

# NICOLET HIGH SCHOOL

Athletic & Activities Handbook  
for Students, Parents and Coaches

2019-20



*"Today is a great day to be a Knight"*

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## Nicolet High School Athletics &amp; Activities Handbook

# Table of Contents

Season/Sports/Starting Dates/Head Coaches.....	p.3
Mission/Vision/Goals/Requirements.....	p.4
Introduction/Philosophy.....	p.5
Activities Offered at NHS.....	p.6
Activity Requirements/Booster Club.....	p.7
WIAA Eligibility/Transfer Rules.....	p.8
Academic Requirements.....	p.9
Team Rules/Attendance/Vacations/Participation.....	p.10
Nicolet Code/Behavioral Expectations.....	p.11
Conduct/Violations .....	p.12
Discipline.....	p.13
Interscholastic Competitions.....	p.14
Injuries/Insurance .....	p.14
Athletic Trainer/Equipment.....	p.14
Concussion Protocol.....	p. 15
Travel.....	p.16
Awards/Fees.....	p.16
Scholarship/NCAA Information.....	p.16
Travel Release Approval.....	p.17

# Nicolet High School Athletics

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WINTER/November	GIRLS BASKETBALL	MEGAN LUND	megan.lund@nicolet.us
WINTER/November	BOYS & GIRLS SKI#		
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SPRING/March	BOYS TENNIS	TIM KOPPA	tim.koppa@nicolet.us
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SPRING/March	BOYS LACROSSE#	HARLAND COOK	hmcook5@wi.rr.com
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#Not a recognized WIAA sport

\*Co-op with University School (USM is lead school)

\*\*Co-op with Whitefish Bay (WFB is lead school)

**Nicolet District Mission:**

Transforming knowledge into wisdom, the Nicolet High School District accelerates the achievement of every student, in every classroom, every day by promoting intellectual discovery, inspiring creativity, embracing diversity, and encouraging students to become enlightened, humane, responsible citizens.

**District Vision:**

The Nicolet High School District is a professional learning community that ensures high expectations, collaboration, and personalized learning for all.

**School Board Goal:**

Provide personalized learning programs, support systems and services to ensure that each student will demonstrate academic growth and social/emotional well-being during their experience at Nicolet High School.

**High Engagement:**

By 2020, Nicolet students will increase their participation in one or more extracurricular activities from 89% (2015) to 100% (2020) as measured by extracurricular enrollment data.

**Nicolet Athletics: PRIDE, RESPECT, DEDICATION, EXCELLENCE**

Nicolet considers athletics and extra-curricular activities as an extension of the classroom. Nicolet Student-Athletes demonstrate compassion, responsibility and dedication to their teammates and sport. They will act with integrity, honor and an understanding of their role in the school and community. They will show spirit, loyalty and enjoyment of sport.

**ATHLETIC REQUIREMENTS:**

**PRIOR** to a student's participation (try-out or practice or competition) in a Nicolet High School athletic program, the following requirements must met:

- 1) Turn in the appropriate **WIAA Physical card or WIAA Alternate Year Card** (cards may be obtained in the athletic office, or downloaded from the Nicolet web site under Athletics)  
*NOTE: An examination taken after April 1<sup>st</sup> is good for the upcoming school year and the following school year. An examination taken before April 1<sup>st</sup> is only good through the remainder of that current school year. Parents must sign an alternate year card prior to the start of the student-athlete's "alternate" year season.*
- 2) Read the **Athletic Code**, agree to its provisions and submit the **Consent Form** located under Athletic Participation Forms on your Skyward account.
- 3) Complete and submit the **Concussion Form** online located under Athletic Participation Forms on your Skyward account.

# NICOLET HIGH SCHOOL ATHLETICS

## *BUILDING COMMUNITY PRIDE*

### INTRODUCTION

Interscholastic athletics is a significant and worthwhile undertaking. Each year, Nicolet High School students are provided with the opportunity to become involved in athletic programs under the guidance of its qualified and dedicated coaches and athletic staff. This handbook is required reading for each athlete and their parent(s)/guardian(s). The policies and procedures governing the athletic program, including this handbook, shall be administered and enforced with the full authority vested in the individual coaches as governed by the Athletic Director. **When appropriately applicable, all policies, procedures, rules in this handbook apply to all Nicolet extra-curricular activities in addition to athletic activities.**

### PHILOSOPHY

The Nicolet High School athletic program is built around the philosophy that a dynamic program of student activities is vital to the educational, social and emotional development of the student. And as such, participation in athletic activities is encouraged for all students. The Nicolet athletic program will provide a variety of experiences that will foster an environment of inclusion for all students and aid in the development of favorable habits and attitudes in students that will prepare them for adult life. In this regard, the Nicolet athletic program's policies, procedures and coaching philosophies will help foster a climate of inclusion and the development of the athlete first and foremost. The athletic program will function as an integral part of the total curriculum. It will offer opportunities for all students to serve the school community, to assist in the development of fellowship and good will, to promote self-realization and all around growth, and to encourage the qualities of good citizenship.

Athletics play an important part in the life of a Nicolet High School student as these athletes will learn lessons in sportsmanship, responsibility, teamwork, cooperation, and winning or losing with dignity. Through participation in athletics, a healthy self-concept as well as a healthy body can be developed. Athletics add to Nicolet school spirit and help all students, spectators and participants develop pride in their school community. The athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the student-athletes themselves.

## Activities offered at Nicolet High School

### Level 1: Athletic Sports: (19 sports/ 30 teams)

*Activities of athletic nature.*

- 1 Baseball
- 2 Basketball (boys & girls)
- 3 Cross Country (boys & girls)
- 4 Football
- 5 Golf (boys & girls)
- 6 Gymnastics (girls)
- 7 Hockey (boys & girls)
- 8 Soccer (boys & girls)
- 9 Softball (girls)
- 10 Swimming/Diving (boys & girls)
- 11 Tennis (boys & girls)
- 12 Track (boys & girls)
- 13 Volleyball (boys & girls)
- 14 Wrestling
- 15 *Dance/Cheerleading\**
- 16 *Ski Team\* (boys & girls)*
- 17 *Lacrosse\* (boys & girls)*
- 18 *Rugby\**

*\*Non-WIAA sanctioned sports*

### Level 2: Academic/Service Clubs:

*Activities financially or partially financially sponsored by Nicolet High School and may represent NHS at competitions or contests.*

- 1 Chess
- 2 Debate
- 3 FEAR
- 4 Fed Challenge
- 5 Forensics
- 6 Mock Trial
- 7 National Honor Society
- 8 Pep Band
- 9 Theatre Production

### Level 3: Social Clubs and Activities:

*Clubs & Activities recognized by Nicolet High School but not financially sponsored by NHS.*

Club Confirmation paperwork must be on file in the athletic office for a club or activity to be officially recognized.

**Examples:** Asian/Pacific Islander Club, Astronomy Club, Bad as Blue, Best Buddies, Book Club, Community Service Club, Disc Golf Club, Doctor Who Club, Environmental Club, French Club, French Honor Society, Gay/Straight Alliance, German Honor Society, International Thespian Society, Library Magazine, Millionaires Club, Model U.N., Movie Club, Multicultural Club, Nicolet Film Society, Nicolet Photo Club, Ping Pong Club, Ruth Goldberg Club, Spanish Club, Spanish Honor Society, Stage Crew, Women's Empowerment Club.

## Activity Requirements

<b><u>REQUIREMENT:</u></b>	<b><u>LEVEL 1:</u></b>	<b><u>LEVEL 2:</u></b>	<b><u>LEVEL 3:</u></b>
<b>ACADEMIC ELIGIBILITY:</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>
<b>ATHLETIC/ACTIVITY FEE:</b>	<b>YES (except #17, #18)</b>	<b>NO (except #3, #9)</b>	<b>NO</b>
<b>CODE OF CONDUCT:</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>
<b>AWARD ELIGIBILY</b> (letters, pins numerals etc.):	<b>YES</b>	<b>YES</b>	<b>NO</b>
<b>PHYSICAL CARD:</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>
<b>ONLINE ATHLETIC FORMS:</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>

- Discipline for Code of Conduct Violations may differ by frequency of violation and activity level.
- Advisors of Level 3 activities must have club/organizations confirmation on file in Athletic Office.
- Use of all school vans must be approved by the athletic office.
- Bus/Van transportation costs are budgeted for Level 1 and Level 2 activities only.
- Ski athletes from other schools in our co-op pay the athletic fee at their school not NHS.
- Boys & Girls Hockey athletes from NHS pay Athletic fee to NHS and not the host Co-op School (WFB & USM).
- Boys Hockey athletes from NHS will be billed directly by WFB for other Hockey related participation fees.
- Girls Hockey athletes from NHS will be billed directly by NHS for other Hockey related participation fees.
- Ski athletes will be billed by NHS and all expenses related will be billed to their 60L-201 account.
- Boys Lacrosse athletes will be billed by NHS and all expenses related will be billed to their 60L-259 account.
- Girls Lacrosse athletes are billed directly by the lead school in the Co-op (WFB).
- Rugby athletes are billed by USA Rugby.

### BOOSTER CLUB

The Nicolet All-Sports Booster Club supports and encourages the endeavors of Nicolet student-athletes. It also provides moral and financial support to encourage participation in athletic activities for the benefit of all student-athletes. The Booster Club has been responsible for a great deal of financial support for the athletic department in an effort to keep Nicolet Athletics competitive with the other schools it competes with. The group also provides athletic scholarships as well as funds for coaching clinics, guest speakers and spirit activities. Please consider joining this worthwhile and essential organization. The cost to join is easily affordable and entitles the member to a Nicolet pass allowing the member and his/her family entrance to all Nicolet home athletic events. The Nicolet Athletic Department strongly encourages all families to be a member of the Booster Club. Booster Club membership is vital to the success of our athletic program. The Booster Club supports all Nicolet Level 1 Sport activities as well as Pep Band.

## WIAA ATHLETIC ELIGIBILITY RULES

According to the WIAA (Wisconsin Interscholastic Athletic Association) rules, no athlete can be **varsity** eligible if:

1. The student-athlete has reached 19 years of age prior to August 1 of the upcoming school year.
2. The student did not pass or is not currently passing 3 full-time credits out of a minimum of 5 full-time credits.
3. The student has attended more than eight (8) semesters after entering Grade 9, or if the student-athlete's seventh and eighth semesters do not follow consecutively.
4. The student-athlete has participated in any sport for part or all of four (4) seasons.
5. The student-athlete and his/her parents do not live in the school district in which the student-athlete attends school unless the student-athlete has served one year of ineligibility or unless the residence situation has been approved by the WIAA Office.
6. The student-athlete does not have on file evidence of both having passed a physical examination administered by a licensed physician or advanced practice nurse prescriber and received parental permission to participate in athletics.
7. The student-athlete has violated his/her amateur status by knowingly or unknowingly: accepted any amount of money or any kind of usable merchandise, signed a contract for his/her services as an athlete, permitted his/her name or picture or personal appearance to be used for promotion, played under another name.
8. The student-athlete, at any time, received an award of merchandise of value such as a jacket, sweater, watch, billfold, etc. in recognition of his/her talent as an athlete.
9. The student-athlete has played an all-star contest or similar activity involving participants from more than a given league.
10. The student-athlete participates in any program, outside of school team, which can be considered by anyone as resembling a school team practicing or competing outside of the designated school season for that sport.
12. The student-athlete lets anyone besides his/her parents/guardians pay a fee for specialized training, such as a summer camp.
13. The student-athlete may not be instructed by his/her school coach outside the season of the sport (except where permitted by WIAA regulations during the summer).

## WIAA TRANSFER RULES

“A student who transfers from any school into a member school after the fourth consecutive semester following entry into grade 9 shall be ineligible for competition at any level for one calendar year, but may practice, unless the transfer is made necessary by a total change in residence by parent(s).”

### INTERPRETING THE RULE

Open enrolled and/or tuition paying students **entering** 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded **unrestricted** eligibility provided all other rules governing student eligibility are met.

Open enrolled and/or tuition paying students **entering** 11th and/or 12th grade as transfer students are **ineligible** to compete at any level for one calendar year, but may practice.

9th grade students who **transfer after the beginning** of the school year and with written consent from both schools directly involved may be provided **non-varsity** opportunities for the **remainder of the school year**. Restrictions are removed upon entering 10th grade.

10th grade students who transfer **after the beginning** of the school year and with written consent from both schools directly involved may be provided **non-varsity** opportunities for **one calendar year** (365 days beginning with first day of attendance at the new school).

Schools are reminded that district policies with respect to intra-district transfer do not supersede WIAA transfer rules in situations involving post-4th semester transfers. Intra-district transfers occurring after the fourth consecutive semester following entry into grade 9 result in the student being ineligible for competition at any level for one calendar year (365 days beginning with first day of attendance at the new school), but they may practice.



## NICOLET ACADEMIC REQUIREMENTS

The fundamental concept of the Nicolet academic requirement is to assure that academics are placed as a priority and as such, all athletes are students first and athletes second. The requirement includes steps that will be taken to help students and athletes who do not meet the minimum requirements to raise their academic performance. Nicolet will employ a zero tolerance for academic failure. We expect our student-athletes to meet a minimum level of academic competence in order to compete:

**Minimum GPA (grade point average) of 1.67 on a 5-point weighted scale with NO failing grades.**

A(4.0), A-(3.67), B+(3.33), B(3.0), B-(2.67), C+(2.33), C(2.0), C-(1.67), D+(1.33), D(1.0), D-(.67), F(0.0)

### GRADES USED TO DETERMINE ACADEMIC ELIGIBILITY

**Grade checks will take place at least twice each season (Fall/Winter/Spring) based on student's level of eligibility. The exact dates of grade checks will be determined by school administration and will be communicated at the beginning of the school year.**

### LEVELS OF ACADEMIC PROBATION AND ELIGIBILITY

**(Level 1, 2, 3 students will be subject to an additional grade check approximately 15 school days after being placed on academic probation.)**

- LEVEL 0:** Student has GPA of at least 1.67 and 0 F's. (minimum academic requirement for full eligibility).  
Student has full participation status and competition until the next grade check.
- LEVEL 1:** Student has GPA of 1.67 or greater but 1 F or a GPA between .667-1.66 with 0 F's.  
Student has full participation status, including competition, but is on academic probation and will be subject to an additional Grade Check will on the 15<sup>th</sup> school day following placement on probation.
- LEVEL 2:** Student has GPA between .667-1.66 with 1 F.  
Student may practice but is not allowed to compete and is on academic probation and will be subject to an additional Grade Check will on the 15<sup>th</sup> school day following placement on probation.
- LEVEL 3:** Student has 2 or more F's or a GPA less than .667.  
Student is ineligible to practice or compete and is on academic probation and will be subject to an additional Grade Check will on the 15<sup>th</sup> school day following placement on probation.
- Parents/Guardians of students assigned to Levels 1, 2 or 3 for academic eligibility at each official grade check will be properly notified of placement by an assigned school official.
  - Students may complete an administratively approved summer academic improvement plan to elevate their status Level for fall academic eligibility, provided such a plan can be formulated.

Students and athletes transferring into Nicolet will be subject to the same academic eligibility standards as current Nicolet students. A grade report will be requested from the student's previous school.

**STUDENTS WISHING TO PLAY ATHLETICALLY IN COLLEGE MUST GRADUATE WITH A 2.3 GPA TO BE ELIGIBLE THEIR FRESHMAN YEAR.**

## **TEAM RULES**

Each Head Coach will establish a set of team rules and violation consequences which the coach feels to be in the best interest of all team members; such rules shall become effective after approval by the Athletic Director. The team rules will be given to each athlete prior to the start of the season. It is the responsibility of the athlete to understand the rules. The rules shall generally deal with conduct and attendance requirements. The team rules shall not be inconsistent with the Athletic Handbook. The Head Coach shall be responsible for administering the team rules and discipline for the violation of such rules.

## **ATTENDANCE**

Absences will affect student participation in athletics and activities. Students absent, or partially absent on the day of a scheduled practice or game, must be excused by the attendance office in order to participate. A student missing class because of participation in an athletic activity has the same obligations for making up homework, taking tests, etc. as they would if they were on a school field trip. Students absent for school related reasons, such as a field trip, music or theater performance are considered to be participating in school activities and are eligible to compete. A student will not be permitted to practice or participate in a contest if they were suspended from school the day of that practice or contest. A student will not be permitted to practice or participate in a contest if they did not participate in Phy Ed class the day of the practice/contest. If a student was excused from Phy Ed due to illness or injury, they will not be permitted to participate in a contest on that same day unless they attend the Phy Ed class and participate in appropriate alternate activities approved by the Phy Ed teacher. A student must attend school a minimum of four (4) "classroom hours" and have no "unexcused" absences on the day of a practice or of a contest to maintain participation eligibility for practice or competition (unless for extenuating circumstances such as family emergency or college visits). Students may be eligible to participate in a Saturday contest if they miss school time on Friday, provided it was not for disciplinary reasons. Students serving in-school suspensions for minor offenses will be allowed to participate in athletic events that day.

## **VACATION STATEMENT**

The Nicolet athletic department strongly discourages taking vacations during the competitive season in which the athlete is participating. It is detrimental to the athlete and the team to be absent from practice and/or competition for an extended period of time. It is up to the discretion of the coach of each team to determine any consequences involved if a player from the team chooses to miss practice and/or games during the season. All absences from practices or competition should be discussed with the coach in as much advance as possible. Nicolet athletics has a priority to be as competitive as possible and this goal is difficult to achieve if we do not have each of our athletic teams intact throughout the entire season.

## **LIMITED PARTICIPATION SPORTS**

Because of limited number of participation sports, some Nicolet sports team will have tryouts to determine roster spots. The criteria for selection to the team will be developed by the Head Coach of each activity and communicated to the athletes prior to the tryouts. All athletes, on an individual basis, will be informed by the coach of their status following tryouts. The athletic department will adhere to the concept that when at all possible, freshmen will not be cut from an athletic team. This policy may be dependent on resources provided to that sport in the form of equipment, facility time, amount of competition and/or number of available coaches. Cut-sports may not be able to allow "late tryouts."

## **CHANGING SPORTS**

An athlete may not be involved in two sports during the same season, except by consent of each sport coach and the athletic director. A student cut from, or dropping one sport may try out for another sport provided they were not cut for disciplinary reasons and provided the other sport can accommodate the addition.

## **NICOLET CODE (of Conduct)**

Nicolet High School administrators and coaches believe that students who are selected for the privilege of membership on teams should conduct themselves as responsible representatives of the school and community. They are expected to maintain high standards of conduct throughout the year. Student-athletes, their parents and school staff members share responsibility for adhering to these standards. Everyone plays a role in establishing and maintaining a positive image for our school and community. Program success cannot be achieved unless everyone works together. Athletics are a privilege and integral part of the total education process. The sound development of the physical capacities of students can complement and enhance the intellectual, emotional and social development of each student-athlete. These opportunities are useful tools in the achievement of the goals of a comprehensive education. The key goals of the athletic program are to offer student-athletes direction in developing healthful living habits, discipline, leadership, teamwork, sportsmanship and the acceptance of rules and responsibilities. Every student selected for the privilege of team membership will be offered the opportunity to practice and participate in contests, relative to their demonstrated abilities, readiness and commitment. Striving for success is a key component of a competitive interscholastic athletic program. While we strive to win as often as we can, we are mindful that how we win or lose tells more about us than the final score. Participants in the athletic program have a responsibility to adhere to the policies established by the Nicolet High School Board, the North Shore Conference, and the by-laws of the Wisconsin Interscholastic Athletic Association. Coaches in the athletic program are required to adhere to the policies, philosophies and regulations found in both the Athletic and the Coaches' Handbooks. **Students can be suspended from athletics or activities for violating the Nicolet Code at any time during the calendar year.**

### **Behavior expectations of participants:**

Accept and understand the seriousness of your responsibility, and the privilege of representing the school and the community. Treat opponents the way you would like to be treated. An athlete shall never direct remarks at an opponent in a taunting manner. Respect the integrity and judgment of game officials. Respect the job and position of officials and treat them with dignity. This is a fundamental expectation. Any form of hazing is considered bullying and is not acceptable. Teammates and fellow students should be treated with respect at all times. Nicolet will not tolerate a culture of harassment and incidents of harassment. Bullying and/or hazing will be dealt with swiftly and harshly. **Students can be suspended from athletics or activities for violating behavior expectations while participating in athletics or activities.**

### **Behavior expectations of spectators:**

Remember that high school athletics are learning experiences for students and the programs are part of the educational process. Remember too that adolescents often learn proper behavior from watching adults. A ticket is a privilege to observe the contest, not a license to verbally abuse others. Positive fan support is an asset for the players, coaches and other spectators. Please show respect for the all players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, officials and coaches is not in keeping with our philosophy, nor is it a good form of modeling and will not be tolerated. Any spectator ejected by an official shall be required to leave Nicolet High School's premises. **Students can be suspended from athletics or activities for violating behavior expectations while spectating at athletics or activities.**

### **Behavior expectations of parents:**

Accept and understand the seriousness of your responsibility and be positive with your child. Do not offer excuses to them if they are not playing. Encourage your child to work hard and do their best. If they have questions about issues relating to their playing time and performance, encourage them to ask the coach for a meeting between the two of them. Encourage your child to follow all school, athletic code and team rules. Show respect for the all players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgments. Negative comments or the berating of players, officials and coaches is not in keeping with our philosophy and as such will not be tolerated.

## **CONDUCT/VIOLATIONS**

The primary purpose of Nicolet's Code of Conduct is to promote self-discipline in the best interest of the athlete.

**The WIAA mandates** that each member school have a **Code of Conduct** for its athletes which (a) prior to the start of each school year designates the specific discipline applicable to violations of such code, (b) is developed with the involvement of students, coaches and administration and (c) is adopted by the School Board. The WIAA specifies that at least the following consents be included in the **Code of Conduct** of each member school:

1. A student is required to follow the school **Code of Conduct** on a year-round (12-month) basis.
2. In-season violations of the following will result in immediate suspension of the student from interscholastic competition for no less than one (1) day of competition (game, meet or contest): (a) acts involving the use of alcohol; (b) acts involving the use, including chewing, of tobacco; and/or (c) acts involving the use, possession, buying or selling of controlled substances.
3. The Athletic Director will determine minimum discipline for violation of any other provisions of its **Code of Conduct**, including (a) all out-of-season offenses, and (b) for any other conduct contrary to the ideals, principles and standards of the school and the WIAA including, but not limited to criminal behavior.

### ***CODE OF CONDUCT RULES APPLICABLE TO NICOLET STUDENT-ATHLETES***

1. The student/athlete shall not possess, use, sell, buy or attempt to use, sell or buy medically unauthorized drugs.
2. The student/athlete shall not possess, use, sell, buy or attempt to use, sell or buy smoke or tobacco of any kind.
3. The student/athlete shall not possess, use, sell, buy or attempt to use, sell or buy alcoholic beverages.\*
4. The student/athlete shall not possess, use, sell, buy or attempt to use, sell or buy performance enhancing drugs.
5. The student/athlete shall not act in a manner that is unbecoming of a Nicolet athlete, on or off the school grounds.
6. The student/athlete disqualified from a contest for flagrant or unsportsmanlike conduct, will be suspended from interscholastic competition for no less than the next competitive contest per WIAA rule.
7. School suspensions may result in a code of conduct violation and subject to athletic suspension at the discretion of School Administration.

\*Student/athletes are strongly discouraged from attending any gatherings where drugs or alcohol are present or illegal activities are taking place. Student-athletes need to avoid these situations and may face penalties for simply being present at such events.

### ***APPLICABILITY OF THE NICOLET CODE***

1. The rules and code of conduct described above shall be in effect at all times on a 12-month basis for Nicolet students, whether school is in session or not. Accordingly, a student who violates a rule while school is not in session shall be treated on an identical basis as a student who violates a rule while school is in session.
2. Any violation of the Nicolet Code will apply to the student's current or next activity in which the student participates (at the discretion of school administration). If, while serving a suspension, that student does not finish that season in good standing, the suspension will then apply to the next activity in which the student participates (at the discretion of school administration).

## ***DISCIPLINE***

In the event of a violation of the Nicolet Code by a Nicolet student, the following discipline set out below shall apply. Suspensions occurring in WIAA tournament contest will result in disqualification for the remainder of the total tournament series in that sport.

### **First Offense**

The student can be suspended from competition for a period of up to twenty-five percent (25%) of game contests or events for the current season (excluding scrimmages). During the suspension, the student can continue to practice with the team, appear on the bench with teammates and attend team activities but will be barred from all game competition. If there are not sufficient events remaining, the length of the suspension shall be divided proportionately between seasons. If the student is not then participating in a sport or activity, the suspension will be served in the student's next season sport or activity. If the student **self-reports** the violation and it is a first offense, the discipline can be reduced to a suspension of fifteen percent (15%). **In addition**, if the offense includes use of alcoholic beverages or drugs, mandatory contact with their Nicolet Guidance Counselor is required and may include a substance abuse education program or referral to an outside substance abuse program. The contact with the Nicolet Guidance Counselor and the commencement of the program must begin at the earliest possible time and is mandatory before an athlete will be allowed to compete. The athlete must receive clearance by their Guidance Counselor and parent(s) or guardian(s) of the athlete before reinstatement can be granted. **Note:** Students are encouraged to self-report violations in order to accept responsibility for their actions and to display the maturity required to make better decisions in the future.

### **Second Offense**

A student who commits a second violation of the Nicolet Code can be suspended from competition for a period of up to **fifty percent (50%)**.

### **Third Offense**

A student who commits a third violation of the Nicolet Code can be suspended from competition for a period of up to one year (**12 months**).

### **No Further Violations**

If at the end of **three consecutive semesters** the athlete has not been found to be in further violation of the Code of Conduct, the student's status is returned to the level that they held prior to the previous violation.

## ***PROCEDURES APPLICABLE TO ATHLETIC RULE VIOLATIONS***

Parents, teachers, coaches or other school personnel should inform school officials of any violation of the **Nicolet Code of Conduct**. Any student reported for a violation on any eligibility rules shall have due process and will be allowed to meet with the Athletic Director to appeal the suspension. At this time, the student and or parent(s) or guardian(s) of the athlete may appear and present evidence on their behalf, including testimony. The student will not be allowed to compete while the appeal process is in progress. All efforts will be made by the Athletic Director to expedite the appeal process. After the appeal process, FINAL decisions will be detailed in writing and mailed to the athlete and their parent(s) or guardian(s).

## **INTERSCHOLASTIC COMPETITIONS**

The School Board recognizes that interscholastic competition is an integral extension of classroom instruction, athletic team participation and student clubs/activities membership. Interscholastic competition fosters the development of pride and loyalty in the school and each other, as well as self-confidence and a sense of accomplishment as an individual and as a team member. The Board supports student, faculty and staff participation in interscholastic competition at the conference, regional, sectional and state level.

### **National Competitions**

The District will provide substitute teachers for faculty advisors to chaperone students who may qualify to attend a national competition. Students and advisors need to pursue/secure outside sponsorship(s) to cover attendance at national competitions.

## **INJURIES AND INSURANCE COVERAGE**

Nicolet High School does not provide insurance coverage for athletic injuries. In any sport, particularly the contact sports, there is a risk of injury. Injuries to organs, paralysis and even death may occur. It is the responsibility of each student-athlete to report their injuries to the responsible parties (coach, trainer, etc.). Student-athletes using weight room equipment against coaches' and/or trainers' advice/instruction will assume the responsibility of their direct or indirect injuries.

## **ATHLETIC TRAINER**

Nicolet has a certified athletic trainer on staff to care for all athletic injuries sustained during school sponsored interscholastic activities. The trainer, who is on duty at all home events, will provide prevention, emergency care, treatment and rehabilitation of athletic injuries under the direction of Nicolet's team physician or your individual physician. Athlete's should always:

- Report all injuries to your coach or the trainer when they occur.
- If you see a physician, get a note with a diagnosis and any restrictions or therapy and present it to the trainer.
- Report to the training room daily until instructed to do otherwise.
- Equipment borrowed from the training room should be returned as soon as possible.
- No athletes are to be in the training room unsupervised.

## **ATHLETIC EQUIPMENT**

1. The school board has attempted to provide the Athletic Department with adequate and safe equipment.
2. Each student-athlete is responsible for the proper care and safekeeping of the equipment issued to them.
3. **Lockers should be securely locked during and after every practice and contest.**
4. Each student-athlete must turn in their equipment and will be held financially responsible for any lost or stolen equipment issued.

# CONCUSSION PROTOCOL:

Please be advised of the following with regard to concussion protocol.

Should an athlete be officially diagnosed with a concussion or believed to be suffering from a concussion (always err on the side of caution):

- 1) the athlete should be removed from participation in game or practice immediately.
- 2) the athlete should see the athletic trainer immediately.
- 3) the trainer/coach shall recommend immediate next course of action (hospital/911 etc.)
- 4) the trainer/coach should fill out the proper paperwork (accident report)
- 5) the trainer/coach should contact the athlete's parents or guardians immediately
- 6) the trainer should contact the school nurse via email asap
- 7) the athlete cannot return to practice/competition until cleared by our trainer and/or doctor

The most important thing is communication...especially to the parents.

## **TRAVEL TRIP CONDUCT AND APPEARANCE**

1. Athletic team members will use the mode of transportation provided by the school unless special pre-arrangements are made in writing and approved by the Athletic Director or his designee.
2. All student-athletes are expected to conduct themselves as good examples of Nicolet at all times. Student-athletes are in the public eye both off the field or court as well as on it.
3. Every athlete is strongly encouraged to return on the team bus. If the athlete must leave early, it is their obligation to pick up, fill out, and return a signed parent release form (located in this handbook).
4. The locker room is a place for coaches and players only. Friends and relatives are not allowed in the locker room before, during or after games or practices. Every student-athlete is responsible for keeping the locker room clean both at home and on the road.
5. Grooming and hygiene shall be such that at any time proficiency, safety or cleanliness inhibits performance, the student-athlete will be asked to modify his/her grooming.
6. Appropriate attire (set by the coach/advisor) will be worn when traveling to events.

## **AWARDS**

Nicolet High School awards emblems, letters, numerals, plaques etc. to designate excellence in achievement and progress within the specialty area of athletics and activities. Awards will be given upon recommendation of the head coach/advisor. The method of selecting awards will be determined by the head coach/advisor. It is encouraged that all earned awards will be worn or displayed at school or at home with honor, pride and dignity.

## **ATHLETIC FEES**

Participation fees set by the school board for 2019-20 will be **\$70 per sport/activity** (freshmen) and **\$85 per sport/activity** (sophomores, juniors, seniors). Participation fees will be refunded in full or applied to the student's next sport/activity if they are cut from a sport/activity. Participation fees will not be refunded if an athlete is removed or dropped from the team for disciplinary or academic reasons. Participation Fees will not be refunded if the student voluntarily quits the team at any time during the season. If extenuating circumstances cause the student to quit, please contact the Director to discuss a refund. Please contact the Athletic Administrative Assistant to complete your refund.

## **SENIOR STUDENT-ATHLETE SCHOLARSHIPS**

Athletic Scholarships for graduating seniors are available. Details on how to apply for athletic scholarships will be available beginning in **January of each school year**. Please consult the Nicolet Athletic Website, the Nicolet Athletic Office or the Nicolet Guidance Office for more details. Nicolet encourages all seniors to apply for the available athletic scholarships, as there are several opportunities for students with all talents and abilities to earn scholarships.

## **NCAA SCHOLARSHIP RULING**

There are specific NCAA rules for Division I Schools involving monetary scholarship awards at the high school level. If you receive one of the monetary scholarships listed previously, there are certain examples when that money must be returned. If you are recruited by a Division I University or College and have received a monetary scholarship from that institution, the high school scholarship monies will be deducted from the award given by the university or college. If you are going to participate in sports at a Division I University or College but have not received a monetary scholarship from that institution, you must forfeit your high school athletic scholarship monies or risk being declared ineligible. **If you are a prospective College student-athlete, always check with your guidance counselor for the most up-to-date information.**



**Nicolet Athletic Travel Release Approval Form**  
*(return to coach when needed)*

Date \_\_\_\_\_

This is to certify that \_\_\_\_\_ has my permission to ride home from  
(Student name)  
 the \_\_\_\_\_ on \_\_\_\_\_. I certify that I will be **personally**  
(sport/activity) (Date)  
 transporting my child.

The reason for not riding the bus is: *(must be sufficiently urgent to family needs)*

\_\_\_\_\_  
 \_\_\_\_\_

I understand that the Nicolet High School rules require that students ride the provided transportation to and from all activities, and a departure from this requirement will release the Nicolet School District from all liability for any adverse results that may occur.

I agree to release the Nicolet School District, its employees and approved designated drivers from all liability with reference to the above stated transportation.

This form must be signed by the parent(s) of guardian(s) and the Coach/Advisor and will serve for only the dates and contests listed.

Date \_\_\_\_\_

\_\_\_\_\_  
(signature of parent or guardian)

\_\_\_\_\_  
(signature of coach/advisor)