

## Athlete Guidelines & Rules

### **Athletic Activities**

Students participating on athletic teams at Bottineau High School must be aware of the expectations that come with being a member of these teams. These expectations and rules are outlined in this brochure.

### **Academics**

Students who participate on sports teams must remember these teams are part of the extra-curricular program at BHS. Thus all work assigned by teachers must be completed and turned in to the instructor in accordance with the instructor's timeline. Academic work takes a priority over athletic practices and games.

### **Academic Eligibility**

Student athletes must be passing and complete in all classes to be eligible for athletic competition. For the purpose of eligibility, grades will be checked by the high school principal **every Wednesday**. Students who are failing and/or incomplete in 1 or more courses will be deemed ineligible for competition for a period of 1 week. Ineligible students will have the opportunity to become eligible the following Wednesday by improving grades and/or completing missing work. Ineligible students are still eligible for athletic practices as long as practice time does not interfere with opportunities for extra help in the courses affecting eligibility.

Bottineau High School's academic eligibility policy is more stringent than the NDHSAA's minimum policy. All member schools must adhere to a policy that is at least as stringent as the NDHSAA policy.

### **Alcohol, Tobacco, & Illegal Drugs**

Bottineau High School follows the NDHSAA policy regarding alcohol, tobacco, and illegal drug use by student athletes. This policy forbids the use or possession of alcohol, tobacco, and illegal drugs by students participating on school teams.

A student athlete found to be in violation of the NDHSAA's policy regarding use of alcohol, tobacco, and/or illegal drugs is ineligible for competition for a period of 6 weeks. The student athlete deemed ineligible under this policy will be encouraged to remain part of the team and attend all practices during the time of suspension. This is done so as to keep the student athlete involved in school activities, and hopefully help him or her make better choices and avoid similar problems in the future. A 2<sup>nd</sup> violation in the same school year carries an 18-week suspension.

### **Transportation to School Sponsored Events**

Bottineau High School will provide transportation to all athletic events. When students who are members of athletic teams are transported by private car, the car must be driven by an adult approved by the Bottineau High School administration. This approval must occur in advance of the day of the event.

### **Curfew**

Students who participate on athletic teams at BHS are subject to the following curfew hours:

Week nights- 10:30 pm  
Friday & Saturday- 1:00 am  
Sunday- 10:30 pm  
Night before a game- 10:30 pm

A curfew violation will result in a 1-game suspension in football, track& field, and golf. All other sports will have a 2-game suspension.

### **Participation Fee**

Students who participate on athletic teams must pay a participation fee for each season in which a student participates. The fee structure is as follows:

Grades 5-8- \$25.00 per season  
Grades 9-12- \$30.00 per season  
Family maximum- \$200.00

The fee should be paid to the high school office and must be paid prior to the first competition for that season.

### **Family Night**

Athletic practices will be done each Wednesday by 5:30 pm. Junior high teams will not practice on Wednesday evenings. Any 7<sup>th</sup> or 8<sup>th</sup> grade student who participates on a high school team is allowed to practice on Wednesday evenings as long as the student has a signed permission letter from his or her parent. This letter should be given to the head coach of that sport.

### **School Attendance**

All students who are members of extra-curricular sports teams at Bottineau High School must maintain a school attendance record that indicates academics is a priority to this individual. Students should be aware that participating on a school sports team will afford each of them many benefits. These benefits must be earned- part of that includes an attendance record that is acceptable with the Bottineau High School administration and team coaching staff.

### **Dress Code**

The dress code on the day of a competition will differ from sport to sport. Students must dress in a manner that meets the BHS school dress code policy. Students are representing BHS at these events and should dress accordingly. The coach of each team will set guidelines for his or her team.

### **Athletic Director Information**

Students or parents who have questions and/or concerns regarding any of these guidelines and rules should contact the athletic director, Mr. David Hoff, for more information. The phone number at Bottineau High School is 228-2266.

## Parent/Coach Communication

### Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. Establishing a better understanding of each position will hopefully allow each individual to better accept the actions of the other and provide a greater benefit to the student athletes involved on these sports teams.

Parents have the right to understand what expectations and rules are being placed on their child. This understanding begins with clear communication from the coach of their child's team.

Parents are expected to attend parent meetings at the beginning of each season. These meetings provide an opportunity for all involved to listen to the coach and ask questions related to the intricacies of that sports season. Parents must also communicate with their child who is involved in the sport. Throughout the season there will be communication that has to occur through the student athletes.

### Parent Concerns

Throughout the course of the season, parents may have concerns with issues related to their child's team. The most difficult job here is determining whether it is appropriate to discuss these concerns with their child's coach.

### Appropriate Discussion Issues

1. The treatment of your child mentally and/or physically
2. Concerns about your child's behavior
3. Ways to help your child improve

### Inappropriate Discussion Issues

1. Playing time
2. Team strategies
3. Play calling
4. Other student athletes

### Parent/Coach Contact

Parents are asked to contact coaches and set up a face-to-face meeting to discuss any concerns fitting into the preceding list. This initial contact should be made by calling the school and getting contact information for the coach. Whenever possible this initial contact should occur Monday through Friday between the hours of 8:00 am and 5:00 pm. There will be circumstances that do not allow for this timeline to work. Parents are encouraged to use good judgment when determining a time to contact a coach- keeping in mind that these individuals have obligations outside the normal school day.

### Parent/Coach Meeting

Parent/coach meetings have to occur in order for both sides to understand all aspects of the issue causing the concern. All involved individuals are asked to keep the discussion within the guidelines established in this brochure. Involved parties should keep the communication in a tone that will allow for a productive meeting. The parents and coach need to understand each other's position in order for the meeting to have a productive outcome.

### Emergency Concerns

Parents who have concerns related to mental and/or physical treatment of their child should contact the coach or school administration immediately. This mistreatment may include but is not limited to bullying, hazing, or some other form of abuse. In situations where it is not appropriate to contact the coach, one of the school administrators should be contacted immediately.

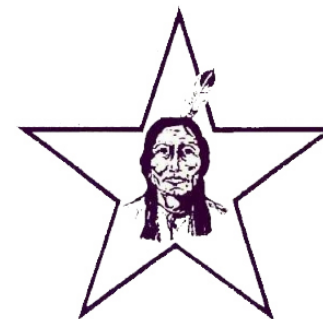
### Meeting with Administration

Not all parent/coach meetings will reach a resolution that is satisfactory to the parents or coach. If this occurs, the dissatisfied individual(s) should contact the athletic director. A meeting will be set up and the involved parties will discuss the issues that have led to this dissatisfaction. An individual who is still not satisfied with the outcome of the meeting with the athletic director can request a meeting with the superintendent. The final step in this process would be an appeal to the school board.

## Bottineau High School

### Sports Information Brochure

Updated August 2018



### School Information

Main Office: 228-2266  
Fax: 228-2021

**School Colors**  
Purple and White

**School Mascots**  
Girls Sports-Stars  
Boys Sports-Braves