, they will be ineligible for participation in any extra-curricular activities for the remainder of their high school career.
  - d. A law officer, school employee, or unpaid head coach for New Plymouth School District can enforce rules for any of the above infractions. These rules will apply during the summer to any student that is under the direction of school-approved coaches/advisors, and/or in an activity on school property. If any of the infractions occur during the summer months, the school sanction will begin when fall practice starts. The sanctions of this rule do not apply during other summer months unless the infraction is flagrant, e.g. students are flaunting behavior in front of staff members.
  - e. Students will be required to complete an alcohol, drug or tobacco class before returning to athletics on the first offense. After the second alcohol related offense, the student will be required to have an alcohol evaluation as well as a class. The cost of these classes/evaluations will be the responsibility of the students and his/her guardian. If the student is required by law to complete a class or evaluation, this requirement will be sufficient. If the law is not involved in the infraction, New Plymouth High School will require a drug and/or alcohol class/evaluation.
  - f. All coaches and instructors will abide by this policy without adding to the policy.
  - g. The clock to count down penalties does not run between the last day of school and the first day of fall practice. When an infraction occurs near the end of the school year, the remaining time of the penalty will be applied to the beginning of the fall sports season. For example, if an athlete begins a six-week penalty time with two weeks left in the school year, he/she will start the fall practice season with four weeks of ineligibility remaining on the clock. When penalties are assessed, students will be formally apprised of the time when they are once again eligible for participation in extra-curricular activities.

h. These progressive rules apply to Middle School as well as High School students. However, any student who faced sanctions during Middle School would start over with zero infractions upon entering High School.

3. Any athlete who quits an activity after two weeks will be ineligible for participation in extra-curricular activities for the following four weeks.
4. Any student suspended from school for any reason or removed from class will not be allowed to participate in any extra-curricular activity. One school sanction may cause up to four (4) weeks of ineligibility at the discretion of the principal.
5. All activities participants must maintain passing grades in at least 5 subjects.
6. All activities participants must observe the 90% attendance rule.
7. All activities participants must abstain from participating in any activity that will disrupt the regular school program or that will dishonor the school or organization.
8. Any student owing money to the school will not be eligible for participation in any extra-curricular activity until the money is paid.

## Administrative Procedure for District Policy #KL when there are complaints in Athletics

The New Plymouth School District feels successful programs require a great deal of coach-parent support. Parents will often have helpful suggestions to make to coaches. Also, due to the pressures and high interest in high school sports, parents can easily become upset with the way a particular situation with their son/daughter is being handled. The following guidelines will supplement general district policy #KL when complaints are made in athletics.

<b>1. Parent complaints about areas under which the coach has complete jurisdiction, e.g. playing time, who starts, positions kids play, style of play (offense/defense), practice organization, etc.</b>	<b>2. Parent concerned about something quite serious in coach's behavior, e.g. abusive language, physical abuse, or the coach is doing something a parent feels is illegal/immoral/unethical, etc.</b>	<b>3. Parent concerned about a matter that does not fall into category 1 or 2.</b> General response is to follow Policy KL.
A. Parent will go to coach with their complaint. He/she will listen, then will tell the parent why they do what they do. Parents are free to attempt to influence positively a coach's thinking, but the coach makes these decisions.	A. District recommends the concerned parent talk with the coach, and notify the administration via a written statement.	A. Go to the coach with the complaint. If not satisfied, work your way up through the system, e.g. Coach, AD, Principal, Superintendent, Board member.
B. If the parent is not satisfied, they can go to AD, Principal, etc., but those individuals will reaffirm that these areas are the coach's prerogative.	B. If the concerned parent wants to avoid the bureaucracy (e.g. bypass talking with the coach) they must write down their concerns and give their written statement to an administrator. The administration will work on resolving the issue, and get back to the parent with how the matter has been handled. If the parent is still not satisfied, he/she would go to the next step, e.g. Principal, Superintendent, Board member.	B.
C. If a parent attempts to bypass the coach and complain to an administrator or board member, the administrator or board member will tell the parent they must meet with the coach on the matter, and that this is the coach's prerogative.		

### Other related aspects of this procedure:

1. Parents should go to a coach to share their perspective early enough so the parent has not become completely irate.
2. Parents are assured that a discussion between them and a coach will not affect their son/daughter's playing time, or in any other way affect the way that the player is treated. Coaches will deal with this in a professional manner and will not be vindictive. Parents area also assured that the coach will listen to them. If this is not the case, it becomes an administrative problem to resolve the issue.
3. Parents must act in a decent manner when meeting with a coach. They should not raise their voices, be accusatory, etc. Patens who get out of control may be told they cannot attend games for a period of time.
4. If either the coach or the parents feels there is a chance the meeting is not likely to take place in a positive fashion, they may request the AD attend the meeting.
5. Parents should not attempt to complain to coaches after a game. They should set up a meeting for the next day or so. Coaches are often quite tense after a game, and parents often see things a little differently by the next day. The time right after a game is for positive interactions between coaches, student-athletes, and parents/patrons.
6. Meetings should not be immediately before games or practices, and not during practice. Coaches need that time to prepare and to work with the students.
7. Coaches, Ads and Principals will attempt to proactively resolve issues. It will be appreciated in parents will do the same.

**INTERIM QUESTIONNAIRE**



**PLEASE PRINT!!**

\_\_\_\_\_ Male/Female \_\_\_\_\_  
 Last Name First Middle (circle one) City Date

Since his/her last athletic physical examination, has this student:

	YES	NO	Year in School
(1) Had surgery	_____	_____	
(2) Been hospitalized	_____	_____	
(3) Been under a physician's care	_____	_____	
(4) Had a serious illness	_____	_____	
(5) Had an injury requiring a physician's care	_____	_____	
(6) Been rendered unconscious	_____	_____	
(7) Started taking any new medications	_____	_____	
(8) Developed any new drug allergies	_____	_____	
(9) Developed any health problems	_____	_____	

(Please explain all yes answers)

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 =====  
 =====

My child \_\_\_ should or \_\_\_ should not have a physical examination prior to participation in high school athletics.

School health insurance needed: \_\_\_ Yes \_\_\_ No  
 If yes, a premium charge will be required prior to participation in any IHSAA athletic activity. More information may be obtained from the local school district.  
 If no, is your child covered by a family health insurance policy? \_\_\_ Yes \_\_\_ No \_\_\_

\_\_\_\_\_  
 Signature of Parent or Guardian

\_\_\_\_\_  
 Address

\_\_\_\_\_  
 City Zip Code

=====

**CONSENT FORM**

I hereby consent to the above named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to treatment deemed necessary by physicians designated by school authorities for any illness or injury resulting from his/her athletic participation.

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

My participation in interscholastic athletics for the above school is entirely voluntary on my part, and with the understanding that I have not violated any of the eligibility rules and regulations of the state association.

SIGNATURE OF STUDENT \_\_\_\_\_ DATE \_\_\_\_\_



HIGH SCHOOL ACTIVITIES ASSOCIATION
IDAHO HEALTH EXAMINATION AND CONSENT FORM

All students are required complete a History and Physical examination prior to their first 9th and 11th grade practice in the interscholastic (9-12) athletic program in the State of Idaho. The exam is at the expense of the student and may not be taken prior to May 1 of the 8th and 10th grade years. This examination is to be done by a licensed physician, physician's assistant or nurse practitioner under optimal conditions. Interim history forms are required during the 10th and 12th grade years and must be submitted to the principal prior to the first practice.

Name \_\_\_\_\_ Home Address \_\_\_\_\_ Phone \_\_\_\_\_
Grade \_\_\_\_\_ Sports \_\_\_\_\_
Personal Physician \_\_\_\_\_ Physician's phone number \_\_\_\_\_
Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ School \_\_\_\_\_

HEALTH HISTORY

\*Fill in details of "YES" answers in space below:
1. A. Have you ever been hospitalized? YES NO
B. Have you ever had surgery? YES NO
2. Are you presently taking any medication or pills? YES NO
3. Do you have any allergies (medicine, bees, other stinging insects)? YES NO
4. A. Have you ever passed out during or after exercise? YES NO
B. Have you ever been dizzy during or after exercise? YES NO
C. Have you ever had chest pain during or after exercise? YES NO
D. Do you tire more quickly than your friends during exercise? YES NO
E. Have you ever had high blood pressure? YES NO
F. Have you ever been told you have a heart murmur? YES NO
G. Have you ever had racing of your heart or skipped beats? YES NO
H. Has anyone in your family died of heart problems or a sudden death before age 50? YES NO
5. Do you have any skin problems? (itching, rash, acne) YES NO
6. A. Have you ever had a head injury? YES NO
B. Have you ever been knocked out or unconscious? YES NO
C. Have you ever had a seizure? YES NO
D. Have you ever had a stinger, burner, or pinched nerve? YES NO
7. A. Have you ever had heat cramps? YES NO
B. Have you ever been dizzy or passed out in the heat? YES NO
8. Do you have trouble breathing or cough during or after exercise? YES NO
9. Do you use special equipment, pads, braces, mouth or eyeguards? YES NO
10. A. Have you had problems with your eyes or vision? YES NO
B. Do you wear glasses, contacts or protective eyewear? YES NO
11. Have you ever sprained/strained, dislocated, fractured/broken, or had repeated swelling or other injuries of any of your bones or joints?
Head Neck Chest Back Hip
Shoulder Elbow Forearm Wrist Hand
Thigh Knee Shin/Calf Ankle Foot
12. Have you ever had any other medical problems such as:
Mononucleosis Diabetes Asthma Hepatitis Headaches (frequent)
Tuberculosis Eye injuries Stomach ulcer Other
13. Have you had a medical problem or injury since last exam?
14. When was your last tetanus shot? When was your last measles immunization?
15. When was your first menstrual period? When was your last menstrual period?
What was the longest time between periods last year?
\*Explain "YES" answers here:

CONSENT FORM

(Parent or Guardian and Student Permission and Approval)

I hereby consent to the above named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to treatment deemed necessary by physicians designated by school authorities for any illness or injury resulting from his/her athletic participation. In the absence of parents, I also consent to the release of any information contained in this form to carry out treatment and health care operations for the above named student.

PARENT OR GUARDIAN SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

This application to compete in interscholastic athletics for the above school is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the State Association.

SIGNATURE OF STUDENT \_\_\_\_\_ DATE: \_\_\_\_\_