

STUDENT EXTRACURRICULAR ACTIVITIES

No Pass/No Participation Rules

Participation in extra-curricular activities is governed by the rules and regulations of the State Department of Education, the Georgia High School Association, and the Irwin County Board of Education.

1. Extracurricular activities are defined as any school sponsored program for which some or all the activities are outside the regularly scheduled class day. Examples include all individual and team sports, cheerleading, band, chorus, literary meets, clubs, and academic bowl.
2. Students participating in extracurricular activities must have passed three (3) out of four (4) classes (a minimum of 2.5 units) during the preceding *Block Schedule* semester. These classes must carry credit toward graduation or promotion. Summer school is an extension of the second semester. Students not meeting this requirement will be ineligible for one semester and until they pass three (3) out of four (4) classes in the semester prior to participation.
3. All students participating in an extracurricular activity must take four classes in the *Block Schedule* during the semester of participation.
4. High school students must also be “on track” for graduation.

Athletic Activities - *B. Nobles, Athletic Director*

All Irwin County athletes and coaches are expected to demonstrate behavior that reflects pride and excellence in the athletic program at Irwin County High School. We are proud of the winning tradition, which demands the best out of everyone connected with athletics. Appearance coupled with attitude and actions reflect on the student as an individual and as a representative of the school. Students should strive to be the best thereby strengthening the championship tradition that exists at Irwin County High School.

1. All athletes will follow the school conduct rules and will strive to be model students and good examples. It will be the responsibility of the entire coaching staff to make all athletes aware of their expectations and to see that rules are enforced and adhered to consistently.
2. In order to participate in any athletic activity, each student must meet all current Georgia High School Association eligibility requirements.
3. The coach of each respective sport will have the right and responsibility of selecting and supervising his/her athletes. Each coach will have his/her individual expectations or rules in writing and have the approval of both the principal and athletic director before going into effect. All athletes will adhere to general rules set by the athletic department.
4. If an athlete seriously violates a school rule or breaks the law, the team coach, athletic director, and principal will decide the proper action to be taken in regard to the athlete’s participation in our athletic program. All athletes who are referred to the office for disciplinary action will be treated on the same basis as a non-athlete.
5. An athlete who elects to “quit” a team during that particular season will be required to “sit-out” the remainder of that sports season before he/she can begin participation in any other sport. All cases will be reviewed by the administration and the coach. Athletes must see that all equipment issued by the school is returned immediately upon his/her quitting.
6. An athlete who consistently does not attend practice or is dismissed from the team by the coach is considered quitting.
7. Students Athletes must be present for two blocks in order to participate in school events.
8. An athlete who is assigned to ISS will be allowed to practice, but may not participate in a game or competition during his or her ISS time. Students who are suspended from school may not practice, participate in, or attend any school sponsored competition or event. Suspension from school may affect the student’s right to participate in the athletic program.
9. Athletes will be expected to be neat in appearance during the school year. Hair must be neat and well-groomed year round. Athletes in violation of this rule will be suspended from participation until in compliance.
10. Athletes will be transported to out-of-town events by transportation provided by the school. If an athlete travels to an athletic event on a school bus, he/she will return on the bus unless a parent/guardian requests of the coach that the athlete ride back with him/her. **Athletes will be allowed to ride only with their parents/guardians and no one else.**
11. Good sportsmanship conduct will be expected at all times from all athletes. Athletes are expected to exhibit good manners and good behavior at all times.
12. All athletic uniforms must be worn as they are designed to be worn.
13. Missing practice is a serious violation of athletic conduct. Unexcused absences will not be tolerated. If there is a need to be absent from school athletic practice, it is the responsibility of the athlete to clear this with his/her coach. Each coach will outline the rules for practice requirements. If a student is absent from school, he/she will not practice unless cleared by an administrator.
14. All students participating in athletics, including practice sessions, must be properly insured against accidents. Proof of insurance is required to participate. School insurance is available for purchase if needed. The Irwin County Board of Education DOES NOT provide insurance coverage for athletic competition.
15. An athlete who is caught at “anytime” in violation of the rules below will be subject to proper disciplinary action as outlined in the Student Conduct Rules of the student handbook. All cases will be reviewed by the coach and administration.
 - a. The use of tobacco or alcohol will result in immediate suspension from the athletic program pending an investigation from the athletic program on the issue. Appropriate disciplinary action will be taken as warranted. Failure to complete the assessed punishment in any of the athletic rules within the given time limit will result in 180 consecutive days suspension from athletic participation. Re-entry into the athletic program will be determined by a hearing involving the athlete, his/her

parents/guardians, athletic director, respective coach, and principal.

b. **ILLEGAL DRUGS**

1st Offense: If any athlete is caught on or off campus at any time with illicit drugs on his/her person, in his/her possession, or under the influence of any drug, the athlete will be suspended immediately from all athletic participation for a period of 180 consecutive days. After serving 60 consecutive days of nonparticipation and after completing 30 days or eight (8) sessions of an approved drug treatment program, a hearing may be held with the student athlete, parents/guardians, drug treatment educator, athletic director, respective coach, and principal to determine if the athlete should be readmitted to the athletic program at that point. If readmission is denied at this hearing, another hearing will not be held until the drug counselor requests a hearing in writing to the principal.

2nd Offense: The athlete will be barred from all athletic participation for 360 consecutive days.

3rd Offense: The athlete will be barred permanently from all athletic participation at Irwin County High School.

16. All students are encouraged to participate in as many extracurricular activities as desired. Students wishing to participate in activities whose seasons coincide, must have written permission from the head coach of each respective sport as well as the athletic director in order to participate.
17. Before a player can be removed from the athletic program, the principal and the athletic director must approve the action.
18. All ICHS athletic team members are covered for injuries received during athletic practice or contests. The protection is an “excess coverage” and will pay some for most injuries after personal insurance has paid all it will pay. In case of an injury to a participant, it is the responsibility of the parent to see that all forms and claims are properly processed. The school will be glad to assist if problems are encountered.
19. Physical examinations are required by state law. Irwin County High School sets up one appointment during the spring of the school year for physicals. These are free of charge to the athletes and cheerleaders. Any other examination or referrals to specialists are the responsibility of the parents/guardians of the athlete or cheerleader and will not be paid for by Irwin County High School. All physicals taken after April 1st are valid until the end of the next school year.
20. Scholar Athlete Awards will be given to all athletes who have maintained a cumulative GPA of 90 or above.
21. Athletes who have not cleared all fines will not be eligible to attend the banquet for any sport.

FitnessGram

In accordance with Georgia House Bill 229 (also known as the SHAPE Act,) all physical education students in grades 1-12 will participate in this assessment: This is a series of fitness tests that measure the various areas of health-related fitness:

- *Curl-Up* (Abdominal Strength)
- PACER or 1 mile run (Cardiovascular)
- *Push-Up* (Upper Body Strength)
- *Body Mass Index* (Body Composition)
- *Back-Saver Sit and Reach* (Flexibility)

Band – M. Staub

The band program is an important part of ICHS. Band contains many auxiliaries for participation and performance. A band manual with expectations, rules, procedures, and philosophy is provided for each band student. You are encouraged to participate as a musician or a spectator in the band program.