

Miyamura High School



Parent/Student Athletic Handbook 2023-2024

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MIYAMURA HIGH SCHOOL ATHLETIC AND ACTIVITY CODE

NOTE TO PARENTS:

It is the responsibility of parents and students to read and familiarize themselves with the terms and requirements of the Athletics and Activity Code. A student or his/her parent/guardian may obtain an explanation of any part of this Code from the Athletic Director or Principal.

The parent/guardian and student are required to sign the attached form to acknowledge that the code has been read, understood and they agree to be bound by it.

Coaches and sponsors are not permitted to allow a student to practice, play, or otherwise participate in their particular sport or activity until the student's signed acknowledgment form has been returned to the coach or sponsor.

I. GENERAL CONDITIONS OF PARTICIPATION

1. The development of character and proper conduct that is promoted by athletics and activities is central to the educational mission of the school.
2. Students who are involved in Athletics/Activities are held to a higher standard of behavior because they are representatives of their school, and serve as role models for others.
3. Participation in all athletics and activities is a privilege offered to students, and may be withdrawn on the basis of a failure to adhere to high standards of personal conduct and ethical behavior.
4. As it is impossible to have a regulation for every possible circumstance, professional judgment will be used by coaches, sponsors, and administrators in situations not covered by a specific written rule or guideline.
5. In addition to the specific standards set forth in this Code, the student's membership and participation, including any disciplinary action, will be determined on the basis of the student's attitude, punctuality, and attendance, and on the basis of the welfare and best interest of the team or group, the school, and school district.
6. It is the responsibility of parents and students to familiarize themselves with the terms and requirements of the Athletics and Activity Code. A student or his/her parent/guardian may obtain an explanation of any part of this Code from the Administration.
7. All standards, rules, and requirements in this Miyamura High School Athletics and Activities Code are in addition to the applicable standards, rules, and requirements of the New Mexico Activities Association (NMAA). Parents or students who wish to review the NMAA code and/or the Gallup McKinley County Schools Athletics/Activities Handbook may request an opportunity to do so from the Athletic Director or Principal.

WHAT SPORTS ARE OFFERED?

The philosophy of our interscholastic athlete's program is to play the best competition available. This commitment to excellence will produce a program that will be recognized and respected throughout the state. Miyamura High School is a member of the New Mexico Activities Association, the state governing agency, and district 1-5A.

MIYAMURA HIGH SCHOOL offers a variety of sports:

FALL	WINTER	SPRING
Football	Boys and Girls Basketball	Boys Baseball
Boys and Girls Cross Country	Wrestling	Girls Softball
Girls Volleyball	Boys and Girls Swimming	Boys and Girls Golf
*Cheer	*Cheer	Boys and Girls Track
*Dance	*Dance	Boys and Girls Tennis
Boys and Girls Soccer		

* Cheerleading and Dance are considered a full school year sport.

Pre-Participation Physical Examinations

All Miyamura High School athletes, prior to being allowed to participate, must have a physical examination from a physician (MD or DO) licensed to practice in New Mexico. The physical must have been conducted after April 1 and is effective through the following school year.

The purpose of this examination is to determine the athlete's general fitness for participation in athletics. It should NOT be seen as medical evaluation and cannot be viewed as a comprehensive medical examination or a substitute for general medical care by your physician.

Can I take my child to my own doctor?

Parents may choose to take their child to their private physician (MD or DO) at their own expense for this pre-participation examination. All private examinations must be recorded on the forms provided by the school system.

What if the athlete plays more than one sport?

Any athlete who plays more than one sport needs only to update his/her file. If any significant medical changes have occurred since the last physical, the athlete may be asked to obtain new clearance from his/her physician.

Insurance

Miyamura High School policy requires all athletes to be covered by insurance (health and accident). This can be done in two ways:

1. By having family insurance. If this is the case, please indicate on the permission to participate form in the appropriate section. IHS coverage counts if you fill in your census number.
2. By subscribing to insurance through the school.
 - a. Football players can obtain football insurance forms from the Athletic office or from the coach. This covers football injuries only.
 - b. All other sports are covered by the policy offered through the school each year at a nominal rate.

II. CODE OF CONDUCT DURING ACTIVITIES AND EVENTS

The Student Activity Conduct Guidelines designate expectations for the students who participate in extra-curricular activities such as athletics, music ensembles, debate, speech, cheerleading, dance team, drama, academic decathlon, and other school sponsored performances and/or competitions. Student performances and/or competitions in extra-curricular activities, which contribute to a grade in academic classes, are not included in this activity conduct code. In addition to the behavioral expectations detailed in the Gallup McKinley County School Board Policies, extra-curricular activity participants are expected to follow specific behavioral and eligibility guidelines included within the Student Activity Conduct Guidelines. The student activity conduct expectations set out in this code are applicable to and binding upon each student during the season a student is a member of an extra-curricular activity or an athletic team.

Disciplinary actions under this code shall be imposed on the basis of the best interests of the team or squad, and the best educational interests of the student to be disciplined.

A. Prohibited Conduct

1. A student shall be removed or suspended from any sport or activity for any of the following conduct regardless of whether such conduct takes place on or off campus, and regardless of whether such conduct takes place during school hours or at any other time. Students charged with or suspected of the following conduct may be suspended from their sport or activity pending any investigation.
 - a. The use or possession of alcoholic beverages, or illegal drugs in any form, **or attendance at a party or other gathering at which any of the foregoing substances are being used.**
 - b. Fighting, trespassing, vandalism, theft, or other illegal or disorderly conduct, regardless of whether such conduct results in arrest, prosecution, or conviction. In addition, any student who has been arrested for any reason may be suspended from all sports and activities pending his or her exoneration from the charges.
 - c. Hazing, which, for purposes of this code, includes, but is not limited to engaging in any offensive physical contact or restraint of another student, or requiring or encouraging a student to perform any dangerous, offensive, or demeaning physical or verbal act for any purpose, including as a condition of membership or initiation into any team or group sponsored by, or permitted to operate under the auspices of a school district, provided that such contact, restraint, requirement, or encourage shall not be considered hazing when it is an officially recognized part of the particular sport or activity of the team or group.
 - d. Any athlete suspended for more than three days from school will be dismissed from the team.
2. Except as otherwise provided herein, a student who quits or is dismissed from a team or activity **will not** be allowed to participate in any sport or activity until the end of the season of that sport or the term of the activity in which he or she was participating prior to resignation or dismissal.

B. School Attendance

1. A student is expected to attend a minimum of one-half school day to be eligible to participate in a practice, competition, activity or performance scheduled on the same date.
2. Athletes are expected to be at practice the day before any competition.
3. Participation in evening activity or competitions should not affect school attendance on the following day. When performing or competing during the school day, students are expected to return to classes immediately after the event.
4. Students placed on suspension will not be allowed to practice or compete in contests during the suspension period.

C. Conduct on Trips

Student-athletes are regarded as representatives of MIYAMURA HIGH SCHOOL and are expected to conduct themselves as ladies and gentlemen, as well as the best examples of MIYAMURA HIGH SCHOOL students, on and off the playing fields and courts. Students on trips for activities or athletic contests remain subject to all rules and standards applicable under school and district codes and policies.

D. Returning from Out-Of-Town Contests and Events

1. All athletes/students must ride the bus home unless they are being checked out by a parent/guardian. Check outs must be done after each competition/event.
2. If an athlete is being checked out by someone other than their parent/guardian, they need to present a note stating who is checking them out after a competition/event to the Athletic Director or administration a day before the competition/event takes place. Only the Athletic Director or administration can approve this checkout. These notes will be kept on file with the coach with an Athletic Director's or Administrator's signature.

III. PROCEDURE WHEN LEAVING A SQUAD

A. Changing Sports

1. A student who quits/leaves a sport or is dismissed/removed from a sport during the season will not be eligible to participate in the out of season practice of another sport. For example, it would be necessary to wait until the regular fall sport season ends before joining a winter sports team and so forth.

B. Quitting or Being Dropped from a Squad

1. Turn in all school gear the same day.

IV. INJURY REPORTS

1. Student athletes injured in a sport, or their parents, should make sure the Athletic Trainer/Coach/Athletic Director has filled out an injury report and submitted it to the Athletic Office and the Principal's Office of MHS. Injury reports are submitted to GMCSO Central Office and are confidential.
2. Student athletes or their parents are responsible for initiating the insurance claim if an injury resulted in ambulance service, doctor's care, or hospital expenses. Remember: insurance companies have no way of knowing about an injury unless they informed through a claim form.

V. EQUIPMENT/GYMNASIUM USE

A. Athletic Equipment

1. In most sports, practice and/or game equipment will be issued to athletes. Athletes will be responsible for care and custody of all equipment issued to them.
2. All equipment will be returned when the athlete finishes the sport either at the end of the season or upon dropping the sport. Any equipment not returned shall be paid for by the student, and failure to pay for such equipment will cause the athlete to be ineligible to compete in the next sport season. Once fees and fines are paid in full, the athlete will become eligible to compete again.
3. The athlete will pay for equipment that is lost, or stolen or destroyed through the negligence of the students.

4. The cost of unreturned lost, stolen, or destroyed equipment will be determined by the coach and

will be based on replacement cost of the equipment. New equipment will be issued only upon receipt for lost article(s).

5. School owned equipment is to be worn only at scheduled practice or official contests.
6. Sale of equipment to students, whether new or used, is prohibited by law, and will not be permitted.

B. Gymnasium Use

1. No individuals or groups are permitted to use the gymnasium at any time without authorized supervision.
2. No one is permitted in the weight room without authorized adult supervision.
3. Gymnasium and weight room time are scheduled by the administrator over building and maintenance.

VI. OTHER RULES

1. Student-Athletes representing Miyamura High School are to be in dress code at all times. Student-Athletes are held to a higher standard and are expected to follow all rules and regulations of MIYAMURA HIGH SCHOOL. Student-athletes not in dress code will be subject to potential loss of playing time, suspensions or removal from teams by the head coach or MHS administration.
2. Coaches may establish team rules that exceed the Athletic/Activities Code requirements upon prior approval by the Athletic Director.
3. Coaches may establish curfews for athletes in order to enhance preparation for competitions.
4. Coaches may impose, and enforce by appropriate means, standards regarding attendance, punctuality, and attitude.
5. Students who violate team rules, curfews, or standards shall be subject to curtailment of playing time, suspensions from games, and suspension or dismissal from teams or activities.
6. Students and parents whose conduct is detrimental to team cohesiveness or success shall be subject to curtailment playing time, suspensions from games, and suspension or dismissal from teams or activities. **The use of social media outlets (Facebook, Twitter, etc.) by student athletes and parents in a negative manner is looked upon as conduct detrimental to a team.**
7. Miyamura High School is **not responsible** for items stolen out of locker rooms, whether the locker is locked or not. Students are encouraged to **not** have items of value (cell phones/electronic devices/money, etc.) in their possession while at MHS or on school sponsored trips. MHS and our coaches are not responsible for the theft or loss of any items.
8. Gallup McKinley County Schools scholar athletes will be allowed to add, change or drop a class during the first two weeks of a semester. Instructors will be notified of the change by the school counselor or principal immediately. The grade in the class at the time of the change and the grade in the class changed to, will be combined to calculate the scholar athlete's GPA for the grading period. Scholar athletes should take a complete, full academic course load. The scholar athlete will not be allowed to drop a class to affect his or her grade point average for participation in athletics or activities.
9. Coaches may require study hall/mentoring for any or all of their athletes.
10. Students involved in fundraising activities are responsible for turning in all money and associated sale items. Items or money that are not turned in will prevent an athlete from participating in *all* sports until everything is submitted and accounted for. **Students are NOT to turn money in to coaches – only to the school bookkeeper and only on designated collection days.**

Eligibility Requirements - New Mexico Activities Association

ELIGIBILITY STANDARDS FOR ATHLETICS/ACTIVITIES

The standards set by the NMAA are to be used to determine student eligibility for athletic and nonathletic interscholastic activity participation. Students athletes are governed by the Gallup McKinley County Schools Board Policy with regards to their conduct as members of a school sponsored extracurricular activity. During scheduled contest, the participants' behavior is supervised by certified officials and coaching staffs. Student athletes and coaches are ineligible for practice or games during suspension from school. This policy applies to ins-school and out of school suspensions and extended to adjoining weekend games. Technical fouls and sportsmanlike conduct should be reviewed immediately after the infractions to prevent their reoccurrence. In order to participate in activities sanctioned by New Mexico Activities Association (NMAA), a student must meet all NMAA and Gallup-McKinley County Schools (GMCS) eligibility requirements. **The student must be enrolled in a minimum of four classes (based on 7 period schedule), must not fail any class,** and maintain a grade point average overall of 2.0 **or better per grading period during the semester.**

Note: Students must be enrolled in a minimum of four classes. This applies to all grade levels 8*-12.

"Students enrolled in six periods schedules, must be enrolled in a minimum of four classes, must pass a minimum of four classes, not fail more than one class, and maintain a grade point average of 2.0 or better per grading period.

- A. **The student must be in attendance the day before and the day of an activity/event**, if applicable. In the event of illness or extenuating circumstances, notification by the parent, to the appropriate administrator, or head coach, teacher or sponsor, must be made before allowing the student to participate in that contest. After or during an injury or illness, the parents or physician must give written permission for the student to participate.
- B. Written eligibility requirements shall be disseminated to students during the first week of scheduled practice.
- C. Eligibility Procedures
 1. A formal eligibility check will take place at progress report time, approximately four and one-half weeks into each grading period. Coaches, teachers and sponsors will be notified of students receiving grades of C- and below. A student who is failing a course at the time of the progress report will be required to attend two tutoring sessions per week for two weeks for each failing class or until a passing grade(s) has been earned. Any student failing to attend tutoring will become ineligible for competition until the end of the grading period. Students who have attended
 2. Tutoring sessions, at the discretion of the coach may be required to continue until the end of the grading period if the athlete has not raised a failing grade(s) to a passing grade.
 3. At the end of each grading period, Miyamura High School will follow the New Mexico Activities Association academic eligibility requirements for all interscholastic activities in determining a student's academic eligibility for the following grading period.
- D. If there is a question about a grade or deficiency, coaches, teachers and sponsors shall inquire through the appropriate administrator. If a mistake in the grade has been made, the teacher has the responsibility to notify the appropriate administrator and complete a grade correction form from the registrar.

Academic Eligibility

NMAA policy 6.2.1

The student's eligibility can be determined either at the end of each grading period or semester (for the following semester). It is the prerogative of the Athletic Director to choose to take on the responsibility of securing grades from the post-secondary institution/online program at the conclusion of each grading period or semester to determine student eligibility. Whatever is done for one must be done for all students in this situation. If the AD chooses to determine eligibility at the end of each semester for these students, their eligibility/ineligibility status will be for the entire following semester as to the following grading period.

The student must take at least 51% of the regular A/B block schedule in order to be considered eligible to participate. **If not taking a full schedule of classes, a student may fail one (1) course as long as he/she passes a minimum of 51% of what would be considered a full time schedule of classes, and meets the minimum 2.0 GPA criteria.** Example: In a school with an 8 period school day, a student taking 7 courses must pass 6 or a student taking 6 courses must pass 5. A student taking 5 cannot fail a class. In a school with a 6 period school day, a student taking 5 courses must pass 4. A student taking 4 courses cannot fail a class.

All courses listed on a student's transcript must be factored into a student's grade point average for eligibility purposes.

Incompletes (I), withdrawals (W or WF) and no grades (N) are treated as an "F" for GPA purposes.

Summer School

Make-Up Classes in Summer School as per NMAA policy 6.2.4

A student may make up one (1) class during summer school by earning a passing grade in that exact class from an accredited program. The new grade may be substituted for the original grade in that class providing the local school policy permits. Summer school is defined as an extension of the spring semester for that year only. If the course is to be utilized for determining a student's eligibility, it must be placed on the transcript prior to the first day of the school year.

SPECIFIC RULES

A. Eligibility Rules

It is the responsibility of the athlete to meet all eligibility requirements to participate in interscholastic athletic program. No student shall be eligible to participate in any given interscholastic sport if the athlete has engaged in the sport professionally. In addition, **THEY ARE NOT ELIGIBLE:**

1. If there is no signed Athletics/Activities Code Acknowledge Form signed by parent/guardian and student athlete.
2. If they do not have an annual physical examination as specified. This examination must occur after April 1 and is effective for the following school year.
3. If they are nineteen years of age or older before 12:01 a.m. on September 1st of the current school year.
4. If they have attended high school for more than eight (8) semesters. Ten (10) days of attendance or playing in one contest constitutes a semester.
5. If they have previously participated in five (5) seasons in a sport, four (4) of which occurred in grades 9-12.
6. Does not meet academically eligibility requirements.

7. If they have changed schools this semester, expect upon like change of residence of their parents. Students must follow the guidelines for enrollment and transfer.
8. Non-resident students are prohibited from participating or practice in any interscholastic athletics, dance teams, or cheerleading squads until 180 school days' attendance has been completed in the school to which the transfer was granted or until the parents or legal guardians are residents in the Miyamura High School District.
9. If they have ever accepted an award for their high school participation from an outside source other than an inexpensive, unframed, uncounted paper certificate of recognition, or if they received any money for expenses or otherwise for their participation in an athletic contest.
10. If they have competed on an outside school team (as a team member or as an individual) while out for a sport and during the sport season without the previous written consent of their principal i.e. **Dual Participation**.
11. If they have ever trained with a college squad or have participated in a college event.
12. If their personal habit and conduct in and out of school are such as to make them unworthy to represent the ideals, principals, and standards of their school.

B. STUDENT TRANSFER AND INTERSCHOLASTIC COMPETITION ACTIVITIES

When a student transfers to Miyamura High School from outside their attendance area, the student is ineligible to compete for 180 days in any varsity interscholastic athletic or activities at Miyamura High School unless the parent/legal guardian and the student effect a bona fide change of residence to the Miyamura High district. This term of athletic ineligibility shall be for 90 days from the first day of attendance in the receiving school. A bona fide change of residence must result in all household goods being transferred from the previous residence, the parents or guardians must actually reside day and night at the new address, and change in residence has not represented an attempt to circumvent the intent of the transfer rule. A bona fide change of residence may also occur when the family unit has been disrupted as a result of divorce, separation, or other circumstances beyond the control of the students.

In the event of a parent/legal guardian change in residence, the principal of receiving school shall ascertain eligibility by:

1. Verifying the student's legal residence and ascertaining that the transfer is not in violation of the spirit of the provisions of this regulation;
2. Securing a written transcript of all high school credits; and
3. Securing in writing a statement indicating that the student was in good standing in conduct, citizenship, and academic progress at the time of the transfer.

****If a non-resident student is an incoming student and accepted by Miyamura High School for registration, the student is ineligible for extra-curricular participation for 90 days as per Gallup McKinley County policy.**

Students transferring back to the high school in their own attendance area after attending a high school outside their attendance area are ineligible to compete in interscholastic athletic activities for at least 180 days.

VII. 12.17 ATHLETIC/ACTIVITY DRUG & ALCOHOL POLICY (K-12)

(Usage/Possession/Sale or Distribution)

PHILOSOPHY: Athletics and Activities are an integral part of the educational process providing students with opportunity to further develop their unique capabilities, interests and needs beyond the classroom environment. Participation in these programs is a PRIVILEGE offered to and earned by students. Because participants are representatives of their school and community, their conduct is expected to exemplify high standards at all times. The following applies when students, who are members of a district's athletic or activity programs, are in violation of the usage, possession, sale, or distribution of the district's drug and alcohol policies, 12.15(a), (b), (c), and 12.16. This policy applies to participants during each sports/activity season and requires twenty-four (24) hour compliance, on and off campus.

NOTE: "Confirmed Offense" is defined as an eyewitness report by a school district employee, information substantiated by a police report, a statement of self-incrimination or other credible evidence. (08: 16:99)

****THEN THIS HAPPENS**

Elementary and Secondary Schools (K-12)

1st Offense: Parent-participant-coach-sponsor-administrator conference.

a. Students involved in an athletic/activity program will forfeit their privilege of participation for the duration of the current sport/activity season or thirty (30) school day period, whichever is longer. Students will also forfeit their eligibility for all relevant awards, honors, or letters. Any suspension will automatically cease at the conclusion of the school year.

b. "On Campus" violations or infractions occurring "to, from or at" extracurricular events will result in notification to the appropriate law enforcement agency or juvenile authorities and then a referral of the students to the Hearing Authority. Appropriate discipline recommendations will be made consistent with substance abuse policies, VIII 12.15 (a), (b), (c), and 12.16.

c. Students will be required to abide with district drug and alcohol counseling program requirements.

2nd Offense: Parent-participant-coach-sponsor-administrator conference.

Students involved in an athletic/activity program will forfeit their privilege of participation in all extracurricular programs for a period of one (1) year from the date of the offense.

3rd Offense: Students will also forfeit their eligibility for all relevant awards, honors, or letters.

b. "On Campus" violations or infractions occurring "to, from or at" extracurricular events will result in notification to the appropriate law enforcement agency or juvenile authorities and then a referral of the student to the Hearing Authority. Appropriate discipline recommendations will be made consistent with substance abuse policies, 12.15(a), (b), (c), and 12.16.

c. Students will be required to abide with district drug and alcohol counseling program requirements.

A counseling session must be completed before the student is allowed to re-enroll.

(08:16:99)

IF THIS HAPPENS

VII. 12.11 HAZING/INTIMIDATION (School Year) (Student to Student)

Any willful act done by a student, whether individually or in concert with other, to another student(s) for the purpose of subjecting such student(s) to humiliation, intimidation, physical abuse or threats of abuse, social or other ostracism, shame, or disgrace. (07:21 :97)

****THEN THIS HAPPENS**

Secondary Schools (6-12)

1st offense: Parental notification and notification of the appropriate law enforcement agency, and a minimum of five (5) days suspension with a mandatory parent conference for re-entry. If in the opinion of the principal, the severity of the injury sustained is of a violent or serious nature, then, the principal/designee would have the option of referring the student to the Hearing Authority to discuss the possibility of long-term suspension for up to one (1) year (365 days). If the student is referred to the Hearing Authority, the student will be suspended for a minimum of five (5) days or until the hearing, whichever is longer. Outside counseling is required.

2nd offense: Parental notification and notification of the appropriate law enforcement agency, and referral to the Hearing Authority who will provide and opportunity for a hearing with parents and student present to discuss *recommendation for district behavior contract and/or* the possibility of long-term suspension for up to one (1) year (365 days). The student will be suspended until the hearing. (07:06:99)

IF THIS HAPPENS

VIII. 12.15 (a) DRUNKENNESS/DISORIENTATION (School Year)

Student using abnormal speech or exhibiting abnormal behavior resulting from the usage of drugs and/or the consumption of intoxicating (alcoholic) beverages or inhalants (06:01 :92)

IF THIS HAPPENS

IX. 12.15 (b) POSSESSION OF DRUGS/ALCOHOL/COUNTERFEIT DRUGS/ANY SUBSTANCE WITH INTOXICATING OR ADDICTIVE EFFECT (School Year)

The possession of marijuana, hallucinogenic drugs, other abuse prone drugs, counterfeit drugs, any substance with an intoxicating effect, or the possession of intoxicating (alcoholic) beverages. This also includes possession of paraphernalia that has been used to ingest drugs.

Definition of Possession:

- a. On a student's person while at school, school activity, or while being transported to and from an activity in a school bus or school vehicle. -
- b. In a student's assigned or unassigned locker.
- c. In a student's car or friend's car while on school property.
- d. Knowingly concealed on school property by a student.
- e. On a student's person while under sports/activity season 24-hour policy. (12:28:00)

Definition of Counterfeit Drugs:

- a. Any substance designed to look like an illegal or abuse-prone drug.
- b. Any substance represented as an illegal or abuse-prone drug.

Definition of a Substance with intoxicating/addictive effect:

- a. A substance such as permanent markers, hair spray, vanilla, liquid paper, gasoline or caffeine pills used to produce an intoxicating effect.
- b. Drugs prescribed by the student's physician that are being taken according to the directions of the prescription are exempt under this policy

NOTE: SUCH PRESCRIBED MEDICATIONS ARE TO BE KEPT IN THE HEALTH OFFICE AND

IF THIS HAPPENS

VIII. 12.15 (e) USAGE OF ALCOHOL/DRUGS/COUNTERFEIT DRUGS/ANY SUBSTANCE WITH AN INTOXICATING/ADDICTING EFFECT (School Year)

The usage of marijuana, hallucinogenic drugs, other abuse prone drugs, counterfeit drugs, any substance with an intoxicating or addictive effect, or having consumed intoxicating (alcoholic) beverages.

Definition of Usage

- a. Using prior to attending school, then attending school.
- b. Using prior to attending a school activity, then attending the school activity.
- c. Using while at school.
- d. Using while being transported in a school bus/vehicle to and from school or to and from an activity, which the school is sponsoring or in which the school is taking part.
- e. Using while under sports/activity season 24-hour policy. (12:28:00)

The following provisions apply when a student violates any or all of the substance abuse definitions as given in VIII. 12.15(a), (b), (c) 12.16, and 12.17.

****THEN THIS HAPPENS**

Elementary Schools (K-5) and Secondary Schools (6-12)

Any offense: Parental notification and mandatory conference, notification to the appropriate law enforcement agency and referral to the Hearing Authority for a long-term suspension hearing. Student will be suspended a minimum of five (5) days or until the scheduled hearing.

At the hearing with the Hearing Authority, if the student is found to be in violation of this policy, and is allowed to remain in school, a contract shall be agreed to by the student, parent(s), and school district that provides for the following:

Alternative educational setting.

- a. Student is required to enroll in a drug/alcohol counseling program with the recommendation that parent(s) attend with the student, as requested by the drug counselor. The duration of the counseling sessions shall be determined by the counselor.
- b. Violation of the contract or a second infraction of this policy shall result in long-term suspension for up to one (1) year (365 days).

If a student is expelled, either at the hearing or as a result of violating the contract, then the student shall enroll in and complete a drug-counseling program prior to returning to a Gallup McKinley County School. Students, who have not completed the program prior to their next allowable enrollment date, may be allowed to enroll providing they are showing good faith by working towards the completion of a counseling program. However, if a student does not complete the program or drops from their counseling program, then the student will be dis-enrolled until a time when the counseling program is completed. (07:06:99)

IF THIS HAPPENS

VIII. 12.16 SALE OR DISTRIBUTION OF DRUGS/ALCOHOL/COUNTERFEIT DRUGS/SUBSTANCE WITH INTOXICATING/ADDICTIVE EFFECT (School Year)

Sale or distribution of marijuana, hallucinogenic drugs, other abuse prone drugs, and/or intoxicating (alcoholic) beverages to other students or persons while on school property or a school activity.

Definition of Sale or Distribution

- a. The act of selling drugs or alcoholic beverages for money or compensation.
- b. The act of distributing drugs or alcoholic beverages without gaining compensation.
- c. The act of distributing drugs or alcoholic beverages while under sports/activity season 24-hour policy. (12:28:00)

****THEN THIS HAPPENS**

Elementary and Secondary Schools (K-12)

Any offense: Parental notification and mandatory conference, notification to the appropriate law enforcement

agency and then refer the student to the Hearing Authority with a recommendation of long-term suspension for one (1) calendar year (365 days). The student will be suspended until the hearing. (07:06:99)

-11-

HOW TO BE AN ALL-STAR PARENT

By Rob Gilbert, Ph.D.

How do you define an all-star parent? Very simple, he or she is a parent who is a good sport and a great fan. To become an all-star parent of an athlete, there are times when you must stop parenting. When your son and daughter changes into uniform and becomes an athlete, you also have to change - from a parent to a fan. Your job on the sidelines or in the stands is not to be a parent, but to be your child's greatest fan.

There's no trick here. You already know how to do this. Remember how you behaved when your baby was learning to walk? You were a fan and a supporter, weren't you? You applauded the "downs" as well as the "ups".

You never said things like, "What's taking you so long?" "How come the kid down the street is walking better than you?" "Why do you keep making the same mistakes over and over again?" You were the world's most appreciative audience.

Why should it be any different now that your child is an athlete? Your job is not to be the coach (unless you are the coach) or the expert. You are there so that you share the thrill of victory and the agony of defeat - together.

In fact, your child needs your support more in defeat than in victory. Did you ever notice that strangers feel free to come out of the stands and congratulate the winners? But, in defeat, sometimes the athlete's own teammates and coaches ignore her/him. As a parent you have to be there to cushion setbacks with a positive "We'll get 'em next time!"

Three "B's" For All-Star Parenting

1. Be There
2. Be Positive
3. Be Seated

Be There - You can never hope to be an all-star parent unless you show up at games. Regardless of the level of your child or the success of the team - go to the games. BE SUPPORTIVE. Don't be a fickle, fair-weather fan.

Be Positive - On the sidelines, if you can't say something positive, don't say anything at all. Nothing good comes from negative statements and nothing negative comes from positive ones. If you can't be positive, at least be silent.

Be Seated - Even though it's good to be positive, it's good to not to overdo it. Don't stick out. Be an admirer - not a cheerleader. Players should not confuse your voice with the public address system.

Once you start to become a positive, acknowledging fan, an interesting thing may happen. Your child will want you at games. When this happens, you will know that you are considered to be an important member of your child's personal all-star support team.

Parent/Guardian Code of Conduct and Expectations:

The purpose of the Parent Code is to develop parental support and positive role models in our athletic programs. In the tradition of excellence, one purpose of our athletic program at Miyamura High School is to promote the physical, mental, moral, social and emotional well being of each student. Parents/guardians are an integral part of this process.

Expectations:

As a Miyamura High School parent/guardian of a student athlete, I agree to:

- ~ Be a positive role model for my child, the school and the community.
- ~ Display a positive attitude and appropriate behavior and avoid posting negative comments on Social Media.
- ~ Show respect for all participants, officials, and coaches.
- ~ Encourage my child to attend school regularly and excel academically.
- ~ Assist in providing for student safety and welfare at all times.
- ~ Inform my child of the dangers of using and discourage the use of any illegal drugs, alcohol or tobacco.

Parent/Coach Relationship

We are very pleased that your son/daughter has chosen to participate in the Miyamura High School athletic program. We will do all we can to provide a positive experience for him/her. Possibly the most important ingredient to achieve this outcome is to insure that lines of communication are developed to allow for an open and easy resolution of questions before they become conflicts. As a parent, you have a right to know what expectations are placed on your daughter/son. This pamphlet is intended to spell out all levels of communication so that parents, coaches, and athletes are aware of the steps that they have available to resolve anything they think is an issue, or might become an issue.

Communication you should expect from your child's coach:

1. Philosophy of the coach.
2. Expectations the coach has for your child.
3. Locations and times of all practices and games
4. Team requirements, i.e. fees, special equipment, off-season conditioning, etc.
5. Procedure to follow should your child become injured during participation.
6. Participant conduct code and discipline that results in the denial of your child's participation.
7. Requirements to earn a letter.
8. Insurance information.
9. Disposition of lost/outstanding equipment at the end of the season.

Issues not appropriate to discuss with coaches:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Matters concerning other student athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other person's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern to discuss with a coach, please follow the procedure below:

1. Call to set up an appointment.
2. The Miyamura High School number is 505-721-1900.
3. If the coach cannot be reached after reasonable times, call Nick Garro, the Athletic Director and Principal at 505-721-1920.

4. Please ***DO NOT*** attempt to confront a coach before or after a game, contest, or at practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolutions and even exacerbate the issue.

The next step:

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the athletic director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Since research indicates a student involved in extra-curricular activities has a greater chance for success during adulthood, these programs have been established and encouraged. Many of the character traits required to be a successful participant in athletics are exactly those that will promote a successful life after high school. We hope the information provided within this pamphlet will help to make the Miyamura athletic program less stressful and more enjoyable for both you and your child.

Miyamura High School follows the chain of command listed below. We ask that you observe this as a means of communication effectively to resolve your concerns.

1. Coach of that team
2. Head Coach
3. Athletic Director- Nick Garro
4. Hed Principal – Nick Garro

SPORTSMANSHIP

PLAYER'S ROLE.

The role of the players in sportsmanship is second in importance only to that of the coach. Players are admired and respected by students of all levels as well as adult spectators. They have significant influence over the actions and behavior of spectators of all ages.

Required Responsibilities:

1. Accept and understand the seriousness of their responsibility and privilege of representing the school and community.
2. Learn the rules thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist everyone in the achievement of a better understanding and appreciation of the game.
3. Cooperate with coaches and always exercise good sportsmanship by living by the rules and roles stated.
4. Only the captain may communicate with the officials of an athletic event or activity on the clarification of rules. It is his/her responsibility to communicate what was said back to his/her teammates and/or coach.
5. Always respect the officials' judgment and interpretation of the rules. Never argue or make non-verbal gestures, which indicate disagreement. This type of immature activity may incite undesirable behavior in the stands and by teammates.
6. Congratulate opponents in a sincere manner following either victory or defeat. This is a true measure of character.
7. Treat opponents with the respect that accorded a guest of friend.
8. Shake hands with opponents prior to the contest and wish them luck.

MIYAMURA HIGH SCHOOL

Athletics/Activities Code Acknowledgement Form

By signing below, the parent/guardian and student acknowledge that:

1. They have received, read, and understand the Miyamura High School Athletic/Activities Code of Conduct.
2. They accept the terms and conditions of the Code of Conduct.
3. They understand that Violations of the Code of Conduct could result in reduced playing time, suspension from events, or removal from a Team.

Parent/Guardian Signature

Date

Parent/Guardian Print Name

Date

Student Athlete Signature

Date

To be kept on file in the Athletic Directors Office.

