

Ballard School District

2022-23 ACTIVITIES HANDBOOK

BALLARD SCHOOL DISTRICT

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LETTER TO PARENTS AND STUDENT ATHLETES

Dear Parent/Guardian and Student Athlete:

Please take a few moments to read this letter. Hopefully, this will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

1. In each program, a coach and/or coaches are hired by the school district to be responsible for team selection. The head coach establishes criteria for selection, with input from the entire coaching staff. This may be a highly subjective process. Team selection, practices, and decisions regarding game situations are the responsibility of the coaching staff. Please contact the coach to make an appointment outside of school, practice or game time.
2. Our experience in athletics reveals there are many “select teams” sponsored by many different organizations. Each coach looks for something different in his or her players. Participation on a “select team” does not guarantee any player a spot on another “select team” or any high school team. While we believe players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to “guarantee” a spot on a high school team.
3. In order to make a varsity team as an upperclassman, a player must be outstanding and also play a position the team needs. Underclass student-athletes possessing these qualities have the same opportunity to make a team as the upperclassman does. At selection time, it will be the coaches’ decision.
4. Each member of the team is very valuable to the team’s overall progress. Starting positions and playing time are not guaranteed to anyone on the team. Some members may play a great deal of time in a contest while others may not see what a parent would consider “significant” playing time. Each student should have personal improvement as one of his/her goals.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one’s own actions.

We sincerely hope this helps you to understand the goals and philosophies of the competitive athletic program in the Ballard School District. Please feel free to contact us if you have any questions regarding any aspect of the activity and athletic programs.

Nate Boock
Ballard Activities Director

BALLARD SCHOOL DISTRICT EXTRA-CURRICULAR PHILOSOPHY

The extra-curricular activities at the Ballard School District are closely coordinated with the highest possible level of academic excellence. Participation by a student in the extra-curricular activities should aid the students' growth in all related areas and should improve the academic pursuit of excellence.

Students will be encouraged to participate in activities and provide leadership among the student body. Ballard will have the responsibility to encourage a student to secure the best record he/she can achieve, while seeking the outer limits of their capabilities.

The safety and well-being of the students, while participating in extra-curricular activities, is a serious responsibility and will be made a priority.

The sponsors of activities have the responsibility to train students in sportsmanship, in motivation, in self-discipline, in loyalty, in leadership, in extra effort, in the development of a positive attitude, and in individual self-esteem.

Team activities will be designed to teach young people how to work together to accomplish a positive and successful result.

The aims and objectives of the middle school and sub-varsity activities are different from the aims and objectives of the varsity activities.

In all middle school and sub-varsity activities, the emphasis should be on skill development and participation. As in all aspects of education, students do not progress at the same rate. Therefore, care must be taken that the varying skill levels of all students are considered. While it may be difficult for all members of the squad to participate equally in contests or practices, an athlete at this level should have the fullest opportunity to develop himself or herself as a person.

Varsity level activities are for those students who have demonstrated the most skill and best attitude. The objective of varsity level activities is to successfully compete in interscholastic competition.

At all levels, sportsmanship shall be promoted and encouraged. Fair play, courtesy, generosity and self-control shall not be sacrificed in the desire to win.

THE STUDENT ATHLETE'S BILL OF RIGHTS

ALL STUDENTS HAVE THE RIGHT....

1. To take part in the activities of their choice, free from the pressure or ridicule of those who would have them choose another.
2. To be coached by people who are professional in their conduct.
3. To be provided the equipment and protection necessary to enable them participate safely.
4. To expect their chosen activities to be treated with the same dignity and respect as other school activities.
5. To be coached by people who have more interest in the students, their well being, and their development than they do in winning or personal goals.
6. To engage in competition at a level they can enjoy.
7. To have an atmosphere free from alcohol, drugs, and foul language.
8. To be free of pressures from coaches to participate or practice illegally.
9. To be free of pressure to participate in camps, clinics, or outside teams in order to be a part of the school team.
10. To team membership, school pride, fair participation and crowd sportsmanship.

ADVANTAGES OF PARTICIPATING IN EXTRACURRICULARS

1. Opportunity to participate in an activity, which parallels many later life experiences
2. Opportunity to develop physical, mental, and social powers to the fullest
3. Develop responsiveness to group discipline
4. Develop lasting relationships
5. Develop self-confidence
6. Develop respect for rules and duly constituted authority
7. Opportunities for development of cooperation, resourcefulness, perseverance, sportsmanship, gameness, initiative, and unselfishness
8. Travel opportunities to see other communities and get acquainted with other types of people
9. Opportunities, which make one more friendly, interesting, and human through competitive experiences.
10. Increase one's circle of friends and acquaintances
11. Draws attention to oneself which may have a "business" value later on
12. Successful participation opens the door to future vocational opportunities
13. Gaining participation abilities which help many students through college

ATHLETICS

The sports covered in this handbook will be only those that are governed by the **Iowa High School Athletic Association (IHSAA)** and the **Iowa Girls High School Athletic Union (IGHSAU)**.

Athletics include:

Football	Cross Country	Volleyball	Tennis
Basketball	Wrestling	Golf	Track & Field
Softball	Soccer	Baseball	Dance
Cheerleading	Bowling	Women's Wrestling	

Should the district add any activity governed by IHSSA and the IGHSAU, that activity would automatically become a part of this book although it may not appear in name.

FINE ARTS

Activities, clubs, organizations, and events or any organization/activity in which the student participates under the Ballard name not directly governed by IHSAA and the IGHSAU will follow the guidelines set forth in the **Student Handbook**.

Fine arts include:

Concert Band	Chorus	Speech	Pep Band
Jazz Band	Plays	Musicals	Variety Show

ORGANIZATIONS

Activities, clubs, organizations, and events or any organization/activity in which the student participates under the Ballard name not directly governed by IHSAA and the IGHSAU will follow the guidelines set forth in the **Student Handbook**.

Organizations include:

FFA	FCA	Student Council	Class Officers
National Honor Society			

MASCOT AND SCHOOL COLORS

The teams/groups at Ballard are known as the Bombers. The teams/groups at Ballard are represented by the colors of red and white.

BALLARD FIGHT SONG

Cheer, Cheer, for old Ballard High
We never falter, we never die.
Cheer, oh cheer for Ballard High.
Tear down the thunder out of the sky.
Though the team may be great or small,
old Ballard High will win over all.
Cheer, oh Cheer for Ballard High
and bring them to victory!
B-A-L-L-A-R-D
Ballard High, Ballard High Fight! Fight! Fight!

CONFERENCE AFFILIATION

Ballard is a member of the Raccoon River Conference (RRC). Other conference schools include:

ADM Tigers
Boone Treadors
Carroll Tigers
North Polk Comets

Bondurant-Farrar BlueJays
Carlisle Wildcats
Gilbert Tigers
Winterset Huskies

In the sports of:

Volleyball, Cross Country, Basketball, Wrestling, Track & Field, Golf, Soccer, Softball, Baseball

PRESEASON RESPONSIBILITIES

It is the responsibility of the student athlete and the parent to make sure that the following is completed before the student participates in athletics for the Ballard School District.

1. The student must have a current physical examination on file in the activities office. The physical must be completed in full to be allowed to participate. If a student does not have a physical, they will not be allowed to practice or compete in a game/event.
2. The student must have the Heads Up Concussion Form signed and dated by both the parent(s) and the student and it must be on file in the activities office. If a student does not have the Heads Up Concussion Form filled out, they will not be allowed to practice or compete in a game/event.

The online athletic registration program at (<https://ballardcommunity-ar.schooltoday.com/>) allows parents to upload their student(s) physicals and electronically sign off on the Heads Up Concussion Form. Physicals must be uploaded into the system and the electronic signature of the Heads Up Concussion Form is the only form of signature that will be allowed.

PERSONNEL

CAPTAIN'S RESPONSIBILITY

The position of captain is more than honorary, for it is one of leadership and team responsibility. The duties, under the directions of the coaching staff, shall pertain to:

1. Assisting with the control of the team on the field of play, and directing the team in manner that reflects credit to self, team, school, and community.
2. Cooperating with school and game officials and assisting the coaching staff in the enforcement of established training regulations.

MANAGER'S RESPONSIBILITY

Managers are looked upon as important personnel in the total athletic program. Their behavior and work have a great affect on team morale. They should be willing workers and possess a high degree of loyalty and respect for private and public property. The manager's duties under the direction of the coaching staff, shall pertain to:

1. Issuing, marking, repairing, and assisting in making inventories of sports equipment.
2. Directing the duties of assistants.
3. Performing such duties as may be assigned by the coaching staff or Activities Director.

4. Male managers of female team and female managers of male teams are not to be in the locker room while team members are also present in the locker room.
5. Assisting the coach in preparing and filing the necessary athletic report.

PLAYER'S RESPONSIBILITY

You, as a player, are expected to:

1. Play, have fun, and enjoy the game. The game is for you!
2. Demonstrate good sportsmanship toward your opponents and treat them with respect.
3. Exercise self-control at all times - accept decisions and abide by them.
4. Regarding clarification of a ruling, communicate with the officials through your captain only.
5. Accept victory with humility and defeat with grace. Be neither boastful nor bitter.

SPECTATOR'S RESPONSIBILITY

You, as a spectator, are expected to:

1. Remember that the game is for the players. They are here because they want to play and enjoy the experience. Your good sportsmanship will enhance this educational experience.
2. Refrain from distracting the players during the game.
3. Recognize and appreciate skill in performance regardless of affiliation. Applause for an opponent's good performance is a demonstration of generosity and good will.
4. Treat the officials with respect before, during, and after the contest. We cannot play the game with officials as they are an integral part of the game, and they should be considered impartial arbitrators.
5. Display good conduct. Even though you paid for your admittance, the administration has the authority to remove any spectator who does not conduct himself/herself respectfully. Abusive language is to be avoided.

SPORTSMANSHIP

The Ballard School District is a member of the Raccoon River Conference (RCC), Iowa High School Athletic Association (IHSAA), and the Iowa Girls High School Athletic Union (IGHSAU). As members of these groups, we adhere to policies set down for the display of good sportsmanship by athletes, students, fans, parents and patrons. Member schools are to enforce sportsmanship rules for their own school, players and spectators. Violation of rules can result in the following consequences: written reprimand, probation, suspension, ejection or permanent removal from events. Consequences are in force for players, coaches, students, parents and fans.

All school discipline policies and rules apply to the Ballard School District students at school activities whether they are held on school property or away from school.

GOOD SPORTSMANSHIP CODE

For Players, Coaches and Fans

1. Maintain pride in self and school.
2. Strive to keep high standards of conduct.
3. Cheering is always encouraged for one's own team.
4. No taunts, chants, noises, cheers, songs, profanity, signs or motions directed to the opposing team, coach, school or officials. Treat everyone with respect.
5. No disrespect will be shown to the opposing team during introductions.
6. No noisemakers.
7. Abide by the decisions of officials.
8. Accept victory or defeat graciously.

The Ballard School District grounds (inside and outside) are, by the Ballard School District board policy, a tobacco-free environment. There is to be no smoking or use of tobacco products inside the building or outside on any school or athletic grounds.

UNSPORTSMANLIKE CONDUCT **CONSEQUENCES OF EJECTION OF AN ATHLETE**

IOWA GIRL'S HIGH SCHOOL ATHLETIC UNION

If a player is ejected from a game/match, she does not play for the remainder of that game/match. She may play in other competition later on that same day. Any sanction issued by the school or State Office will be served on a subsequent date after review of the filed report.

Should a player be ejected from a contest in any sport, the following procedure is in effect.

First Offense: The school administration and game officials shall notify the State Office the following business day. The school administration must meet with the offender and file the Ejection Report form with the State Office. The Offender must write a written summary of the events which led to the ejection with the State Office. Ejected players must watch the NFHS Sportsmanship Video. This is a free video. Players must watch this video before being able to return to play. The normal penalty for a first offense is a one-date suspension. However, a lesser or more severe penalty may apply upon review of the incident.

Second Offense: The school administration and game officials shall notify the State Office the following business day. Written report is mandated, as required procedurally with a first offense. The standard penalty for a second offense within one year of the initial offense is school membership sanction and the violator is subject to a multi-date suspension. However, more severe penalties may apply if warranted.

Third Offense: The school administration and game officials shall notify the State Office the following business day. Written report is mandated, as required procedurally with a first and second offense. The penalty for a third offense will be determined after a formal hearing by the Board of Directors.

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Penalty

Any student disqualified from an interscholastic contest by game officials for flagrant, violent, or verbal misconduct will be ineligible for the *next regularly scheduled game/meet/date at that level of competition and all other games/meets/dates in the interim at any level including IHSA postseason tournaments in addition to any other penalties the IHSA or the school may assess.

The second violation carries a four *regularly scheduled game/meet/date ineligibility including IHSA postseason tournaments.

Subsequent violations will result in penalties determined by the local school district and the Iowa High School Athletic Association.

If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over in that particular sport until the next school year. The penalty is NOT imposed from one sport program to the next sport program.

Exception:

If a senior (12th grade) athlete is ejected from the last contest of the season in a given sport, the penalty is carried over to the next sport program the athlete participates in.

If a student-athlete is ejected from a junior varsity contest and the next junior varsity game/meet/date is not scheduled within 10 days, contact the IHSA for a ruling regarding the length of supervision. Anytime a student-athlete is ejected from a game/meet, he/she does not participate the remainder of that day. The student is also suspended from the next scheduled, rescheduled, or contracted date at that level of competition and all games/meets in the interim at other levels of competition.

Any school that does not enforce this policy will be placed on probation and will not be permitted to participate in any IHSA sponsored events for one calendar year.

This policy is in effect in all interscholastic contests, grades 7-12.

*The "next regularly scheduled game/meet" is defined as the next scheduled, rescheduled, or contracted date.

Example:

"Player A is ejected from the first game of a doubleheader baseball game. What is the penalty?"

Ruling:

Player A must sit out the second game of the doubleheader and is suspended from the next scheduled date at that level of competition and all games in the interim at any level. This ruling would also apply to double-dual or dual team wrestling meets and junior varsity/varsity contests. The suspended player must adhere to suspended/ineligible student/athlete policy.

Suspended/Ineligible Student Athlete

The suspended/ineligible player may not sit on the team bench, enter the locker room, or be affiliated with the team in traveling to or from, or during the contest from which he has been made ineligible.

NOTE:

A player ejected from a contest must remain under the supervision of a coaching staff member the remainder of the contest from which he was ejected.

Additional Penalty:

Any student-athlete at any level grades 7-12 who is ejected from an IHSAA sanctioned sport will be required to take the NFHS Coach Education/Certification Program elective course "Sportsmanship-It's Up to You." The course must be viewed prior to being able to return and participate in an interscholastic contest and the certificate of course completion must be sent to the IHSAA office. This mandate is in addition to missing the next regularly scheduled game/meet, which is defined as the next scheduled, rescheduled, or contracted date. There is not cost for this course.

HAZING

Students are not to engage in any act of hazing in the Ballard School District. In accordance with Iowa Code 708.10, hazing occurs when "the person intentionally or recklessly engages in any act or acts involving forced activity which endanger the physical health or safety of a student for the purpose of initiation or admissions into, or affiliation with, any organization operating in connection with a school, college, or university.

Ballard athletic and activity teams take a strong stance against this type of behavior. Students guilty of hazing of any type will be disciplined by the coach/sponsor and may be subject to suspension or removal from the team by administration.

GOOD CONDUCT POLICY

To retain eligibility for participation in the Ballard School District's extracurricular activities, students must conduct themselves as good citizens both in and out of school at all times. A student who violates the Good Conduct Code during enrollment in grades 7-12 shall be ineligible to participate in any extra-curricular activity in accordance with the following provisions; however, students who violate the Good Conduct Code after completion of eighth grade shall serve out any remaining period of ineligibility but the next violation shall start over as a first violation.

During a period of ineligibility, the student will be allowed to participate in practices or rehearsals at the discretion of the coach or sponsor, but shall not be allowed to participate in any public performances or events. Sanctions shall be served concurrently for students involved in both fine arts and athletic activities. Any student who, after a hearing at which the student shall be confronted with the allegation, the basis of the allegation, and given an opportunity to tell the student's side, is found to have violated the school's Good Conduct Rule will be deemed ineligible for a period of time, as described below.

A student is said to be in violation if:

1. Found so by a court of law.
2. He/She admits to violating one of the guidelines.
3. A staff member witnesses a student breaking the guidelines.
4. When the administration believes it is more likely than not the student violated the Good Conduct Rule.

A student may lose eligibility under the Good Conduct Rule for any of the following behaviors:

*Possession, use, or purchase of tobacco products (including vaping), regardless of the student's age; possession, use, or purchase of alcoholic beverages, including beer and wine (having the odor of alcohol on one's breath is evidence of "use"); "possession" has been defined by the Iowa Supreme Court as being within reach of or in "close proximity to" the contraband (e.g., alcohol or other drugs);

*Attending a function or party where the student knows or has reason to know that alcohol or other drugs are being consumed illegally by minors and failing to leave despite having a reasonable opportunity to do so;

*Possession, use, purchase or attempted sale/purchase of illegal drugs, or the unauthorized possession, use, purchase, or attempted sale/purchase of otherwise lawful drugs;

*Engaging in any act that would be grounds for arrest or citation in the criminal or juvenile court system (excluding traffic or hunting/fishing violations), regardless of whether the student was cited, arrested, convicted, or adjudicated for the act(s);

NOTE: This could include group conduct.

If a student transfers from another Iowa school or school district and the student had not completed a period of ineligibility for a violation of a Good Conduct Rule in the previous school, the student shall be ineligible if the administration determines that there is general knowledge in our school district of the fact of the student's misconduct or violation in the previous district.

FIRST VIOLATION:

a. The student will be declared ineligible for the number of performances or events listed below. If the student is not currently involved in an activity, the sanction will be carried into the next season of participation, provided that the sanction shall not be carried over for longer than twelve (12) months.

b. Ten (10) hours of community service as approved by the administration must be performed and verified prior to regaining eligibility. The student will have thirty (30) days to perform the community service.

SECOND VIOLATION:

a. The student will be declared ineligible for one-third (33%) of the performances or events during the season of participation (any fractions will be rounded up). If the student is not currently involved in an activity, the sanction will be carried into the next season of participation, provided that the sanction shall not be carried over for longer than twelve (12) months.

b. Twenty (20) hours of community service as approved by the administration must be performed and verified prior to regaining eligibility. The student will have forty-five (45) days to perform the community service.

THIRD VIOLATION AND EACH SUBSEQUENT VIOLATION:

a. The student will be declared ineligible for one half (50%) of the performances or events during the season of participation (any fractions will be rounded up). If the student is not currently involved in an activity, the sanction will be carried into the next season of participation, provided that the sanction shall not be carried over for longer than twelve (12) months

b. Thirty (30) hours of community service as approved by the administration must be performed and verified prior to regaining eligibility. The student will have sixty (60) days to perform the community service.

REDUCTION IN PENALTY

Evaluation and Treatment

A student who has a second violation of the alcohol or drug provision of the Good Conduct Rule may elect to seek an evaluation and, if recommended, treatment from a recognized substance abuse facility at the student's family's expense. If the student seeks the evaluation and agrees to waive confidentiality to allow the evaluating facility to report back to the superintendent or designee regarding recommendations for treatment or follow-up care, the student's penalty for the second violation may be reduced by five (5) days. This reduction is not available for first or third violations.

Admission Prior to Determination

If a student comes forward to a coach, administrator, or activity sponsor to admit a violation of the Good Conduct Rule prior to a finding of guilt by the administration, the student's penalty may be reduced by five (5) days.

Mere Presence Provision

The following steps may be taken by the student to distinguish between the possession, use, or purchase of alcoholic beverages and a "mere presence" charge.

A. The student must immediately, upon being charged with possession of alcohol, request and submit to a test, which measures alcohol content (commonly known as a breathalyzer test). In the event that a student is not formally charged, it shall be the responsibility of the parent/child to prove innocence with a breathalyzer reading.

B. The student must report said incident to his/her coach, activity director, or principal the next school day. Upon completing steps one and two above and with evidence from the breathalyzer test showing no alcohol was consumed, the student shall be in violation of the "mere presence" provision of this policy and shall serve four (4) hours of school supervised community service, but will retain eligibility for co-curricular events. This is a one time only exemption. Repeat "mere presence" violations will be treated as good conduct violations.

VIOLATIONS OCCURRING DURING INELIGIBILITY

If a student is ineligible at the time of a violation of the Good Conduct Rule, the penalty for the violation will not begin until the student regains eligibility.

Example

A student academically ineligible for a quarter (or "semester") is found to have been in possession of tobacco, a Good Conduct Rule violation. When the student is again academically eligible, then the Good Conduct penalty attaches.

Example

A student violates the Good Conduct rule and is ruled ineligible for three (3) weeks. While ineligible, the student again violates the rule. The second penalty attaches when the first penalty is completed.

APPEALS

Any student who is found by the administration to have violated the Good Conduct Rule may obtain review of this determination to the superintendent by contacting the superintendent within 3 days of being advised of the violation. The penalty will be in effect until reversed. If the student is still dissatisfied, he or she may seek further review by the school board by filing a written appeal with the board secretary at least 24 hours prior to the next board meeting. A special meeting of the board will not be called. The review by the board will be in closed session unless the student's parent (or the student, if the student is 18) requests an open session. The grounds for review by the school board are limited to the following: the student did not violate the Good Conduct Rule; the student was given inadequate due process in the investigation and determination; or the penalty is in violation of the Handbook Rule or Board Policy. The penalty will remain in effect pending the outcome of the meeting with the board. If the school board reverses the decision of the administration, the student shall be immediately eligible and shall have any record of the ineligibility period and violation deleted from the student's record.

NON-SCHOOL TEAM PARTICIPATION

Per Ballard school board policy (504.06), a high school student who participates in school-sponsored athletics may not participate in a non-school sponsored sport during the same season.

PROTECT YOUR ELIGIBILITY**SCHOLARSHIP RULE**

- a. All contestants must be enrolled and in good standing in a school that is a member or associate member in good standing of the organization sponsoring the event.
- b. All contestants must be under 20 years of age.
- c. All contestants shall be enrolled students of the school in good standing. They shall receive credit in at least four subjects, each of one period or "hour" or the equivalent thereof, at all times. Coursework taken from a postsecondary institution and for which a school district or accredited nonpublic school grants academic credit toward high school graduation shall be used in determining eligibility. No student shall be denied eligibility if the student's school program deviates from the traditional two-semester school year.
 - (1) Each contestant shall be passing all coursework for which credit is given and shall be making adequate progress toward graduation requirements at the end of each grading period. Grading period, graduation requirements, and any interim periods of ineligibility are determined by local policy. For purposes of this subrule, "grading period" shall mean the period of time at the end of which a student in grades 9 through 12 receives a final grade and course credit is awarded for passing grades.
 - (2) If at the end of any grading period a contestant is given a failing grade in any course for which credit is awarded, the contestant is ineligible to dress for and compete in the next occurring interscholastic athletic contests and competitions in which the contestant is a contestant for 30 consecutive calendar days.

- d. A student with a disability who has an individualized education program shall not be denied eligibility on the basis of scholarship if the student is making adequate progress, as determined by school officials, towards the goals and objectives on the student's individualized education program.
 - e. A student who meets all other qualifications may be eligible to participate in interscholastic athletics for a maximum of eight consecutive semesters upon entering the ninth grade for the first time. However, a student who engages in athletics during the summer following eighth grade is also eligible to compete during the summer following twelfth grade. Extenuating circumstances, such as health, may be the basis for an appeal to the executive board that may extend the eligibility of a student when the executive board finds that the interests of the student and interscholastic athletics will be benefited.
 - f. All member schools shall provide appropriate interventions and necessary academic supports for students who fail or who are at risk to fail, and shall report to the department regarding those interventions on the comprehensive school improvement plan.
 - g. A student is academically eligible upon entering the ninth grade.
 - h. A student is not eligible to participate in an interscholastic sport if the student has, in that same sport, participated in a contest with or against, or trained with, a National Collegiate Athletic Association (NCAA), National Junior College Athletic Association (NJCAA), National Association of Intercollegiate Athletics (NAIA), or other collegiate governing organization's sanctioned team. A student may not participate with or against high school graduates if the graduates represent a collegiate institution or if the event is sanctioned or sponsored by a collegiate institution. Nothing in this subrule shall preclude a student from participating in a one-time tryout with or against members of a college team with permission from the member school's administration and the respective collegiate institution's athletic administration.
 - i. No student shall be eligible to participate in any given interscholastic athletic sport if the student has engaged in that sport professionally.
 - j. The local superintendent of schools, with the approval of the local board of education, may give permission to a dropout student to participate in athletics upon return to school if the student is otherwise eligible under these rules.
 - k. Remediation of a failing grade by way of summer school or other means shall not affect the student's ineligibility.
- All failing grades shall be reported to any school to which the student transfers.

PHYSICIAN EXAM REQUIREMENTS

Every year each student shall present to the activities office a certificate signed by a licensed physician and surgeon, osteopathic physician and surgeon, osteopath, qualified doctor of chiropractic, licensed physician's assistant, or advanced registered nurse practitioner, to the effect that the student has been examined and may safely engage in athletic competition. Each doctor of chiropractic licensed as of July 1, 1974, shall affirm on each certificate of physical examination completed that the affidavit required by Iowa Code Section 151.8 is on file with the Iowa Board of Chiropractic Examiners.

The certificate of physical examination is valid for the purpose of this rule for one calendar year. A grace period not to exceed 30 calendar days is allowed for expired physical certifications.

Physicals are to be uploaded at the online athletic registration program at <https://ballardcommunity-ar.rschoolday.com>.

PRACTICES

Coaches will create a schedule of practice dates and times. The schedule should be communicated to parents and athletes prior to the beginning of the season. It should be understood that circumstances could require a change in a scheduled practice. Students must be at school for four (4) periods of the day to be eligible that day for practice. (*see Days of Contest*)

Exemption: Students enrolled in less than 4 credits. (ie. Home School)

CHURCH NIGHT

High School practices on Wednesday night are to conclude so that all athletes are out of the building by 6:00 PM. Most athletic competitions will not be scheduled on Wednesday evenings during the school year. Postseason games held by the Iowa High School Athletic Association and Iowa Girl's High School Athletic Union would be one of the exceptions.

SCHOOL CANCELLATION

When school is cancelled as a result of inclement weather, the following guidelines will apply and decided by the 7-12 administration.

1. The general procedure will be if school is cancelled or dismissed early there will be **no practices**. Special circumstances would be that if school were called off but conditions were improving, coaches could call an **optional** practice, especially if an upcoming contest would warrant the need. The approval of the practice must be made to activities director.
2. If an optional practice is called, it will be stressed to the athletes that a practice scheduled under these circumstances is **optional** and will not jeopardize an athlete's position on the team.

SUNDAY PRACTICES

Sunday practices are allowed under the following conditions:

1. Sunday practices are allowed only to prepare for sectional, district, regional, or state tournament play that is scheduled for Monday or Tuesday of the following week.
2. Any practice session held on Sunday may not begin before 2:00 PM.
3. Request for any Sunday practice must be made by the head coach to the activities director as soon as the need for the practice has been determined.

TRANSPORTATION TO ACTIVITIES

Participating students of the Ballard School District will be transported by bus to and from school-sponsored activities in transportation provided by the Ballard School District. The only exemptions are:

1. Injury to a participant which would require alternate transportation.
2. Parents make prior arrangements with the coach in advance of the trip by having the approved travel release on file with the coach on the day of the trip.
3. The participant will be released to the parent(s)/designated adult by the coach upon presentation of the approved travel release at the contest.
4. Should a parent approach a coach at an away contest and request their son/daughter ride home with them, it is up to the coach's discretion to release the participant to them.
5. In no cases will a participant be allowed to ride home with another student. They may only ride with a person 18 years old or older and not currently attending high school.
6. Students who miss the bus to an activity will not be permitted to dress or participate in that

activity unless excused due to a situation beyond the control of the student in the nature of an emergency as determined by the coach in her/his sole discretion.

7. Athletes are expected to leave the bus as they found it. **CLEAN!** Any damage to the bus, caused by students, will be paid for by the said students. They may also be dismissed from the group they are representing.

ATHLETE PARKING

Athletes should park in the student parking lot at the high school for games, practices, and any other events that would bring them there. They must park in their assigned stalls. On days of no school, students may park in the student parking lot in stalls closer to the building. Athletes should not park on the backside of the high school or the staff parking lot. Athletes are asked to follow all driving regulations and park vehicles appropriately in the parking lot.

STUDENT PARTICIPATION CONFLICTS

Conflicts in schedules occur at times because of postponements, tournament play, and other unforeseen circumstances. Scheduling conflicts will be resolved without forcing the student-athlete to “make a choice”. Barring extenuating circumstances, when scheduling conflicts occur involving students in more than one activity, the following list of priorities will be used to resolve the conflict:

1. State Level Competition
2. District Level Competition
3. Conference Level Competition
4. Inter-School Competition
5. Intra-School Competition/Public Performances

If a student athlete threatens not to follow these guidelines, they must understand that they will not be allowed to participate in the activity desired. For example, if a state music contest would fall on the same day as a track meet, the state music contest would have priority. If the student says they will quit music in order to participate in track, they may do so but they will not be allowed to participate in the track meet. These guidelines are necessary in order to ensure an equitable and comprehensive activity program.

DAYS OF CONTEST

A participant is expected to maintain regular school attendance as a prerequisite to participation in activities.

The following policy must be adhered to relating to school attendance.

1. A student must be present for four (4) periods of the day to participate in activities (plays, musicals, speech, athletics, tryouts, etc.).
2. Students will not be allowed to compete in a contest/activity, if on the day of the event, they have been:
 - A. Ill
 - B. Suspended from school
 - C. Have an unexcused absence from school
3. The student must attend four (4) periods of the day to practice in an activity after school on

that day.

EXCEPTIONS: Funerals, scheduled medical appointments, and any family emergency (reason will be required) at the discretion of the building principal or activities director. Doctor's notes are required prior to returning to school and participation in activity. These are to be cleared by the building principal or the activities director.

4. The student cannot be certified eligible to participate on any subsequent date until the student attend four (4) periods of classes (or has an excused absence from class) without an unexcused absence. For example, if a student has an unexcused absence on Friday, that student is ineligible to compete in an event on Saturday. Notification needs to be received in the office by 12:00 pm (NOON) on the preceding Friday in order to be eligible to participate in a Saturday event.

Exemption: Students enrolled in less than 4 credits. (ie. Home School)

5. It will be the responsibility of the student to inform the coach, director, or sponsor of the absence and subsequent inability to participate in practice, competition, or public performances if the absence from class was without proper approval given by the activities director or building principal.

ADMISSION PRICES

Varsity Sports

Adults.....\$6.00

Students.....\$6.00

Non-Varsity Sports

Adults.....\$5.00

Students.....\$4.00

Middle School Events

Adults.....\$4.00

Students.....\$3.00

Middle School Band Concerts

Adults.....\$4.00

Students.....\$2.00

Family.....\$8.00

High School Concerts (Vocal, Band)

Adults.....\$5.00

Students.....\$3.00

Family.....\$10.00

Activity tickets are available to purchase from the district office or the high school and middle school offices. Activity tickets are good for all home events. Activity tickets are not valid for any IHSAA or IGHS AU postseason events or any Ballard sponsored tournaments.

Adult Activity Ticket.....\$110.00

Student Activity Ticket.....\$65.00

Athletic Punch Card.....\$30.00

Senior passes (65 years of age and older and a resident living inside the Ballard School District) are available in the activities office at the high school.

QUALIFYING FOR STATE TOURNAMENTS

In the event individuals from a team qualify or a team qualifies for a state tournament competition, the following guidelines will apply.

1. Hotels will not be provided by the school district in most situations. The distance to state tournament sites from the Ballard School District is minimal and teams should be able to travel to the tournament site and back. Some exceptions will be made for certain situations. The activities director will determine those exceptions.

2. Transportation will be arranged through the activities director who will arrange it with the Ballard transportation department.

RECOGNITION OF ATHLETES

PARTICIPATION AWARDS

Any student who participates in a sport and who finishes the season in good standing will be awarded a participation certificate.

LETTER AWARDS

1 st Year Letter	Chenille "B" and Certificate
2 nd , 3 rd , 4 th Letter	Gold Bar and Certificate
Captains	Gold Star Symbolizing Captain Honor

All coaches are responsible for establishing the criteria for an athlete to letter in their specific sport. In that criteria, there will be a set standard for amount of playing time, player involvement, etc. that distinguishes which athletes will win a varsity letter. Each coach will distinguish that a player may win a letter by establishment of participation but that must be a minimum of three years. All lettering procedures should be given to the athletes in a preseason handbook of information.

ALL-CONFERENCE

Head coaches in volleyball, basketball, soccer, softball, and baseball meet at the conclusion of their respective seasons to select an All-Conference team. Those athletes selected for these honors will receive an All-Conference certificate from the conference. Any athlete who participates on a conference championship team will also receive a medal from the Raccoon River Conference.

COLLEGE SIGNING DAYS

If an athlete is signing to participate in a college sport and wants to have a college signing day, the athlete needs to contact the Activities Office to set this up.

Below are some guidelines to follow for a college signing.

1. College signings are limited to sports programs that Ballard offers. (*see Athletics – pg. 6*)

Outside clubs and organizations do not qualify for college signings.

2. Signings will take place in the high school commons.

3. Signings will take place during the advisory period which starts at 9:44 AM. This can change due to certain situations.

4. A Ballard backdrop and Ballard table cover will be set up for the athlete and well as a name placard.

5. Families and athletes signing are all encouraged to wear their college apparel and can bring an item to display on the table when signing. (ie. hat, pom pom, football, flag)

EQUIPMENT

Each student is responsible for any and all equipment issued to them. A student will be expected to pay for any equipment lost or stolen from them. School equipment is in high demand and each student must take the highest degree of care in transporting and storing their equipment. No Ballard student shall have in his/her possession any school-owned equipment, from this school or any other school. At no time, is school equipment to be worn in public, except for practice and games/meets/performances. Students may be suspended from activities until the equipment is returned in satisfactory condition or if returned in unsatisfactory condition, it shall be paid for. The school may also prosecute students with stolen equipment.

To insure the security of your equipment, the following steps should be followed:

1. Do not loan or exchange any of the equipment issued to you.
2. Keep your locker LOCKED AT ALL TIMES when not in visual contact with the locker.
3. Report any lost equipment to the head coach/sponsor.
4. All equipment should be worn at school and never outside of school unless permitted by the head coach/sponsor.
5. Any equipment or uniform you may see out of school which does not belong to the individual or individuals should be reported to the coach or the activities director. By doing this, you are not only helping the athletic department, but also the individuals who must pay for the stolen items.

DEBITS DUE TO LOSS OF EQUIPMENT

Expensive equipment and uniforms are checked out to the athletes for their use in our programs. The athletes and their parents are responsible for the proper care and washing procedures (if applicable) of these items. Items that are lost, stolen, damaged through improper use, and excessively faded, or discolored by improper washing procedures will be paid for by the athlete or his/her parents. These measures are necessary to enable the athletic program to continue to outfit and provide the safest equipment affordable.

If an athlete and his/her parents owe money to the athletic account because of unreturned or damaged equipment, he/she will not be allowed to participate in a game of another sport. The athlete will be allowed to practice the next sport, thus giving him/her an appropriate amount of time to hand in the equipment or pay the fee.

SUSPENSIONS

Students in grades 7-12 who have been given a suspension (in school and out) will not be eligible to attend any activities until the suspension has been served. Any coach or sponsor shall have the authority to set any additional eligibility requirements which are more restrictive as they deem necessary.

Students with Individual Education Plans (IEP) will be considered on an individual basis and the decision will be based on their IEP's and be made by a team consisting of the building principal, counselor, special education instructor and all teachers involved in the IEP case.

Phone and/or letter will notify parent(s)/guardian(s) when a student is to miss an extra-curricular activity due to grades or behavior.

PARENT/ATHLETE/COACH RELATIONSHIP

We hope this information will make both you and your child's experience with the Ballard athletic and activities programs enjoyable.

COMMUNICATIONS

Both parenting and coaching are extremely difficult vocations. Coaches/sponsors and parents both want the athletes to have a positive experience as they participate in the sport or activity. Communication is the key to making the positive experience become a reality. Athletes, parents and coaches are all responsible for effective communications.

COMMUNICATION COACHES EXPECT FROM PLAYERS

1. Athletes should express concerns immediately and directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns about a coach's philosophy and/or expectations.

As your children become involved in the programs at Ballard, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

COMMUNICATION YOU SHOULD EXPECT FROM THE COACH

1. Expectations the coach has for your child as well as for all players on the squad.
2. Locations and times of all practices and contests.
3. Team requirements, i.e. fees, special equipment, off-season conditioning.
4. Procedure should your child be injured during participation.
5. Discipline that result in the denial of your child's participation.

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACH

1. Concerns regarding your child's mental and physical status.
2. Ways to help your child improve in the activity.
3. Concerns about your child's behavior or academic status.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach.

ISSUES NOT APPROPRIATE TO TALK WITH COACH ABOUT

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes
5. Coach's skill and knowledge of the game
6. Selection of players

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position.

S.T.E.P.S.

Steps To Encourage Positive Solutions

Situations will arise at Ballard throughout the school year that cause concern for parents, teachers, and students. Resolving these situations quickly to the satisfaction of all parties involved benefits the educational program of the district. "S.T.E.P.S." should help you resolve problem situations quickly and satisfactorily. Please follow these steps if you have a concern.

Step 1: Students contact the appropriate staff member. The first step in resolving a concern is to discuss it with the staff member involved - the coach, the sponsor, etc. More than 95% of all concerns are resolved at this level.

Step 2: Students and/or parents contact the principal or immediate supervisor (activity or transportation director). If Step 1 does not resolve your concern, discuss it with the principal or the employee's immediate supervisor. The principal is the professional educator in charge of the building and the person responsible for handling concerns regarding the school's operations. The principal and other supervisors can share building information and explain policies, guidelines, and procedures. If you have not attempted to resolve the concern with the immediate person involved, you will be asked to do so at this step.

Step 3: Contact the Superintendent. If you feel that your concern has not been adequately resolved after following Steps 1 and 2, contact the Superintendent.

Step 4: Contact the School Board. If your concern has not been addressed in Steps 1-3, you can contact the board. Your concern must be in a written request to the Superintendent for consideration by the board of education.

BALLARD COACHING STAFF AND SPONSORS

2022-23

Activities Director -- Nate Boock

HIGH SCHOOL COACHES

Co-Head Football – Corey Vespestad
Co-Head Football – Kyle Howard
Asst. Football - VACANT
Asst. Football – Andy Richardson
Asst. Football – Matt Harrison
Asst. Football – Bryce Schutt
Asst. Football – Wes Dietrich
Asst. Football – Gavin Crandall
Asst. Football – Ethan Hokel
Asst. Football – Tyler Petersen (Volunteer)
Asst. Football – Jamie Smith (Volunteer)
Head Volleyball – Erica Fee
Asst. Volleyball – VACANT
Asst. Volleyball – Carlie Good
Head Cross Country – Scott Barth
Asst. Cross Country – Mike Carr
Asst. Cross Country – Marian Kohut (Volunteer)
Head Women's Basketball – Kelly Anderson
Asst. Women's Basketball – Nathan Smith
Asst. Women's Basketball – Mandey Kinzenbaw
Asst. Women's Basketball – Darren Herrold
Head Men's Basketball – Jeff Schertz
Asst. Men's Basketball – Tron Scott
Asst. Men's Basketball – Nathaniel Stevens
Asst. Men's Basketball – Wyatt Weeks
Asst. Men's Basketball – Sam Weeks (Volunteer)
Head Wrestling – Casey Christensen
Asst. Wrestling – Jerome Ward
Asst. Wrestling – Bryce Shutt
Asst. Wrestling – Gage Long
Asst. Wrestling – Wyatt Towne
Asst. Wrestling – Derek Fox (Volunteer)
Asst. Wrestling – Cole Anderson (Volunteer)
Head Women's Wrestling – Dillon Combs
Head Bowling Coach – Andrew Kringle
Assistant Bowling Coach – Noah Hoffman
Dance Coach – Alicia Ortner
Assistant Dance Coach – Reese Molyneux
Assistant Dance Coach – Jenna Levendusky (Volunteer)
Football Cheerleading – Kaily Walsh
Assistant FB Cheerleading – Liz Skurdal
Winter Cheerleading – Hailie Carlson
Head Women's Track – Scott Barth

Asst. Women's Track – Jenna Phillips
Head Men's Track – Darren Herrold
Asst. Men's Track – Ethan Hokel
Head Women's Tennis – Jen Dovre
Asst. Women's Tennis – Bill Britton
Asst. Women's Tennis – VACANT
Head Men's Tennis – Matt Fjelland
Asst. Men's Tennis – Nathan Wuestenberg
Head Women's Golf – Mike Ogle
Head Men's Golf – Wyatt Weeks
Head Women's Soccer – Brent Emerson
Asst. Women's Soccer – Kevin Cole
Asst. Women's Soccer – Kevin Rowedder (Volunteer)
Head Men's Soccer – Nate Easter
Asst. Men's Soccer – Noah Hoffman
Asst. Men's Soccer – Caden Maher (Volunteer)
Head Softball – Bailey Richards
Asst. Softball – VACANT
Asst. Softball – VACANT
Head Baseball – Mike Furlong
Asst. Baseball – Grant Bohlke
Asst. Baseball – Andrew Kringle
Asst. Baseball – Michael Bonner

MIDDLE SCHOOL COACHES

7th Grade Volleyball – Kellie Boock
7th Grade Volleyball – Kaylin Conable
8th Grade Volleyball – Jerilyn Geneser
Asst. Volleyball – VACANT
7th Grade Football – Curtis Weeks
7th Grade Football – Aric Riedemann
8th Grade Football – Charlie Lake
8th Grade Football – Charles Edmondson
Asst. Football – Chase Palmer (Volunteer)
MS Cross Country – Anne Hilleman
MS Cross Country – Amber VanLoo
8th Grade Girl's Basketball – Andy Richardson
8th Grade Girl's Basketball – Corey Vespestad
7th Grade Girl's Basketball – Maggie Larson
7th Grade Girl's Basketball – Taylor Wilson
7th Grade Girl's Basketball – Halley Busse
8th Grade Boy's Basketball – Jake Skurdal
8th Grade Boy's Basketball – Zach Zeller
7th Grade Boy's Basketball – Jadon Ballard
7th Grade Boy's Basketball – Charles Edmondson
Middle School Wrestling – Caleb Shaeffer
Middle School Wrestling – Luke Huber
Football Cheerleading – Allison Vincent
Winter Cheerleading – Kaily Walsh

Girl's Track – Lexi Flaherty
Girl's Track – Caleb Shaeffer
Boy's Track – Corey Vespestad
Boy's Track – Andy Richardson
Boy's Track – Hannah Groathouse
Middle School Softball – Kayla Kaltved
Middle School Softball – VACANT
8th Grade Baseball – Cody Wolfe
8th Grade Baseball – Charlie Lake
7th Grade Baseball – Tom Shelton
7th Grade Baseball – Casey Christensen
7th Grade Baseball – VACANT

ACTIVITY SPONSORS

Band – Derrick Hawks, Kaily Walsh
Musical – Bryce Shutt, Shelly Holly
FFA – Jeff Edwards
FCA – Kyle Howard, Darren Herrold
Play – Lisa Ronca
Individual Speech – Lisa Ronca, Shelly Holly,
Rachel Vespestad
Large Group Speech – Lisa Robinson
Student Council – Whitney Hulse
Vocal – Bryce Shutt