

## **Logan Jr. High** **Extra-Curricular Activities Information**

**Welcome to extra-curricular activities at Logan Junior High School! Whether you are beginning your trip through our halls, or ending it this year as an 8<sup>th</sup> grader, we wish you the best memories.**

Each one of you at LJHS is special and capable of doing great things. The staff and faculty are dedicated to helping you find these great things by seeing you through the good times and helping you through the difficult times.

Extra-curricular activities create some of the most exciting and memorable times in junior high school. These memories might include serving the big point in a volleyball match, beating your personal best time in track, giving an outstanding band or choir performance, making a critical basket in a basketball game, leading cheers at a basketball game, or participating in the conference academic meet. Each memory is special and will be remembered for a lifetime.

Participation in extra-curricular programs contributes to the development of health, happiness, physical skills, emotional maturity, social competence and moral values.

A sound program teaches the participants the value of cooperation as well as the spirit of competition so important in our society. The student learns how to work with others for the achievement of group goals.

The spirit of participation and the will to win are valuable to the development of a healthy mind. Try one or several of these activities. Begin and continue your memories. Good luck to each and every one of you.

### **Physical Exam**

The activities of basketball, volleyball, track, cheerleading, and pom poms require a completed physical examination on file with the athletic director. The exam must be completed at your doctor's office and on file before tryouts begin.

### **Insurance**

All athletes have the option to take the insurance available through the school, or to have parents sign a waiver stating that their family accident policy is adequate coverage for athletics. An athlete may not practice nor compete prior to having a physical exam and fulfilling insurance requirements.

### **Absence From Class For An Extra-curricular Activity**

Advance scheduling of activities will attempt to minimize the necessity to miss class. If it is necessary to be absent, it is the student's responsibility to arrange to make up work with their teacher in a timely manner.

### **Traveling To And From An Activity**

Students will travel to and from contests in transportation provided by the school. If the parent provides written permission at the site of the contest, a student may ride home with them. Students **MUST** ride home with their own parent or legal guardian. You may transport your own students **ONLY**.

### **Absence From School**

All students involved in all extra-curricular activities are expected to be in school every day. If they are absent due to illness or an unexcused absence, they may not be permitted to practice or to participate in that activity on the day of the absence.

### **Responsibilities Relating To Extra-Curricular Activities**

It is the responsibility of Logan Junior High School to provide the students with the following:

1. School sponsored extra-curricular activities.
2. A qualified sponsor to provide guidance and supervision in the activity specified.
3. A suitable place in which to hold the activity.
4. The best and safest equipment for student use.
5. Rules and regulations by which all extra-curricular activities shall be governed.
6. Enforcement of all rules and regulations as school policy dictates.

## **The Student**

It is the right and responsibility of the student of Logan Junior High School to:

1. Involve themselves in the activities that are of special interest.
2. Abide by the rules and regulations of the activity as set by school policy.
3. Conduct themselves appropriately at all times when involved in an activity on or off campus.
4. Display high standards of social behavior.
5. Display outstanding cooperation and sportsmanship.
6. Display proper respect for those in authority: sponsors, teachers, coaches, and officials.
7. Dress with special care when attending competitions and contests.
8. Use language which is appropriate. Profanity or vulgar talk will not be tolerated in meetings, contest, or competitions on or off the playing/performance area.
9. Follow the individual coach's or sponsor's policies on attending meetings and practices.
10. Assume responsibility for the equipment issued. Keep lockers locked, if applicable and return equipment as directed by the sponsor.

## **Academic Eligibility**

Logan Junior High School requires academic eligibility for all students participating in extra-curricular activities. Eligibility will be checked every Friday unless school is not in session; then it will be taken on the last day of student attendance that week.

1. Any student receiving an "F:" in any subject will be ineligible for participation in any extra-curricular contest for the following Monday through Saturday.
2. For fall activities, the eligibility check is made following the first full week of attendance at the beginning of the school year. During succeeding weeks of the school year, the eligibility check will begin the week prior to the first contest in an activity.
3. Grades will be accumulative for the school's nine week grading period.

## **Drug and Alcohol Use Policy**

1. Smoking, drinking, and using illegal drugs have been proven to be unhealthy. In the event that a student in any extra-curricular activity is found guilty of using or having in their possession any form of alcohol, tobacco, or narcotic other than that prescribed by a physician, the student, for the first violation will be suspended from the extra-curricular activity they are participating in.
2. If a student wishes to be considered for re-instatement in the activity, the student and their parents or guardians must enroll in the Student Assistance Program. The program consists of assessment, education, and recommendation for treatment and options. Details regarding financial responsibility for the Student Assistance Program will be explained by the school administration. The student may then be reinstated to the activity after consultation with the sponsor or coach and principal.
3. For the second violation of the Drug and Alcohol Policy, the student will be suspended from all extra-curricular activities for one calendar year.

In addition to the above rules, the coach or sponsor may establish other rules applicable to that activity.

