



## 2024/25 ●●● Activity Contract ●●● Participation Rules

### Excerpts from SAINT ALBERT CATHOLIC PARENT STUDENT HANDBOOK

Saint Albert Middle School/High School believes that participation in extracurricular activities is a valuable way to learn Christian living skills. There are many lifelong rewards to be gained by taking part in individual and group activities. Consistent with the enjoyment of those rewards is the responsibility to prepare, to the best of one's ability, to represent oneself and our school. This contract is intended to assist participants in athletics, music, speech, drama, cheerleading, and dance team, both in and out of season, with meeting those responsibilities.

As a participant in Saint Albert's school activities, I understand that the following rules, regulations, and procedures are to be observed throughout the entire year.

I understand that I am subject to all school rules included in the PARENT/STUDENT HANDBOOK/CODE OF CONDUCT including the Acceptable Use of Technology Policy. According to those rules, I will be excluded from participation for:

1. School Suspensions (In-School and Out-of-School) — until suspension and any subsequent probation period is successfully completed.
2. Being placed on full probation — until the probation period is successfully completed.
3. Failure to comply with the Iowa High School Athletic Association Code (IHSAA) or the Iowa Girls High School Athletic Union (IGHSAU).

Attendance at practice(s) is at the coach's discretion.

I also agree to follow the academic eligibility and information requirements

#### **1. School Attendance and Discipline**

- a. In the case of arriving home after 11:30pm from an out-of-town competition, the coach/activity sponsor will inform the Athletic Director and the office staff of the late arrival. Student athletes will be excused from their first period classes the following day. A parent note is not necessary, for this type of late arrival to school, but you are expected to arrive no later than 9 AM (Please note that Mass is considered a class period, and all students are expected to attend Mass).
- b. To take part in, practice or compete, for any school activity on a school day, I must be in attendance for the majority of the school day. This means I must attend at least 4.5 hours of the school day, arriving by 10:30am or leaving after 12:30pm. I must bring a parent or doctor note and obtain a pass from the office for any class period missed (please note that Mass is considered a class period). Otherwise, I must be excused by the Athletic Director/Assistant Principal. For example, but not limited to these scenarios:
  - I arrive to school at 11am, with a parent note excusing me for being absent that morning .... can I practice or compete? No, but you have the option to discuss your circumstances with the Athletic Director or Administrator.
  - I arrive at school at 10:00am with a parent note excusing me for being absent that morning .... can I practice or compete? Yes!
  - I have parental permission to leave school at 1:45pm for an appointment, but plan on returning to compete in a game the same day .... can I compete? Yes!
  - I have parental permission to leave at noon and plan to return for my activity later that afternoon .... can I practice or compete? No, but you have the option to discuss your circumstances with the Athletic Director or Administrator prior to your departure.
- c. **If I am arriving late to school because of a competition the night before that the Athletic Director and the office staff were informed of by the coach, I will be at school by 9AM. Competing for my school is a privilege, and I will show my gratitude, by being a good student and attending school.**
- d. If I am sent to the office from class or study hall for a disciplinary reason, I may be ineligible to participate in any contest that day. Eligibility will be determined by the administration. If I am ineligible for a contest, I must inform the coach of my ineligibility.
- e. **HOMEWORK:** If you are missing school due to an activity students are required to turn in all homework due on the day of their activity prior to leaving. Students also need to get assignments for the day they are missing so they are prepared for the next time they are in class.

f. If I come to school without my uniform and/or practice clothes, I will not be allowed to leave during the school day to go home for forgotten clothing/items.

## **2. Practice Sessions:**

- I agree to attend all practice sessions. Only absences excused by the head coach/sponsor are acceptable. Coaches/sponsors will set team rules that address dismissal from a team.
- I agree to serve all acquired detentions and/or Wednesday Work Days during the assigned time or I will not be eligible to practice or perform. I understand I am responsible for any tardies to or absences from practice as a result of my detentions and that such practice irregularities will be subject to the discretion of the head coach/sponsor of my activity.
- I assume complete responsibility for all clothing/equipment issued to me and will pay replacement costs for any item(s) damaged or lost. I will not be eligible to begin practice for my next activity until all equipment and uniforms are turned in.
- I agree to cooperate with my coach/sponsor in all respects.
- I agree to control my anger and never use any profanity or obscene gestures as a means of venting my anger.
- I agree to respect all decisions of the officials.
- I agree to maintain my hair and appearance in neat and trim fashion and dress according to established guidelines for all out-of-town activities.
- I agree that as a participant of one or more activities, regardless of whether or not that activity is in progress, I am responsible for any actions that can cause any embarrassment or negative repercussions to the school.
- I agree to refrain from the use of and/or possession of ALL tobacco products, including e-cigarettes, vaping, Juuling, and paraphernalia.
- I agree to refrain from the use of ALL alcoholic beverages or controlled substances except as prescribed by a licensed medical professional.
- I understand that it is my responsibility to respect the property of others. I agree that I am responsible for any of my own actions that cause vandalism, destruction of property and theft of others' property. All property should be locked in the locker room or given to the coach/sponsor to hold for security reasons.
- I agree to comply with the rules regarding transportation to and from activity trips.
- I understand that each coach/sponsor may establish codes of conduct, which are in conformity with school rules but particular to the specific activity.

The coach/sponsor or staff member in charge of an activity has the responsibility to inform participants of these rules. In addition, that coach/sponsor or staff member has the authority to administer participation rules. Violation of these participation rules are to be brought to the attention of the athletic director. If a violation of a participation rule(s) results in disciplinary action being taken by the activities director, the participant's parents will be notified in writing. A participant who has been declared ineligible by the athletic director or administrator may request in writing to have his/her case reviewed by the Head of Saint Albert Schools.

The following consequences are in effect if a student is determined to have violated tobacco, alcohol/controlled substance abuse or academic misconduct rules.

### **Possession or use of tobacco in any form including e-cigarettes (in or out of season):**

- **1st Offense:** Parents notified. 1 day In-School Suspension, 15-school-day exclusion from all extracurricular activities (full probation)
- **2nd Offense:** Parents notified. 3 days In-School Suspension, 20-school-day exclusion from all extracurricular activities (full probation) and possible dismissal from the team

### **Consumption, use, possession or transmission of illegal drugs or alcohol or misuse of prescription drugs or inhalants (in or out of season):**

- **1st Offense:** Parents notified. 3 day In-School Suspension, 15-school-day exclusion from all extracurricular activities (full probation)
- **2nd Offense:** Parents notified. 3 days In-School Suspension, 20-school-day exclusion from all extracurricular activities (full probation) and possible dismissal from the team

### **Academic Misconduct (cheating, lying, plagiarism or assisting in cheating, lying or plagiarizing (in or out of season):**

- **1st Offense:** loss of credit for the assignment, administrative referral and detention.
- **2nd Offense:** loss of credit for the assignment, administrative referral, detention, 1 day In-School Suspension, 5 days probation and 5 school day exclusion from all extracurricular activities.
- **3rd Offense:** loss of credit for the assignment, administrative referral, detention, 3 days In-School Suspension and a number of days of probation and exclusion from all extracurricular activities to be determined.

Please see the handbook for a full list of major infractions and their subsequent consequences.



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I have read the activity contract in its entirety, and agree to abide by the rules put forth by administration and will represent Saint Albert in a positive way.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I have read the activity contract in its entirety, and agree to hold my student accountable by helping him/her abide by the rules put forth by administration and assist him/her in representing Saint Albert in a positive way.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_