



Congratulations on becoming an important part of the 2010 Titan Track & Field team. You are joining a program that has established a strong tradition in a very short period of time. In its 1<sup>st</sup> six seasons the Titan Track & Field team has sent 59 females and 48 males to the state track and field meet and brought home 27 state medals (16 by the girls and 11 by the boys) in the process. Take pride in the opportunity to put on a Titan Track & Field uniform, and let's make this seventh season of Titan Track & Field a memorable one while we take this program to higher levels.

This handbook is designed to inform you about our program. You will find schedules, our expectations of you, and info on nutrition, hydration, and shoes. Our goal is to help you reach your full potential as an athlete. Reaching your FULL potential will go far beyond practices, and truly require a commitment to a disciplined lifestyle.

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## CONTACT INFORMATION

*If you have any questions or concerns please direct them to the Head Coach for each team.*

BOYS: Coach Williams	331-8458 (home) or 680-8288 (cell)	<a href="mailto:bwilliams@paplv.esu3.org">bwilliams@paplv.esu3.org</a>
GIRLS: Coach Haselhorst	597-3881 (home) or 312-3315 (cell)	<a href="mailto:jhaselhorst@paplv.esu3.org">jhaselhorst@paplv.esu3.org</a>
Papillion-La Vista South H.S. Athletic Office	829-4600 829-4618	

The following link is to a website used by the athletic office to make official announcements related to postponing or canceling athletic events.

<http://www.highschoolsports.net>

Links to the Titan Track & Field handbook and a full-season practice schedule can be found at:

<http://www.plshs.esu3.org/athletics/>

The following website contains past meet results for each season of the Titan Track & Field program. Meet results will also be posted here throughout the season along with other important announcements the coaching staff may need to make. PLEASE BOOKMARK THIS WEBSITE ON YOUR HOME COMPUTER!

<http://www.athletic.net/TrackAndField/School.aspx?SchoolID=10752>

# TITAN TRACK & FIELD

## COACHING STAFF

### **Coach Bob Williams**

*Coaching & Family:* Coach Williams teaches math and serves as the Titan boys head cross country coach. He has served as the boys head coach since the school opened in 2003. His wife, Mary Ann, is the athletic secretary at PL South. They have three older children, Kelly, Joe, and Ben, along with a daughter, Kati who is a junior at PLSHS.

### **Head Boys Coach, Hurdles**

### **Coach Jeremy Haselhorst**

*Coaching & Family:* Coach Haselhorst teaches math and is the head girls cross country coach here at South. He has served as the girls head coach since the school opened in 2003. Coach Haselhorst's wife, Karin, teaches preschool at the Sarpy YMCA. They have two children, Jackson and Isaac.

### **Head Girls Coach, Girls 800-3200**

### **Coach Clint Alderson**

*Coaching & Family:* Coach Alderson teaches business courses and also serves as an assistant football coach for the Titans. Coach Alderson previously coached at Norfolk HS before moving to PLSHS when it opened. Coach Alderson's wife, Denise, is a CPA for Deloitte in downtown Omaha. They have one son, Brady.

### **Sprints**

### **Coach Tiara Baker**

*Coaching & Family:* Coach Baker is the newest member of the Titan T&F coaching staff, making her debut in 2009. She serves as a social worker for the Papillion-La Vista School District. She was a four time state qualifier in the long and triple jump in high school and also a decorated collegiate jumper for the University of Nebraska-Omaha. She previously coached the jumps at Fremont HS.

### **Long/Triple Jump**

### **Coach Mark Fritch**

*Coaching & Family:* Coach Fritch teaches Chemistry, Biology, and Weight Training here at South, as well as serving as the Titans head football coach. Coach Fritch helped open PLSHS coming from Grand Island. He and his wife, Jamie, have two sons, Jack and Kalan.

### **Throws (shot)**

### **Coach Bryan Mabie**

*Coaching & Family:* Coach Mabie teaches Algebra II here at South, as well as serving as an assistant football coach for the Titans. Coach Mabie helped open PLSHS coming from Grand Island. His wife, Denise, works in the guidance office here at South. They have two sons, Ted and Luke, and a daughter Kapra.

### **Throws (discus)**

### **Coach Pete Marsh**

*Coaching & Family:* Coach Marsh teaches physics here at South. He joined the Titan T&F program in 2008, he previously coached track & field and cross country and Grand Island Northwest HS. His wife, Kim, is a nurse practitioner at Children's Hospital. They have three children, Courtney, Allyson, and Derrick.

### **Pole Vault**

### **Coach Jill O'Donnell**

*Coaching & Family:* Coach O'Donnell teaches PE and also serves as an assistant volleyball coach. She began her coaching career at South working with the jumpers before transitioning to the sprints in 2009. Her husband, Kevin, is an ELL teacher at Omaha South.

### **Sprints**

### **Coach Jim Simpson**

*Coaching & Family:* Coach Simpson is a math teacher here at South and also a boys' assistant basketball coach. Coach Simpson helped open PLSHS coming from Madison HS. His wife, Tasha, teaches at St. Gerald's and is the girl's assistant cross country coach. They have three children Isaac, Molly, and Miles.

### **High Jump**

### **Coach Shannon Stenger**

*Coaching & Family:* Coach Ford teaches Social Studies and also serves as the assistant boys cross country coach. Coach Ford began his coaching career at Omaha Central High School before making the move to PLSHS in 2009. He competed collegiately at UNK and continues his running career as a member of Team Nebraska Brooks. His wife, Charisse, is a school psychologist with OPS. They have two daughters, Aleah and Jenna.

### **Boys 800-3200**

# PROGRAM PHILOSOPHY

***Teaching our Athletes that excellence and success is achieved by being consistently committed to higher levels of training and competing.***

- › Our training is based on scientific principles: base training (off-season—in-season), consistency, adaptation, progression, recovery, specificity, individual differences, flexibility, confidence-building, season development (mentally/physically), short and long-term goals, moderation, and balance.
- › Development and education of the athlete in their specific events of Track & Field will be stressed.
- › Coaches will be knowledgeable, friendly, accessible, organized, flexible, positive, creative, honest, enthusiastic, and always continue to learn about the sport and their event.
- › Everyone contributes and is important to the team.
- › Hard work and fun can always be emphasized together.

## THE FIVE KEY QUOTES

Extra effort is the key to success.  
Goal-oriented people find ways.

We go with goal-oriented people.  
Every day is a great day.

Don't waste a heartbeat.

## EXPECTATIONS OF OUR S.T.A.R.S.

- › Athletes will be at practice every day, dressed and ready at the proper time. We will practice 6 days a week.
- › Athletes will give their best effort every day to follow the directions of their coaches.
- › Athletes will take care of themselves with regard to proper rest, warm-up, nutrition, hydration, and injury or illness rehabilitation.
- › Athletes will treat their teammates, coaches, and opponents with respect.
- › Athletes will hold academics at a higher priority than Titan Track & Field. They will be responsible for communicating with their teachers when they will miss class for meets and will make up their missed work in a timely manner. If your name appears on the credits list you will be held out of competitions until your grades are passing. ***Do not*** use track as an excuse to slack off in the classroom, track should be a reason to put more emphasis on your work in the classroom.
- › Advise a coach if you are ill or have any prolonged symptoms of illness or if you have been injured.

## PRACTICE PROCEDURES

We will practice Monday through Friday from 3:40 to 5:45 and Saturdays from 8:00 to 10:00 in the morning. All athletes will gather in the South Gym for a team warm-up and announcements. We will practice outside on most days, so make sure you have weather appropriate clothing. Since we have the ability to practice indoors inclement weather will not affect our practices, therefore assume we have practice unless you hear an official announcement from a head coach.

***Any athlete who misses a practice (for reasons other than injury, illness, or another school sponsored activity) will be held out of the next VARSITY meet he/she would participate in.*** Our season is very short and each practice is critical for you to reach your full potential. A complete practice schedule covering the entire season is provided later in this handbook (pg. 6-7). We ask that you schedule any necessary appointments (doctor's, dentist, etc.) or vacations outside of practice time if at all possible. You will not be held out of a meet if you miss practice for another school sponsored activity. Please inform your Coach prior to being absent. Any athlete who is placed in In-School Suspension or Out-of-School Suspension will not be able to practice on those days, which will also result in missing a meet.

It is also critical that you come prepared for practice each day. This means having the appropriate shoes and clothing for indoor and outdoor practices. We strongly encourage you to keep your shoes for track in your athletic locker, as well as a long sleeved shirt or sweatshirt, pants, and headgear. ***If you are unable to practice because you do not have practice appropriate clothes or your shoes, that will count as a missed practice and you will be held out of the next VARSITY meet you would have competed in.*** It may be necessary for you to receive treatment or taping from the training room prior to practice. If this is necessary, make every effort possible to be in the designated practice location prior to 3:30. Hustle to the training room so that you can be on time to practice. For those who are injured or dealing with a nagging injury your warm-up is critical to getting or remaining healthy.

If you leave the team sweats, warm-ups, or a uniform (that we've checked out to you) lying around and they are picked up by a coach or turned into a coach you will have to pay a fine of \$1 per item to get them back. All sweats/ warm-ups/ uniforms that are checked out to you are your responsibility (but remain the property of PLSHS), so take good care of them and keep watch over them.

## MEET EXPECTATIONS

- Compete to the best of your ability
- Listen to your coaches
- Do not distract other athletes as they warm-up or compete
- Practice Sportsmanship
- Support your Teammates
- Absolutely no Public Displays of Affection
- Warm-Up Properly, this includes focusing mentally
- Cool Down Properly after each event
- Take care of any injuries ASAP
- STAY for the ENTIRE meet

We hold by the philosophy that “we come as a team and we leave as a team”; if you do need to leave a meet early you will only be allowed to leave with your parent(s) or guardian(s).

## UNIFORM REQUIREMENTS

- Wear school issue meet apparel including sweats, warm-ups, and uniforms.
- If you plan to wear any t-shirts (long or short sleeved), compression shorts, or long tights underneath your uniform they must be **black** and have no printing on them other than a single manufacturers logo, no more than 2 ¼ square inches (per NSAA rules).
- Remember your sweats, warm-ups, and uniforms are property of PLSHS. DO NOT leave any equipment lying around unattended. You are responsible for paying for any equipment that is lost, damaged, or stolen while it is checked out to you. Have a teammate or parent watch your clothing while you compete.

## LETTER POLICY

**All athletes who earn the right to compete and represent the Titans in at least 50% (4 for girls, 4 for boys) of our varsity meets will earn a letter. A letter will also be earned by Titan athletes who do not meet the above criteria but compete at the Metro Conference, District, or State meets. Each athlete who meets the above requirements must also complete the season in good standing to earn a letter.**

## VARSIITY SELECTION

Varsity Track & Field meets include 14 individual events, in which we can enter three athletes, and three relay events, in which we can enter one team of four athletes. This means we have 54 varsity positions to fill. Athletes are allowed to compete in up to four events per meet, which means some athletes will take up multiple spots.

Selection for these varsity spots is an ongoing process and the varsity roster will continuously change from the beginning of the season to the end, and even from meet to meet. Early season selections will be based on time trials, jump-offs, and throw-offs in practice. As the season progresses meet performances become the main determining factor to filling the varsity roster. Other considerations for determining the varsity roster include potential to score points for the team, the amount of rest between events for multi-event athletes, health of athletes, and practice attendance and performance. Track & Field athletes need to understand they are continually under evaluation and that no athlete is guaranteed a spot on the varsity roster, and that while we coaches are filling individual events we do so with what is best for the team as our # 1 priority.

## SPORTSMANSHIP

Sportsmanship is the ability to accept graciously, winning and losing. It is the ability to know that life is made up of both successes and failures and to know that we must be able to deal with both.

Sportsmanship is that attitude which projects the opponent as an equal not an enemy. Your rival is worthy of your respect and admiration.

Sportsmanship is the ability to recognize the talents and abilities of others, even when it means accepting the fact that someone else is more proficient than we are.

Sportsmanship is the courage it takes to play the game within the rules. It is the ability to accept the decision of the officials and the coach without demonstrating inappropriate behavior.

Sportsmanship allows the individual to be able to offer his/her hand in victory in order to console the opponent and to offer his/her hand in defeat in order to congratulate the opponent.

Take your responsibility to be a good sport in a very serious manner.

## GENERAL INJURY PREVENTION TIPS

- 1) Make ice baths in the training room a part of your weekly schedule, especially following harder workouts. Cold water helps the legs recover quicker—just like putting ice over an injury.
- 2) Soak your legs in a hot bath with Epsom Salts regularly. This is a great way to stop injuries before they happen. Epsom Salts have magnesium in them which can draw inflammation out of the muscles. The hot water helps loosen up muscles so when you're done in the bath. Take a few minutes to stretch the muscles while they're warm.
- 3) Massage can lead to more pain-free training and harder workouts—and as a result, greater fitness and better performances. Regular massage makes for healthier muscles by pushing lactic acid and metabolic waste products out and working fresh blood in. It can be the perfect antidote for sore, troublesome legs, often preventing the occurrence of injuries. Self massage is very effective. Using a rolling pin over legs can create a deeper and more effective massage, always roll up the legs.

## SAFETY TIPS

**Running and Competing in Hot Weather:** Heat exhaustion and heat stroke are life threatening medical conditions that can be caused by running too long or hard in hot, humid weather. Both require immediate medical assistance. Take these precautions to run safely in hot weather:

- Maintain an adequate intake of foods high in potassium: citrus fruits, bananas, dates, raisins, and apricots.
- Don't push yourself for personal best running times.
- Run during the coolest times of the day—usually early morning or in the evening just after the sun has set.
- Wear lightweight, light-colored, loose-fitting clothing.
- Stop running if you start to feel dizzy, weak, light-headed, or excessively tired.
- Drink plenty of water before, during, and after running. An extra quart a day is recommended.

**Running and Competing in the Cold:** In cold weather, you are prone to injury because your muscles and tendons are tight. What's more, your fingers, toes, nose, lips, and ears are susceptible to frostbite. You can suffer broken bones if you slip and fall on ice. Make running in cold weather enjoyable by heeding this advice

- Wear several layers of thin clothing to keep warm. Nylon is especially good because it acts as a wind barrier.
- Wear a wool knit ski cap to conserve body heat and prevent frostbitten ears.
- Wear mittens or gloves to protect your fingers.
- Keep feet dry.
- Warm up slowly and completely before running.
- Run during the warmest part of the day—usually noon or early afternoon.
- Run into the wind when you start your run and with the wind when you return.

## HYDRATION

***We coaches cannot stress enough the importance of water. Purchase a water bottle and carry it with you during the school day. Water will be provided at practice, but hydration starts long before practice begins. Proper hydration for practice and meets begins the moment after the previous day's workout. We encourage you to drink as much water as possible. Watch the amount of water that is consumed at home as well as at school, especially after practice to be sure that you are replacing what was lost. There is great hydration information here, so please take the time to read it. Also, include plenty of sodium (salt) in your diet to help your body absorb the water you put in it.***

Forget about every other question you have about nutrition until you've figured out how to stay hydrated. Being smart about water intake can separate good performance from great performance.

You are mostly water. In fact, if you took the water out of a 180-pound lean body, there would be about 55 pounds left. Because your muscles, brain, blood and sweat are mostly water, your body doesn't work like it should when it doesn't have enough water. You don't think as clearly, you lose endurance and your heart works harder.

Sometimes you don't see sweat, like when you swim. But you sweat whenever your body heats up from working out. Sweat is your body's cooling system. Evaporation of sweat from your skin cools you down. When you sweat, you lose water from your body and that water must be replaced. Replacing the water takes a plan.

You might be thinking "What's the big deal? Won't drinking when I'm thirsty guarantee that I'm hydrated?" NO! During exercise humans don't drink enough to prevent dehydration. You need to drink before you're thirsty and continue even after you no longer feel thirsty.

Forget about the old rule of drinking 8 glasses per day. You probably need more than that on most days. Counting the glasses you drink is only one way of tracking what you need.

A better way of making sure you're hydrated is to check your body weight before and after practice. For accuracy, weigh in minimal clothing if there's privacy, and afterwards, change out of sweaty clothing before you weigh. The weight lost during practice or competition is not fat, it's water. To replace the water lost, drink one pint of fluid for every pound you lost (one pint = 16 ounces = 500 ml = ½ liter). It is critical to replace the water loss as quickly as possible. Before your next workout, your weight should be back up to normal.

If you can't check your weight, pay attention to your body for signs of dehydration. Your mouth should not be dry. Your urine should be lemon-colored most of the time. More than one episode of dark yellow urine is a warning sign that you don't have much reserve (exception: vitamins supplements can turn your urine yellow-orange, even if you are hydrated). Loss of appetite, stomachaches, and muscle cramps can be other warning signals of dehydration.

Drink before, during, and after working out. Drink a pint or so of fluid a few hours before exercise. This will help make sure you are hydrated and give you enough time to urinate if you need to beforehand.

Keep drinking during exercise, and don't worry about getting too much fluid. If you're sweating, your body needs a constant supply. Your stomach might gurgle, but your body will absorb and use the fluid. Feeling sick and cramping have been blamed on too much water when in fact, stomachaches and muscle cramps are usually signs of not drinking enough fluid.

Drinking fluids after workouts is extremely important. Even when drinking fluids during a workout, many athletes become dehydrated. Athletes working out in the heat for several hours can lose 10 pounds, that's almost a gallon of water.

When you have figured out how to stay hydrated, especially when you sweat heavily, you have accomplished the single most important performance-enhancing aspect of nutrition. ***WATER IS THE MOST IMPORTANT NUTRIENT!***

## NUTRITION

A well-balanced diet is an asset for any individual and especially an athlete. Any nutritional changes should occur gradually. On meet days high fat and fried food, eggs, and carbonated and acidic beverages (pop) should be avoided. Also, limit intake of dairy products on meet days. They can cause digestive discomfort. Take advantage of easily digestible foods in low quantities. Water intake should not be limited. Generally, the last intake of food should be 2-3 hours prior to the start of a race or practice. Recognize that each individual has different nutritional needs. Go into a race on the hungry side, the opposite can be detrimental. We as coaches cannot stress enough the importance of water. We encourage you to carry a water bottle during the school day. This will help you stay hydrated. Gatorade is helpful after a run or workout to help replace electrolytes the body lost during a workout or race. We also recommend that you take a multivitamin with calcium and iron supplements. These will help ensure that you are getting all of the nutrients your body needs.

### › BASIC FOOD RULES TO FOLLOW:

- 1) Eat broiled, boiled, or baked foods. Avoid fried foods.
- 2) Do not over-eat
- 3) Eat three meals a day as well as small snacks to help keep your body fueled
- 4) Eat plenty of fruits and vegetables
- 5) Take a multivitamin with calcium & iron supplements
- 6) Drink plenty of water

### › MEET DAY MEALS (Avoid sugars and fats)

**BREAKFAST:** Fruit or Fruit Juice  
Toast or whole grain cereal with fruit  
Low-fat or skim milk & Water

**LUNCH:** Salad (light or no dressing)  
Bread or other starch, such as potatoes  
Small amount of meat or cheese  
Water

Eat your pre-meet meal at least 2-3 hours before warm-ups.

**POST-MEET MEAL:** Protein (meat or poultry)  
Juice or Low-fat or skim milk

**SNACKS:** Fruit, crackers, cheese, veggies, milk, water, juice, pretzels, granola bars, power bars.

### THE BEST ENERGY FOODS FOR ATHLETES

Oatmeal	Dark Bread	Quinoa	Buckwheat Pasta	Whole-wheat Pasta
Shrimp	Crab	Salmon	Mackerel	Sardines
Cod	Tuna	Bananas	Oranges	Strawberries
Cantaloupe	Fruit Kabob	Beans	Baby Carrots	Broccoli
Asparagus	Milk-based Soups	Sweet Potato	Skim Milk	Low-Fat Yogurt
Low-Fat Cheese	Lettuce	Lean Roast Beef	Top-Round Ground Beef	Chicken
Lamb	Soymilk	Tofu	Nuts	Peanut Butter
Rice Cakes	Dark Chocolate	Baked Potato Chips		

# SHOES

Proper shoe selection is an important part of the prevention of injury. Forces greater than three to five times your body weight will be placed on your feet and dissipated up your legs when you run. The right running shoe will accommodate the needs of the individual runner and can help enhance performance. If possible, go to a store that deals primarily with running or a specific salesperson who is an experienced runner. **Peak Performance is a great place to buy shoes. They have a very knowledgeable staff that can find the shoe that is right for your foot. They also offer a 15% discount if you identify yourself as a PLSHS Track & Field athlete.** When you go to this type of store be sure to take in your old running shoes, this will give the salesperson important information on how you run. Shoes should not be purchased based on style, but based on size, shoe width, running style, and type of running shoe (training vs. racing). For a beginning runner, there are shoes that can serve both for training and racing.

Sprinters and hurdlers are encouraged to purchase a pair of racing spikes. To be competitive at our level it is a must. You should also have a different pair of shoes for training and general conditioning. Field event athletes may want to consider purchasing a shoe designed for their specific event(s). For example a long/triple jumper, high jumper, and pole vaulter would be encouraged to get a pair of spikes to help with traction in their approach runs. A thrower would be encouraged to get a pair of shoes designed for the throwing events. They tend to have a smooth sole which helps with the movements needed in the ring for those specific events.

## GUIDELINES TO FIND THE BEST FIT:

- Shop in the afternoon to get the right fit.
- Try on both shoes with the same type of sock to be worn during practice & competition.
- Try on several different models to make a good comparison. Walk or jog around the store in the shoes.
- The sole should flex where your foot flexes. Look for shoes with removable insoles to accommodate orthotics.
- Allow a half-inch between the end of the shoe and your longest toe when you stand up.
- The heel counter should fit snugly so that there is no slipping at the heel.
- Shoes should be comfortable on the day you buy them. Don't rely on a break-in-period.

## CODE OF CONDUCT FOR PARTICIPANTS IN CO-CURRICULAR ACTIVITIES - Procedure for Board of Education Policy (5012) (Activity and Athletic Programs)

### Statement of Beliefs

Papillion-La Vista Public Schools is committed to supporting the development of the total student. The school district is responsible for inculcating the values of citizenship in students during the school day, during school activities/athletics, and in the community. Part of that instruction involves teaching students to accept responsibility for their actions. Consequently, the school district is exercising its authority beyond the school day over students in activities/ athletics in order to deter inappropriate behavior, to help students in making appropriate decisions, and to develop responsible citizens.

This code of conduct is intended to promote responsible student behavior, which reflects positively upon the students, the school district, and the community. It applies to all students involved in co-curricular activities, which are defined as activity and athletic programs sponsored by and through the school district, which are not directly connected to a student's academic record. It applies to student behavior during an outside activity period and/or athletic season, during the regular school year, and during summer months outside the regular school year.

### Disciplinary Code

The school district has established training and behavioral rules for the guidance and development of students who are involved in co-curricular activities. These rules are set out in the Code of Conduct, and any student who violates the provisions of the Code or is charged with a criminal offense by municipal or county authorities shall be subject to the consequences set forth herein. Those consequences range from suspension from a contest to exclusion from participation for the school year, depending upon the severity of the infraction.

The Code is intended to provide guidelines for behavior and to identify the consequences for violating the Code. However, the Code can only provide general guidelines because it is impossible to write a set of behavioral expectations and rules, which anticipates and defines every possible kind of misbehavior. Further, the consequences for violations of the Code will depend upon the severity of the misbehavior, the nature and severity of any previous misconduct, and other factors. Therefore, the school administration must judge each act of misconduct individually, reserves the right to vary from the list of consequences set out below, and must apply the consequence deemed appropriate given the facts of each case.

### Category I

Category I involves behaviors during the school year. The following are prohibited:

- The use, or possession of any drug, controlled substance, tobacco, or alcohol whether on or off school grounds.
- The use of anabolic steroids, growth hormones, which have not been prescribed by a physician, or other performance enhancing drugs.
- Minor in possession of alcohol, driving under influence of alcohol (DUI), or driving while intoxicated (DWI).
- Engaging in theft or fraud.
- Vandalism of public or private property.
- Behavior deemed to have discredited the reputation of the school district.
- Any other misconduct punishable under Nebraska law, other than a minor traffic violation.

### Consequences

\* The first Category I violation will result in a consequence which may range up to suspension from an activity/athletic event for two weeks or two contests. The student may continue to participate in practices during the suspension, and the activities director and/or athletic director will conduct a conference with the student's parent/guardian before the student is reinstated to the activity.

The second Category I violation will result in suspension from all activities/athletics for the remainder of the semester or the activity/athletic season, whichever is longer.

The third Category I violation will result in suspension from participation in activities/athletics for the remainder of the school year.

\* Students under out-of school suspension may not practice or participate until that suspension is completed. In some situations, this may result in the student missing more than two weeks or two contests.

### **Category II**

Category II involves behavior for which consequences will be considered if they occur at any time during the year, including out-of-season and summer months. The following behavior is prohibited:

- The commission of any felony.
- The possession or transmittal of any drug, controlled substance, or alcohol with the intention to sell it.
- More than one misdemeanor offense in a twelve-month period.
- An assault resulting in a felony charge.
- Other offenses punishable under Nebraska law, which are not specified in this listing but are deemed to be serious law violations.

### **Consequences**

The first Category II violation may result in suspension from all activities/athletics for the remainder of the semester or the activity/athletic season, whichever is longer.

The second violation will result in suspension from all activities/athletics for a period of 178 school days.

### **In-Season Misconduct**

If the violation occurs when the student is participating in an activity/athletic event, the consequence will begin immediately upon the determination that there is reasonable cause to believe that the student engaged in misconduct, which violates this Code.

### **Out-of-Season Misconduct**

If the violation occurs when the student is not participating in an activity/athletic event, or during the summer months between the ending of school in the spring and the beginning of school in the fall, the consequence will begin on the first day of approved practice, competition and/or performance for the next co-curricular activity/athletic event in which the student chooses to participate.

### **Alcohol and Drug-Related Violations**

A student who commits a violation related to the use or possession of alcohol or drugs will be required to meet with a drug/alcohol counselor. As a condition of reinstatement to activities/ athletics, the student must comply with the counselor's recommendations, and the student and the student's parent/guardian must provide the activities director and/or athletic director with a copy of the evaluation results and recommendations.

### **Procedures**

When a District employee has reasonable cause to believe that a student has violated the Code of Conduct, he or she shall notify the activities director and/or athletic director. The appropriate director will initiate an investigation. As part of the investigation, the director or a designee will confer with the student. If the director determines that there is reasonable cause to believe that the student violated the Code of Conduct, he or she will inform the student of the decision. The director will contact the student's parent/guardian of the decision in writing, and verbally if possible. The written communication will include notice of the charge, the findings, the decision, and the appeal process. The director will provide the building principal with notice of the charge, the findings, and the decision. In cases when the decision involves removing a student from a team or for the remainder of a season, the activities director and/or athletic director will provide the Director of Student Services with notice of the charge, the findings, and the decision.

### **Appeals Process**

A student and the student's parent/guardian may appeal a director's decision in the following manner:

- The student and the student's parent/guardian must meet with the activities director and/or athletic director.
- If, after meeting with the activities director and/or athletic director, the student and the student's parent/guardian feel that the matter was not resolved satisfactorily, they may appeal the director's decision to the Building Principal within seven calendar days of receiving the Director's decision.
- If, after meeting with the building principal, the student and the student's parent/ guardian feel that the matter was not resolved satisfactorily, they may appeal the decision to the Office of the Superintendent of Schools within seven calendar days of receiving the Building Principal's decision. A hearing officer will hear the appeal and will forward a decision to the Superintendent who will communicate the decision to the student and parent/guardian in writing.
- If the student and the student's parent/guardian feel that the matter was not resolved satisfactorily, they may appeal the decision to the Board of Education within seven calendar days of receiving the Superintendent's decision. The Board shall review the appeal, and shall communicate its decision to the student and parent/guardian in writing.

## **STUDENT RIGHTS - DUE PROCESS**

Individuals as activity participants are entitled to the same constitutional rights to due process and fundamental fairness as the Board of Education sets down for them as students.

When activity participants have allegedly abridged a standard as set forth in the constitution for a respective activity or violated any of the rules and regulations as set forth in the Student and Activities Handbook while under school sponsorship of any activity, certain disciplinary procedures and actions will follow.

Section I: Activity participants may be excluded from performing or participating in a contest, performance, or any related activity from one (1) to three (3) events for those infractions as outlined in the activity constitution or those infractions listed in the rules and regulations of the student handbook for which short term suspension from school is the penalty.

Procedure:

1. An investigation by the Activities Director/Athletic Director shall follow any charges made concerning the abridgement or standards of conduct as outlined above.
2. The Activities Director/Athletic Director shall give oral or written notice of the charges against him/her and an explanation of the evidence at hand and give the individual an opportunity to present his/her version.
3. Within twenty-four (24) school hours of the time the decision is rendered to exclude the individual for a short term from activity participation the Activities Director/Athletic Director shall send a written statement to the student, the student's parents or guardian, describing the student's violation of the rules.
4. The Activities Director/Athletic Director shall make a reasonable effort to hold a conference with parents before the time the student returns to activity participation.

Section II: Activity participants who have committed one of the following acts may be withdrawn from the activity for the remainder of a semester or activity season.

These acts shall include the following:

1. Any act listed in the Student Handbook under Section 2 for which long term suspension or expulsion is the penalty.
2. Any repeated violation of an activity constitution standard or when accumulated demerits as outlined in a constitution specify withdrawal from a squad or activity.
3. Any behavior that would substantially discredit a squad, activity group and/or the school, which the individual is representing in his/her activity.

#### COMPLAINT PROCEDURES

The Board of Education, Administration, and staff of the Papillion-La Vista Public Schools want to do everything possible to enable the educational experience for each student to be a worthwhile and positive experience. In this endeavor, we are committed to working with students, parents and guardians, and the broader community in having the best staff, program and materials possible.

When anyone would have a concern or complaint about any school matter, he/she should discuss this concern with the school staff person who is directly involved. If a satisfactory resolution cannot be reached, he/she would then ask that person whom the next supervisory level would be, and then proceed to discuss the matter with that person. Commonly that would be a supervisor or building principal. If a mutually agreeable solution still cannot be reached, the person with the concern should then contact the Director of Student Services in the Central Office or the Superintendent of Schools. If a mutually agreeable solution still cannot be reached, it would be an item that would need discussion before the Board of Education. The Board of Education is the legally authorized body to make the final decisions for the Papillion-La Vista Public Schools. Any further appeal would go to civil court.

In order to facilitate clear and timely resolution of concerns, a person with a complaint may choose to file them on the form entitled "Complaint Form."  
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