

Philosophy

Interscholastic athletics can be a valuable component of a student's educational experience in Hastings. Through the promotion of self-discipline, dedication, sportsmanship, teamwork, accountability, and commitment to achievement, athletics fosters many of the qualities and educational values we endorse as a district.

Interscholastic competition is a forum through which students may push themselves and their limitations, allowing them to develop self-confidence and enhance their self-esteem.

Modified – This program is available to all students in grades 7-9. At the modified level, all students are encouraged to participate.

However, if the number of students trying out for a team creates an unmanageable situation and/or poses a safety hazard, reducing team size may be necessary. To alleviate “cutting,” the Athletic Department usually splits the team into two or three smaller teams, which in turn divide the practice and game schedules evenly. The emphasis of our modified program is on participation and teaching fundamental skills to young athletes.

JV – The Junior Varsity level is intended for players who display the interest, commitment, and potential to become Varsity athletes. At this level, coaches place increased emphasis on physical conditioning and refinement of fundamental skills. Junior Varsity athletes will be introduced to more sophisticated strategies and elements of team play in order to further their understanding and mastery of their sport. Squad size at the JV level is limited by the guidelines and needs of the given team.

Varsity – The Varsity level is the culmination of each sport's program. Squad size at the Varsity level is limited by the guidelines and needs of a given team to conduct effective and meaningful practices and contests. Only athletes demonstrating the greatest ability, discipline, and commitment to the program will be eligible to participate at this level. Varsity athletics requires a six-day per week commitment, one that may extend into vacation periods. Whereas winning is not a priority on the modified level, and is one of the many goals of our Junior Varsity programs, the pursuit of excellence as reflected through a winning record is a priority for Varsity teams and athletes.

Code of Behavior

Membership on an athletic team is a privilege, and all team members should strive to perform to the best of their abilities as students-athletes and citizens in their community. The coach's job is to teach and advise student-athletes. We expect student-athletes to abide by the following contract and the Safe Schools Code of Conduct.

Hastings Athletic Contract

I, _____,
agree to the following regulations:

- I will attend classes regularly and be on time. I understand that I must be in school by 10:29am to be eligible to practice and/or play in a game.
- One or more course failures will jeopardize my membership on the team.
- My first responsibility will be my classes and to abide by the school code of conduct.
- My second responsibility will be the team.
- I will exhibit sportsmanlike behavior.
- If I must be absent or late for practice and/or a game, I will notify my coach immediately.
- I may not leave a practice session or game without prior approval of my coach.

Violation of any of the above will result in a team suspension or dismissal recommended by the coach and approved by the athletic director.

- I will completely refrain from drinking, smoking, and taking illegal drugs at all times. **Violation of this rule will result in one-week suspension from the team, plus two counseling sessions during the suspension week. In addition, I agree to attend additional counseling sessions during the first two weeks after a suspension as recommended by their counselor.**

Student Athlete	Date
Parent/Legal Guardian	Date
Coach	Date



Getting Ready to Play

Before each new sport season, the coach of every team will conduct a team meeting. At this meeting, you will receive all necessary documents that should be submitted one week prior to the first practice session. These include the Emergency Contact, Athletic Contract and Medical Permission forms. The Athletic Packet must be taken home, completed by a parent or guardian and returned to the Health Office. When all three pieces of the Athletic Packet are handed in the Health Office will proceed with processing the packet. The nurse will check to make sure that you have had a physical exam within the last 12 months. If more than 12 months has passed between your last exam and before the start of the sport season, the nurse will require you to have a new physical exam. Preferably, this exam will be done by your private physician. However, if this is not possible, you may see the school physician during their regularly scheduled School Physicals Day for a sports clearance. The school physician will be scheduled once prior to each sports season through the Athletic Directors office. The Health office must have all original forms on file. When the packet is complete it begins its process of being cleared by the School Physician, Health Office as well as the Director of Athletics. A student may not participate in practice or game until the coach receives the students emergency contact information.

Practice and Game Requirements

Student-Athletes are expected to attend all scheduled practice sessions and games unless excused by the coach. The importance of practice is clearly stated in the Philosophy section of this brochure. It is important to note that fall practices for Junior Varsity and Varsity teams usually begin the second to last week of August. (Football may begin earlier).

Sportsmanship

Visiting team members, students, and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered, and well-intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respect to the rules and customs of the home school. Remember – an athletic contest is only a game, meant to be a source of exercise, education, and healthy competition.

Athletic Eligibility Policy

The Hastings High School Academic Eligibility Policy states that no student who carries two or more failures over a ten-week period may be eligible to participate in extracurricular activities. Academic eligibility is monitored every five weeks, at the mid-point and at the end of each of the four marking periods. Any student who is failing more than one class at the end of a five-week evaluation period will be placed on academic probation, during which time he or she may participate in practice and in contests. If, five weeks later, that student is still failing two or more classes, even if the failures are in classes other than those he/she failed during the previous five weeks, that student will be declared academically ineligible and will not be allowed to practice or participate in contests. Students who wish to contest their ineligibility may file an appeal with their guidance counselor no sooner than three weeks after they have been declared ineligible.

HASTINGS ATHLETICS

PHILOSOPHY AND POLICIES

