

**GIBBON HIGH SCHOOL
ATHLETICS HANDBOOK
STUDENT SECTION**

01. ATHLETIC PHILOSOPHY

Gibbon Public Schools Athletic Mission Statement

We will provide opportunity to all students/athletes a chance to have growth and success emotionally and physically in a safe and stable atmosphere. Opportunity will be defined through the philosophical guidelines that will serve as a road map for coaches and sponsors to follow.

High School Varsity Philosophical Guidelines

To nurture and help guide students/athletes academically, emotionally and physically. This can be facilitated by creating and fostering a stable, ethical and learning atmosphere on and off the playing field including but not limited to the classroom, locker room and any teaching moment that may arise. To also help the student reach their highest potential as a student/athlete and to do so while teaching and modeling in a manner that would be legal, moral, ethical and demonstrating unwavering sportsmanship. The coach or sponsor should hold all students/athletes responsible for their actions on and off the field and in the classroom, during transportation, and in the private sector because these student/athletes are representing our school and community. Academics must be placed first and foremost and in accordance with academic and eligibility guidelines that are congruent and part of school board policy and NSAA regulations.

Good solid coaching techniques and strategies are expected at this top level in the high school. Varsity athletics is highly competitive and the coach and or sponsor are expected to use good and solid judgment when teaching, demonstrating or modeling on and off the court. The varsity coach and or sponsor must field the best team available using sound and ethical judgment. Outside factors may come into play to make determinations.

If playing time is not afforded a player, a coach, assistant coach or sponsor should be able through this philosophy show just cause for the actions that were taken. In all cases that are disputed it is a general and accepted policy that the best way to handle any situation within reason is to follow the chain of command starting with the parents and players together working up the chain of command approaching the coaching staff as a unit, then athletic director, high school principal and then superintendent. Remember above all, honest and open communication is the key to solving and preventing conflicts. Please be pro-active and spend the time in the beginning communicating.

Junior High and Junior Varsity Philosophical Guidelines

To nurture and help guide students/athletes academically, emotionally and physically. This can be facilitated by creating and fostering a stable, ethical and learning atmosphere on and off the playing field including but not limited to the classroom, locker room and any teaching moment that may arise. To also help the student reach their highest potential as a student/athlete and do so while teaching and modeling in a manner that would be legal, moral, ethical and demonstrating unwavering sportsmanship. The coach and or sponsor should hold all students/athletes responsible for their actions on and off the field and in the classroom, during transportation, and in the private

sector because these student/athletes are representing our school and community. Academics must be placed first and foremost and in accordance with academic and eligibility guidelines that are congruent and part of school board policy and NSAA regulations.

Junior high and junior varsity athletes are changing emotionally, physically and are being introduced into new sports and new ideas such as being placed into a competitive atmosphere. Given the physiological, emotional and cognitive changes and introduction of new sports and concepts, winning should not be the only consideration, but actually should be a natural outgrowth and part of a process that may or may not happen. For some student/athletes this may be the first time that they have experienced a highly competitive atmosphere. Winning can be achieved through teaching proper techniques, etiquette, sportsmanship, and having a proper and healthy competitive atmosphere. Remember winning has many definitions through many paradigms. This can be only done by having all students/athletes that have met all of the requirements as academics, practicing and attitude be allowed to play a reasonable amount of time in competition and in practice. Unless a student/athlete is given a chance to experience this level of competition there is no way to gain the experience to grow as a person and athlete. The point is these students/athletes have not reached their potential yet, so to make a determination/pigeon hole while in junior high or junior varsity would make a judgment that would be able to see into the future for these students emotionally, physically and judge future skill levels. This is the optimum time to grow emotionally, physically and to develop skill level. This is not to say every coach or sponsor will have exact equitable playing allotment measured and metered out, but a reasonable attempt to provide a reasonable and pragmatic playing time in competition and practice is required.

Seniors should not be allowed to play junior varsity, this goes against the true intent and spirit of a junior varsity program that of building a team for the future.

Varsity starters or key varsity players that immediately come off the bench should not be allowed to play junior varsity, this goes against the true intent and spirit of a junior varsity program that of building a team for the future.

A great tradition is not built overnight. It takes the hard work of many people over many years. Through the years Gibbon High School teams have won many conference, district, and state runner-up and championship trophies. We as coaches need to make the commitment of continuing this tradition and to build a great ATHLETIC PROGRAM. Each one of you must be cooperative, supportive, and enthusiastic towards one common goal. That goal is to have a competitive Athletic Program at Gibbon High School and promote high involvement participation of students. Remember, you coach student-athletes.

1A. STEROIDS, SUPPLEMENTS & CONTROLLED SUBSTANCES

Gibbon Public School supports the NSAA's & NFHS' position on the use of STEROIDS and SUPPLEMENTS. The positions statements are below:

NSAA and NFHS Policy Statement on Steroids

The Nebraska School Activities Association (NSAA) and the National Federation of State High School Associations (NFHS), strongly oppose the abuse of anabolic steroids and other

performance-enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards, and imposes unreasonable long-term health risks.

The NSAA and the NFHS support prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes.

SUPPLEMENTS POSITION STATEMENT

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

The NFHS Sports Medicine Advisory Committee (SMAC) strongly opposes the use of dietary supplements for the purpose of obtaining a competitive advantage. Research shows that there continues to be widespread use of dietary supplements by adolescent and high school athletes, despite considerable safety concerns. Dietary supplements are marketed as an easy way to enhance athletic performance, increase energy levels, lose weight, and feel better. Adolescents are more susceptible to peer pressure and these advertising messages, which may increase the incidence of dietary supplement usage and reinforce a culture more concerned about short-term performance rather than overall long-term athletic development and good health.

The Dietary Supplement Health and Education Act (DSHEA) of 1994 removes dietary supplements from pre-market regulation by the Food and Drug Administration (FDA). Under DSHEA, a manufacturing firm is responsible for determining that the dietary supplements it manufactures or distributes are safe and that any representations or claims made about them are substantiated by adequate evidence to show that they are not false or misleading. This essentially classifies dietary supplements as a food and not a drug, and as such, they are not subject to the same strict tests and regulations as prescription and “over-the-counter” medications by the FDA. Only the companies that produce dietary supplements are responsible for ensuring that their products are pure, safe and effective for their intended use. As the FDA has limited resources to analyze the composition of dietary supplements, there is often no guarantee concerning the true amount, concentration or purity of the ingredients as listed on the label. In fact, the FDA cannot remove a dietary supplement from the marketplace unless the supplement has been shown to be “unsafe.”

The NFHS SMAC strongly opposes the use of supplements by high school athletes for performance enhancement, due to the lack of published, reproducible scientific research documenting the benefits of their use and confirming no potential long-term adverse health effects with their use, particularly in the adolescent age group. Dietary supplements should be used only upon the advice of one’s health care provider for health-related reasons – not for the purpose of gaining a possible competitive advantage. School personnel and coaches should never recommend, endorse or encourage the use of any dietary supplement, drug, or medication for performance enhancement.

We recommend that coaches, athletic directors, and other school personnel develop strategies that address the prevalence and growing concerns of using dietary supplements. Such strategies may include conversations with athletes and their parents about the potential dangers of dietary

supplement use. Athletes should be encouraged to pursue their athletic goals through appropriate rest and good nutrition, not unsubstantiated dietary shortcuts.

02. PERMISSION TO PARTICIPATE IN ATHLETICS

No participant shall be allowed to represent the school in athletics until there is on file with the athletic director and/or coach a completed athletic form packet that includes the following three items:

- a) One completed statement from a licensed physician stating that the athlete is physically able to compete in the sports designated. The examination must be given after May 1 of each year. This certifies that the athlete is qualified for the entire school year. **THE NSAA REQUIRES EACH ATHLETE TO HAVE A PHYSICAL EXAMINATION EACH YEAR.**
- b) One completed statement must be signed by the student and the parent or legal guardian having custody of the athlete giving consent for their child to participate in sports under the conditions stated in the Board of Education policies, for the well-being of the parents, the athlete and the school district.
- c) One completed statement must be signed by the student and the parent or legal guardian having custody of the student listing an insurance policy carried by the parent/guardian will cover the athlete while participating in athletics at Gibbon High School.

03. COACHES HANDBOOK

Before any student is allowed to practice or participate in any NSAA school-sponsored activity, each sponsor will supply every student on his/her team a handbook including: training regulations, requirements for earning a letter, schedule, length of practices, dress code, school records in sports that apply, and all other pertinent information for all athletic and non-athletic activities. The sports handbook is necessary to protect the school on a legal basis as well as to inform the athletes. The handbook will also protect the student from any indiscriminate enforcement of unspecified rules. It will also ensure the benefits intended for students will be given according to the guidelines. A form shall be attached to the handbook for parents and their son/daughter to sign and return indicating their awareness and commitment to the guidelines of that sport.

04. APPEARANCE

Dress of team members should be clean, neat and in good taste. Hair must be neat and well groomed so as not to interfere with his/her performance. The policy of student attire and grooming is set by the Board of Education in the Gibbon High School student calendar-handbook. This policy will be followed by the athletic department.

05. CONDUCT

Gibbon athletes and coaches are expected to conduct themselves with dignity at all times. Never should an athlete or coach use abusive or foul language. We want our athletes to set the example of conduct that other schools are striving for rather than follow the example set forth by other schools. Fair play and good sportsmanship is required at all times from both athletes and coaches.

06. SCHOOL ATTENDANCE BY ATHLETES

Students must be in attendance at school four consecutive periods on that day's co-curricular or extra-curricular event if they are to be eligible to participate in that event, including discretionary approval of the sponsor. If an event requires an early dismissal from school in which there is less than four periods of attendance, the student must attend all periods before the dismissal.

Students must be in attendance at school four consecutive periods on that day to participate in practices beginning after the school day.

An exception can be made with a pre-excused absence or circumstances beyond the control of the student. It is the responsibility of the parent to notify the school of the excused absence or circumstance prior to the event or practice. The administration reserves the right to limit student participation in co- and extra- curricular activities when deemed necessary.

07. LOCKERS

All lockers, student and P.E. are property of the school and are available to students for their use. As school property, lockers are subject to inspection/search at any time by school officials. Students are responsible for whatever is contained in their lockers. Students should not give locker combinations to anyone and should not keep valuable items in a school locker. No personal locks will be allowed on the dressing room lockers. The student athlete is responsible for locking his/her locker after each use. The school or athletic department will not be responsible for items stolen from the athletic lockers.

08. ACTIVITY CONFLICTS REGARDING STUDENT PARTICIPATION

The intent of this rule is to enhance the opportunity for as many students as possible to participate in the co-curricular activities offered by the Gibbon Public Schools. It is not the intent to prevent individual students from developing the skills, abilities or physical tools which would enhance their performance in other areas.

To accommodate the student who is involved in two extra-curricular activities and a scheduling conflict arises, the following steps are taken:

1. A meeting between the coaches involved, the high school principal and the Athletic Director to try to solve the problem.
2. A meeting is scheduled which will include the student, the parents, the coaches involved, the Athletic Director and Administration. After all parties have had an opportunity to present their case, a decision will be made by the Administration based upon the best interests.
3. Once a decision has been made, all parties will abide by the decision.
4. Regardless of the decision of any individual case all other guidelines and policies of both the Gibbon Public Schools and the NSAA must be observed.

09. ACTIVITY CONFLICTS

The school district recognizes that there may be conflicts between players and coaches. This may be the result of playing time or other issues related to students' participation in an extra-curricular offering. It is the intent of the following guideline to initially address the issue at the most basic

level, but also provide an avenue for further expression of the concern should this be the desire of the students and/or his or her parent or legal guardian.

- a. The student should meet individually with the coach or sponsor.
- b. The student and parent/legal guardian should meet with the coach or sponsor.
- c. The student, parent/legal guardian and coach or sponsor should meet with the activities director.
- d. The student, parent/legal guardian, coach or sponsor and the activities director should meet with the building principal
- e. The student, parent/legal guardian, coach or sponsor, activities director and building principal should meet with the superintendent
- f. The parent/legal guardian should contact the superintendent with a request to be placed on the Board of Education's agenda

10. SCHOOL REPRESENTATION

Any time a student's behavior, attendance, classroom or extracurricular performance or general citizenship is not acceptable, such a student may be restricted from participating in extracurricular activities.

11. GIBBON PUBLIC SCHOOL RULES

1. Any student who is charged, admits or is convicted of a felony, or a misdemeanor (except for traffic misdemeanors) which occurred during the school year shall be suspended from all school appearances before the public for a period of at least two weeks or one activity, whichever is greater, from the date of such admission or conviction. A second infraction during the season will result in dismissal from the team. A third infraction during the school year including all previous infractions will result in a ban from all NSAA extracurricular activities the remainder of the school year. This paragraph shall not be a limitation on the actions authorized in paragraph number two and three. The school year shall be defined as all days including vacations and weekends from the beginning of preseason practice as designated by the NSAA sponsored state activity, whichever is later.

2. The following conduct shall constitute grounds for suspension from participation in interscholastic competition or other participation in extracurricular or other school activities when such conduct occurs on school grounds or off school grounds during the season of the particular activity. Attendance at any or all practices may be set as a requirement by the director of the activity.

a) The use of violence, force coercion, threat, intimidation, or similar conduct in a manner that interferes with school purposes.

b) Willfully causing or attempting to cause damage to private or school property, stealing or attempting to steal private or school property.

c) Causing or attempting to cause physical damage to a school employee or to any students. Physical injury caused by accident, self-defense, or other action undertaken on the reasonable belief it was necessary to protect some other person shall not constitute a violation of this subdivision.

d) Threatening or intimidating any student for the purpose of, or with the intent of, obtaining money or anything of value from such student.

e) Knowingly possessing, handling, or transporting any object or material that is ordinarily or generally considered a weapon.

f) Engaging in the unlawful possession, selling, dispensing, or use of a controlled substance, alcoholic liquor, tobacco or anabolic steroids.

g) Engaging in any other activity forbidden by the laws of the State of Nebraska which activity constitutes a danger to other students or interferes with school purposes.

h) Students planning to participate in activities are expected to report for the activity at the beginning of each season; reporting for one activity may count as reporting on time if there is a change in activity approved by the coach or supervisor.

i) Participants are required to attend all scheduled practices and meetings. If circumstances arise to prevent the participant's attendance, the validity of the reason will be determined by the coach. Every reasonable effort should be made to notify the coach or supervisor prior to all missed practices or meeting.

j) Abusive or profane language or gestures are prohibited.

k) Good sportsmanship shall be observed during practice sessions and contests.

l) The use and/or possession of tobacco, drugs (other than those prescribed by a physician) or alcoholic beverages, in any amount and in any form, is prohibited.

m) All other rules or regulations adopted by the coach or supervisor of an extracurricular or other school activity shall be followed provided that the participants shall be notified of such rules and regulations by written handouts or posting on a bulletin board prior to the beginning of the season as the rules are changed or adopted during the season.

Due process for extracurricular and other school activities is followed. In case of alleged infractions of the rules and regulations, the participant may be suspended from practices, participation in extra extracurricular or other school activities. In any case, the due process procedures adopted by the Gibbon Public School Board of Education will be followed:

(a) If an alleged infraction occurs, the coach or supervisor, in conjunction with the athletic director, shall make an investigation of the alleged conduct or violation and determine if a suspension is necessary to help any participant, or to further school purposes, or to prevent interference with school purposes.

(b) Before the suspension shall take effect, a participant shall be given oral or written notice of the charges against him/her and an explanation of the evidence the authorities have and an opportunity to present his version.

(c) If, after the above, a determination is made to suspend the participant, the suspension shall take immediate effect, and the coach or supervisor shall send written notice to the participant, the participant's parents or guardian of the action taken.

(d) If a participant, his/her parents or guardian are not satisfied with the determination by the coach or supervisor, a hearing may be requested before the building principal. The hearing must be requested in writing, which writing must be delivered to the building principal within five days of receiving notice of suspension.

(e) If a hearing is requested, it shall be held within ten days of the request and a notice of the time and place of the hearing will be given to the participant, and parents or guardians within five days of receiving the request. The notice shall contain an outline of the alleged infraction.

(f) At the hearing, as provided above, witnesses should testify, the participant will be given the opportunity to confront and cross-examine such witnesses, the participant will be allowed counsel if desired, the participant will be allowed to call witnesses and present evidence, and the participant will have the right to have a decision based solely on the evidence presented at the hearing.

(g) Upon conclusion of the hearing, a written statement of findings of fact from the hearing will be compiled and a decision rendered. The statement of findings of fact and the decision will be mailed to the participant, parents or guardian. A record of the hearing shall be kept by the school

(h) Nothing contained in this policy shall prevent the participant, parents, guardian or representative from discussing and settling the matter with the appropriate school personnel at any stage provided herein.

12. ACADEMIC ELIGIBILITY

Academic eligibility for students to participate in public performances for the school year will be determined using the following Gibbon School District guidelines as well as the NSAA guidelines. Any student who failed two or more classes in the spring semester of the preceding school year will be ineligible for the first term of the first semester. Eligibility for the second term of the first semester will be determined by first semester mid-term grades. Eligibility for the first term of the second semester will be determined by first semester grades. Eligibility for the second term of the second semester will be determined by second semester mid-term grades. 7th grade students and students new to the district will be eligible for a period of time until which these students receive either a mid-term or a semester grade.

Students who are ineligible may still practice with the team, but will not perform and will not miss class to travel with the team in school-provided transportation. Student managers failing any class will not miss class to travel.

13. GOVERNING BODY

Gibbon High School is a member of the Nebraska School Activities Association (NSAA) and is thereby bound by all rules and regulations of this association in conjunction with the rules and policies of the Gibbon Public Schools. All employees of the Gibbon Public Schools, who are involved with any activity under the jurisdiction of the NSAA, will make themselves aware of all of these rules and will follow them.

14. TRANSPORTATION

Activity teams and staff members will travel to and from activity events by school bus or school vans. If a student drives for any school activity, permission must be obtained from the office and from the student's parents. No cars are to be driven by students for school activities when bus transportation is provided. All members of a team will return from a contest by the same transportation provided for taking them to the contest. Exception: an athlete may ride home from a

game with his or her parents by personal request to the coach in charge. With written parent permission received ahead of time, an athlete may ride home with another adult, such adult must be approved mutually by both the athlete's parents and the coach.

15. SUNDAY PRACTICE

There will be no regularly scheduled Sunday practice except in the case when a Conference Tournament, District or State competition is scheduled on Monday and there was not sufficient time to prepare for the opponent. Before a practice is allowed on Sunday, it must be approved by the Athletic Director and the High School Principal.

16. CHURCH NIGHTS

No contests involving students will be scheduled on Wednesday that would conflict with a student's religious activity if it is at all possible. The only exceptions will be in the case of conference or state competitions over which the school has no control. Wednesday contests that are completed prior to beginning of church activities may be approved. Throughout the winter, practices are scheduled that may conflict with religious activities. If a student has a problem with Wednesday night practice times, a meeting will be held between the student, his/her parents, the coach and the athletic director to resolve the conflict.

17. DRESSING ROOM POLICIES

While dressing, all participants will be under the supervision of the sponsor in charge. An individual must not linger in the dressing room, be rowdy or endanger the safety of others. All cases of misconduct while dressing will be dealt with by the sponsor in charge. This policy also applies when teams are traveling and using dressing room facilities at other schools.

Participants are to respect all equipment and supplies in the training room. Sponsors' office and equipment rooms are off-limits to all participants. Exception: An individual is asked to enter the coach's office for a conference or talk.

18. EQUIPMENT

The athletic department tries to furnish the athletes with as much of the equipment needed as is feasible. We are confident that we have good equipment and in the case of contact sports, our athletes are well protected.

All equipment will be checked out to individuals at the beginning of the season by the coach in charge. The athlete will be responsible for this equipment and should be prepared to pay for the cost of replacement if it is not checked in at the end of the season in reasonable condition. (What the item costs when purchased for replacement.) Athletes that fail to check-in their equipment or fail to pay for lost equipment or other monetary obligations will not be allowed to participate in the next season's activities including conditioning, practices and contests until obligations are taken care of.

At no time should an athlete wear apparel checked out to him/her except for practices and contests.

19. ATHLETIC EQUIPMENT DEPOSIT

A head coach may require an athlete or youth sports team to make a deposit of up to \$50 for the use of athletic equipment. The deposit will be left at the high school office. The deposit will be used in the case that the equipment is lost or damaged beyond normal use.

20. CUTTING SQUAD:

In accordance with the philosophy that Gibbon High School offers athletics for the benefit of all athletes, it is recommended no squad be cut, but that more students be invited to participate.

Exception: seniors who cannot make a varsity team may be, and should be, cut from the squad.

Any senior who is kept on the squad must be willing to maintain a positive attitude at practices, games and at school. They also must be willing to accept the possibility they may not suit up for all varsity games, or even the possibility of not suiting up for any game. A senior who does otherwise may be dismissed from the squad

21. LETTERING REQUIREMENTS

Athletes must complete the season as a member of the team and meet the following “sport specific” requirements to letter.

BOYS BASKETBALL

Each athlete must complete the season as a member of the team and meet one of the following requirements to letter in Basketball:

1. Play in 20 quarters of varsity games
2. Play in 1 quarter of a district game.
3. Suit up for a state championship game
4. Seniors who complete the season in good standing may letter with less than the minimum requirements.
5. Have perfect practice attendance (NO ABSENCES FOR ANY REASON) for the season.
6. Make a top 10 list for the Gibbon Boys Basketball All Time Records.
7. Accumulate 15 “participation points” by participating in extra-curricular activities sponsored by Gibbon Public Schools.
8. Any player that does not have their equipment returned to the school within 10 school days after the season ends will forfeit their right to a varsity letter for that season.

Participation Point Criteria

5 Points Each- Membership on a fall and/or spring sport team (Football, Cross Country, Golf, Track, Soccer)

2 Points Each- Year long membership in an extra-curricular activity sponsored by Gibbon Public Schools (Band, Choir, Swing Choir, FBLA, FCCLA, One Act, Musical, Speech, Quiz Bowl, Foreign Language Club, National Honor Society, Cheerleading, or Student Council)

1 Point Each- Attendance at the Academic Awards Banquet (Spring), Attendance at the Athletic Awards Banquet (Spring), Attendance at the Fine Arts Awards Banquet (Spring)

GIRLS BASKETBALL

Each athlete must meet one of the following requirements to letter in basketball.

Each athlete must complete the season as a member of the team and meet one of the following requirements to letter.

1. Play in a minimum of 25% of the team's total varsity quarters for the season and dress for 50% of the games played at the varsity level.
2. Suit up for a state championship game.
3. Seniors who complete the season in good standing may letter with less than the minimum requirements. An injured athlete may also letter if injury ends season or causes lack of participation where the coach felt they would have met lettering criteria.

POINTS

SUPPORT PARTICIPATION QUARTERS/POINTS CRITERIA OPTIONS

5 points = 1 varsity quarter

A. JUNIOR VARSITY GAME QUARTERS:

5 JV quarters = 1 varsity quarter

B. 5 POINTS EACH: Membership on a Fall and/or Spring Sport Team (Volleyball, Cross Country, Golf, Track, Soccer).

C. 2 POINTS EACH: Year-long membership in an extra-curricular activity sponsored by Gibbon Public Schools (Band, Choir, Swing Coir, FBLA, FCCLA, One Act, Musical, Speech Team, Quiz Bowl, Foreign Language Club, National Honor Society, Cheer Leading and/or Dance Team, Student Council).

D. 1 POINT EACH: Attendance at the Academic Awards Banquet (Spring), attendance at the Athletic Awards Banquet (Spring), attendance at the Fine Arts Awards Banquet (Spring).

E. SUMMER OPTIONS: (FOR EVERY 5 SUMMER EVENTS/ACTIVITIES YOU ATTEND – YOU WILL RECEIVE 1-POINT).

1. Weight Room, 2. Open Gyms, Local Camp, Chosen Camp, 3. Summer League.

CROSS COUNTRY:

Each athlete must score 30 points in a year to letter. Points will be awarded on the following basis:

1. Mileage: 1 point for every 10 miles ran, June 1 – end of the season.
2. Summer Road Races: 2 points for every road race ran between June 1st and the beginning of the season.
3. Individual meet performance. Individual points will be awarded to individuals placing in the top 10 of any meet. Points will be awarded in reverse order. 10 pts going to a 1st place finisher and 1 point going to a 10th place finisher.
4. Participation: 1 point for participation as a varsity runner. Seniors who complete the season in good standing may letter with less than the minimum requirements.
5. Team Points: The team must score in the top ½ of the field to score. A ten team field the points would be awarded in the following manner. 1st = 5 points, 2nd 4 points, 3rd 3 points, 4th 2 pts, 5th 1pt.
6. Winter & Summer Athletic participation: 5 points each for participating in the following – basketball, wrestling, soccer, track, golf.

FOOTBALL

Each athlete must complete the season as a member of the team and meet one of the following requirements to letter in Football:

1. Play in 12 quarters of varsity games
2. Play in 2 quarters of a state play-off game
3. Suit up for a state championship game
4. Seniors who complete the season in good standing may letter with less than the minimum requirements.
5. Accumulate 30 helmet sticker points in 1 season.
6. Be voted “Most Outstanding Scout Team Player of the Year” by the team at the end of the season.
7. Accumulate 15 “participation points” by participating in extra-curricular activities sponsored by Gibbon Public Schools.
8. Any player that does not have their equipment returned to the school within 10 school days after the season ends will forfeit their right to a varsity letter for that season

Participation Point Criteria

5 Points Each- Membership on a winter and/or spring sport team (Basketball, Wrestling, Golf, Track, Soccer)

2 Points Each- Year long membership in an extra-curricular activity sponsored by Gibbon Public Schools (Band, Choir, Swing Choir, FBLA, FCCLA, One Act, Musical, Speech, Quiz Bowl, Foreign Language Club, National Honor Society, or Student Council)

1 Point Each- Attendance at the Academic Awards Banquet (Spring), Attendance at the Athletic Awards Banquet (Spring), Attendance at the Fine Arts Awards Banquet (Spring)

GOLF:

Each athlete must meet one of the following requirements to letter in Golf:

1. Qualify for the varsity team in two duals.
2. Qualify for the varsity team for an invitational tournament.
3. Qualify for the conference or state tournament.
4. Seniors who complete the season in good standing may letter with less than the minimum requirements.

BOYS & GIRLS TRACK:

Each athlete must meet one of the following requirements to letter in Track:

1. Score one team point during the season in meets with more than three teams.
2. Any scoring in the Conference, District, or State Meet.
2. Break a Gibbon School Record.
3. Seniors who complete the season in good standing may letter with less than the minimum requirements.

VOLLEYBALL:

Each Athlete must meet one of the following requirements to letter in Girls Volleyball.

1. Participate in 50% of the varsity matches.
2. Seniors who complete the season in good standing may letter with less than the minimum requirements.
3. Letter will be considered, and possibly awarded, by the coach based on individual effort and circumstances.

WRESTLING:

Each athlete must finish the season in good standing and meet one of the following requirements to letter in Wrestling:

1. Score 10 team points in a varsity competition. A dual win counts one point, tournaments points are counted as they are scored in the tournament.
2. Score 20 team points in any combination of varsity and reserve competition.

3. Earn a medal in the conference or district tournament.
4. Participate in at least 23 varsity or reserve matches.
5. Seniors who complete the season in good standing may letter with less than the minimum requirements.
6. Participate in at least 7 varsity contests.
7. Letter will be considered, and possibly awarded, by the coach based on individual effort and circumstances.

CHEERLEADING

To letter, the cheerleader must complete the following:

1. Cheer at 90% of the scheduled events.
2. Attend camp and state competition.
3. Complete the season as a team member in good standing.
4. Have no outstanding debts owed to the cheer account.

22. SENIOR ATHLETE AWARD

Seniors who have earned 8, 9, 10, 11, or 12 letters during their 9th-12th grade high school career will receive a special award on Athletic Honors Night.

23. SCHOOL COLORS

The school colors for Gibbon High School will be Royal Blue and White. All uniforms, warm-ups, and other apparel purchased by the school must be dominated by Royal Blue and White. If a third color in the uniforms, warm-ups, or apparel is wanted it shall be gray, black, red, and/or silver. The school logo of the Buffalo with the red or gray streak will remain the same. Teams or individuals that purchase clothing items to be worn during a designated TEAM warm-up period or during competition must follow the above guidelines.

24. DEVELOP RESPECT

Just as winning depends on teamwork, it also depends on respect for every individual, teammate, coach, fan, and official. If you do not respect others, then you will not be able to develop the greatest respect of all-SELF RESPECT.

25. PARTICIPATION FEE/ACTIVITY PASSES

A participation fee of \$25.00 will be charged for each athlete in grades 9-12. A maximum of \$50 will be collected per family. These participation fees will apply toward the purchase of season passes. The following schedule will be used for participation fees/activity passes.

Athletic Fee per Athlete in Grades 9-12:	\$ 25
Maximum Athletic Fee per Family	\$ 50
Student Activity Pass	\$ 25
Adult Activity Pass	\$ 40
Maximum Family Participation/Activity Pass Fee	\$125

The athletic pass must be shown at the gate or door to gain admittance to events the athlete will be a spectator. The participation fee should be paid the first week of school at the high school office.

No athlete will be allowed to participate in contests until the participation fee is paid. One replacement pass will be issued without charge. Any additional lost passes will cost \$1.00 to be replaced.

26. ATHLETIC ADMISSION PRICES

Varsity Events \$5.00 Adults and \$4.00 Students
 Varsity Wrestling Tournament \$5.00/All Day. \$3.00 Finals
 Junior High Events \$2.00

**GIBBON HIGH SCHOOL ATHLETIC HANDBOOK
 TRAVEL**

01. TRANSPORTATION:

Activity teams and staff members will travel to and from activity events by school bus or school vans. If a student drives for any school activity, permission must be obtained from the office and from the student's parents. No cars are to be driven by students for school activities when bus transportation is provided. All members of a team will return from a contest by the same transportation provided for taking them to the contest. Exception: an athlete may ride home from a game with his or her parents by personal request to the coach in charge. With written parent permission received ahead of time, an athlete may ride home with another adult. Such adult must be approved mutually by both the athlete's parents and the coach.

TRAVEL EXPENSE SCHEDULE (If funding is sufficient)

These expenses will be provided only to those Sponsors and number of Athletes listed on the NSAA certified district/state roster or athletes qualifying for state in individual events. This schedule applies only to those groups attending an NSAA or non-NSAA activity involving our school. These reimbursements only apply to events that require overnight stays.

Expenses for District Competition

	Athletes	Coaches
Meals	Breakfast \$4.00	\$4.00
	Lunch \$6.00	\$6.00
	Dinner \$8.00	\$8.00
	\$18.00/day	\$18.00/day

Expenses for State Competition

	Athletes	Coaches
Meals	Breakfast \$5.00	\$5.00
	Lunch \$8.00	\$8.00

Dinner	\$10.00	\$10.00
	\$23.00/day	\$23.00/day

Rooms Double room-Other if less expensive

Entries and /or Admission will be provided for all qualifying students, managers and coaches according to the reimbursement policy of the NSAA.

The following additional personnel will also be included in the expense schedule: (1) Contracted sponsors who were involved with the group that qualified but were not covered by the NSAA expense schedule (2) Students which are allowed by NSAA to participate in the activity in case of illness or injury but are not covered by NSAA expenses. (3) If necessary, one room will be reserved for the student managers. The school will pay the expenses of two student managers. Coaches should not make promises to student managers in terms of state tournament trips.

The district commends the participation by students in co-curricular, extra-curricular and community based activities that do not have NSAA sponsorship. The district will monetarily support students and/or their sponsors when individuals or the teams are selected to participate in honorary activities using the following guidelines. It must be recognized that the district’s fiscal condition must be considered when making these decisions and that the superintendent reserves the right of final approval.

- The team or individual is participating as a representative of the Gibbon Public School.
- The team or individual’s participation was the result of a selection process and the honorary participation event is the highest level of participation available for the activity.
- The team or individual’s participation is a result of an academic and/or curriculum related activity.

The following are some examples of past practice:

The district pays for registration fees, tickets, travel, room and food for All State selections to Band or Choral for ***both*** the student and the sponsor. This also includes the Elementary All State selections that began in 2011, did not exist in 2012, and resumed in 2013.

The district pays for travel, room and food for Honor Band and Choir selections for ***only*** the sponsor. The district will pay the student’s participation fee. The student will travel with the sponsor in a school owned vehicle.

The district ***will not pay*** for any students’ or sponsors’ expenses for All Star selections i.e. Shrine games, Select Teams and Bowl game performances. This includes East/West Shrine game in the summer for either players or band participants.

Elementary “Sing Around Nebraska **Honor** Choir” (Held in the Fall – alternates with “Singing Youth of Nebraska Honor Choir”) – District pays sponsors and participants travel, food, and lodging. The district will pay the student’s participation fee.

Middle School “Singing Youth of Nebraska **Honor** Choir” (Held in the Fall – alternates with “Sing Around Nebraska Honor Choir”) – District pays sponsors and participants travel, food, and lodging. The district will pay the student’s participation fee.

Elementary “Sing Around Nebraska Choir” – not an Honor Choir. Held in the Spring and is held in school years when the “Sing Around Nebraska **Honor** Choir” is not held. District pays sponsors food, travel, and lodging.

Middle School “Singing Youth of Nebraska” – not an Honor Choir. Held in the Spring and is held in the school years when the “Singing Youth of Nebraska **Honor** Choir” is not held. District pays for the sponsor’s food, travel, and lodging.

HAL financially supports the participation fees for academic competitions.

Women’s Writing Workshop is considered a clinic and students are responsible for costs incurred. Sponsor participation expenses are district responsibility. Students may ride in school vehicle driven by sponsor or district transportation personnel. Entries and /or Admission will be provided for all qualifying participants and sponsors.