



Frederic School District

**Extra-Curricular Activities and Programs Code
2024-2025 School Year**

Philosophy

The Frederic School District believes that:

1. All areas of athletics and co-curricular activities are valuable learning environments.
2. All areas of athletics and co-curricular activities are extensions of the classroom, including, but not limited to, locker rooms, playing venues, bus rides, and trips. Students involved represent the school at all times.
3. Social conduct of minors is the responsibility of parents first and the legal system second. The school system supports these efforts.
4. While participation in extracurricular activities is valuable, it is also a privilege that comes with certain academic, attendance, and behavioral responsibilities.
5. This policy shall govern all co-curricular activities and all students, including homeschool students, who choose to participate.

The goal of the school district is to create and sustain valuable learning opportunities, both inside and outside the classroom, so students and athletes can maximize their potential.

The Wisconsin Interscholastic Athletic Association (WIAA) mandates each participating school must have a policy on eligibility and expected behavior. The WIAA sets parameters for each school to work within, so all components of the Frederic code meet the WIAA requirements for eligibility.

It is important for athletes and parents to understand that if students violate applicable sections of the code, students who participate in both athletic and non-athletic co-curricular activities run the risk of sanctions in both types of events concurrently.

Scope

This code applies to all co-curricular activities, including, but not limited to, those listed in Appendix C.

SECTION I: ACADEMIC ELIGIBILITY

To be eligible to participate in the activities covered under the Scope of this code, students must meet the following criteria:

1. Be registered as full-time students or identified as a homeschool student in the district, as defined by district policy, throughout the time of extracurricular participation (including all three trimesters for winter sports and activities).
2. Continue to make academic progress and avoid a final trimester grade of "F" or any incomplete final trimester grade that converts to an "F". This is considered the *academic eligibility criteria*.

High School Procedure and Consequences

Consequences for failure to meet the *academic eligibility criteria* will be administered as follows:

1. Students who registered as full-time students, as defined by district policy, may participate in co-curricular or interscholastic athletic activities, along with students who are on approved reduced schedules. Home-schooled athletes may also participate in Frederic School Athletics. All participants must adhere to the rules and policies of this code.
2. All students will have academic progress reviews every 3 weeks. After any progress review, a student earning an "F" in one class or more will be placed on academic probation. Academic probation is defined as a one week time period for the student to improve their "F" grade(s) to a passing level. Students who remain on academic probation after the one week grace period will have eligibility consequences as defined below. The goal of academic probation is to prevent failing grades and further eligibility consequences.
3. Academic eligibility will also be determined by using progress reports and final trimester grades. If an athlete earns a final trimester grade of one "F" or after the one week grace period of academic probation he/she must remain committed to the team by attending practices and events but is ineligible to participate for 1 game/event or 1 week, with a minimum of 1 game/event. The student must attend the game/event in

which they are ineligible in order to participate in the next game/event. Arrangements may be made between the coach and school staff to address academic issues during the time of practice and events. The student must be passing the failed class to regain eligibility.

4. If a student earns 2 or more "F" trimester grades, the WIAA requires 15 school days of ineligibility to participate in interscholastic athletic and co-curricular events. Students are still expected to participate in practices and be a part of the team. Students can travel with teams, but cannot participate. Students need to be passing all classes after the 15-day period to regain eligibility.
5. If a student receives 2 "F" grades at the completion of 3rd trimester and he/she participates in a fall sport, the athlete is ineligible for the lesser of 21 consecutive calendar days or 1/3 of the maximum number of games/meets allowed. The student can regain eligibility prior to the start of the next school year by attending summer school and receiving a passing grade in a class that the student failed or a class that is equivalent to the class that they failed.

Grades and violations start over after completing the 8th grade year. For purposes of eligibility, any grades of "F" or behavior violations are wiped clean and students start with a "clean slate" entering high school.

Middle School Procedure and Consequences

Consequences for failure to meet the *academic eligibility criteria* will be administered as follows:

1. Students who registered as full-time students, as defined by district policy, may participate in co-curricular or interscholastic athletic activities, along with students who are on approved reduced schedules. Home-schooled athletes may also participate in Frederic School Athletics. All participants must adhere to the rules and policies of this code.
2. All students will have academic progress reviews every 3 weeks. After any progress review, a student earning an "F" in one class or more will be placed on academic probation. Academic probation is defined as a one week time period for the student to improve their "F" grade(s) to a passing level. Students who remain on academic probation after the one week grace period will have eligibility consequences as defined below. The goal of academic probation is to prevent failing grades and further eligibility consequences.
3. Academic eligibility will also be determined by using progress reports and final trimester grades. If an athlete earns a final trimester grade of one "F" or after the one week grace period of academic probation he/she must remain committed to the team by attending practices and events but is ineligible to participate for 1 game/event or 1 week, with a minimum of 1 game/event. The student must attend the game/event in which they are ineligible in order to participate in the next game/event. Arrangements may be made between the coach and school staff to address academic issues during the time of practice and events. The student must be passing the failed class to regain eligibility.

SECTION II: ATHLETIC ELIGIBILITY

This section applies solely to students wishing to participate in interscholastic athletics. Before beginning participation, each student/athlete must:

1. Have an up-to-date physical examination completed before the first practice, with results recorded on a WIAA Examination Card and signed by the examining physician.
2. Have a parent or guardian's signed permission on the WIAA Examination Card.
3. Meet all eligibility requirements as outlined in the WIAA Handbook.
4. Receive a briefing from the coach, summarizing the WIAA rules.
5. Behave in a manner consistent with school rules and Board of Education policies.
6. Attend the student/parent meeting before the beginning of the season, or view a recorded presentation of the meeting.

SECTION III: CO-CURRICULAR ELIGIBILITY

This section applies solely to students wishing to participate in non-athletic co-curricular activities. Before participating, each student must:

1. Behave in a manner consistent with school rules and Board of Education policies.
2. Be in good academic standing as outlined in Section I.

3. Attend the student/parent meeting before the beginning of the school year, or view a recorded presentation of the meeting.

SECTION IV: ATTENDANCE ELIGIBILITY

Students wishing to participate in an athletic or other co-curricular practice or event are expected to attend school the entire day of such practice or event.

1. Students must be in school by 8:05 to be eligible to participate in the day's event (includes practice) and remain in school for the remainder of the day. Students who are not in school by 8:05 or need to leave during the school day and have an excused absence (e.g. doctor appointments, funerals, etc.) must have prior approval from the athletic director or principal to insure eligibility for athletic or co-curricular participation and, whenever possible, provide documentation explaining the absence.
2. Any unexcused absence will result in the student being ineligible to participate in athletic or co-curricular practices or events that day (or the day it is discovered.)
3. A pattern of excused or unexcused absences or tardiness (more than three in a season) could result in the student being ineligible to participate in the next event or suspended from practice.
4. Any student who accumulates sufficient absences (excused or unexcused) that leads to truancy being filed with law enforcement will be ineligible for the next event following notification. Note: students who have reached the age of 18 and are considered truant according to Wisconsin State Law, even if truancy is not filed, will also be ineligible for the next event.
5. Attendance of student-athletes at practices and games and of student participants at other co-curricular practices and events is mandatory, with the exception of injury or illness, or with the specific consent of the coach or advisor. Consequences will be determined by specific coaches and advisors.
6. Students serving an out-of-school suspension may not participate or attend practices, games or events during the suspension and until they have resumed attending classes after completion of the suspension.
7. Students serving an in-school suspension may not participate in practice, games or events during the suspension and until they have resumed attending classes after completion of the suspension. Coaches/advisors/principal/athletic director will determine if a student serving an in-school suspension is allowed to attend (non-participation status) a practice, game, or event.

SECTION V: BEHAVIORAL STANDARD

Participation in an athletic or co-curricular activity in the Frederic School District is a privilege.

The participants in these programs must earn the privilege to represent Frederic Schools in such a manner as to uphold the ideals and principles established by the Frederic Board of Education and the WIAA. Any participant whose conduct reflects poorly on himself/herself, the team, the organization or activity, or the Frederic School District, whether or not such behavior takes place during or outside school hours, at Frederic Schools, or while representing Frederic Schools, is unacceptable and will be subject to disciplinary action as determined by the coach/advisor/athletic director and building principal. In addition, per the request of a staff member, a student may be asked to follow an individual behavior contract for repeated and documented unacceptable behaviors. Such disciplinary action may include suspensions from athletic contests or co-curricular activities/events. Behaviors that involve hazing and bullying of other students are considered a violation of the behavioral standard. Any student using social media in an inappropriate manner faces penalties under the athletic code. Items could include, but are not be limited to:

1. Posting of a picture that shows you in possession of an alcoholic drink, smoking/vaping, or using illegal substances.
2. Inappropriate use of text messages, in a derogatory or demeaning manner of other individuals.
3. Criminal behavior is prohibited. Any student found to have committed a felony crime will be suspended from all athletics or co-/extracurricular activities.

Note: Appropriate behavior is expected of all students, whether participants or spectators, at all school-sponsored athletic and co/extracurricular events.

SECTION VI: SEASON PARTICIPATION

1. Athletes may not quit one sport and begin another during the same season without prior approval by the Athletic Director.
2. An athlete who is suspended from a team in one sport may not participate in another sport during that season.
3. An athlete who fails to be selected for a team in one sport may try out for another sport.
4. Any athlete who wishes to participate in more than one sport concurrently must complete and submit the application, preferably before the start of the season. This form outlines the process and guidelines for participating in two concurrent sports and requires a meeting of the athlete, parent, coaches, and athletic director to create a planned schedule for any athlete in this unique position. This form can be requested by the parents and athlete from the Athletic Director.
5. Students are expected to begin participation with an athletic team or co-curricular activity when the season or activity begins. If a student is unable to begin participation when the activity or season is scheduled to begin, arrangements should be made with the advisor/coach regarding an appropriate starting date for the student.
6. Students who are serving a suspension related to a violation of the co-curricular code must complete the activity/season in its entirety and be in good standing academically and with the team/activity for the suspension to be considered served.

SECTION VII: INTERSCHOLASTIC ATHLETICS AND EXTRACURRICULAR ACTIVITIES GENERAL RULES

Banned Substances

In order to participate in WIAA-sanctioned athletic events and in accordance with Board of Education policies, students participating or wishing to participate in interscholastic athletic activities are prohibited from consuming or possessing alcohol, tobacco, including products that contain nicotine, such as e-cigarettes, juuls, or vaping, anabolic-androgenic steroids, and performance-enhancing substances, or illegal drugs; AND from knowingly attending events where such items are being illegally consumed. This includes “look-alike” products where the difference between real or fake products is difficult to determine. This prohibition is in force 12 months a year throughout the athlete's tenure at Frederic Schools.

Consuming or Possessing Banned Substances Procedures and Consequences:

Athletes, who through witness evidence, medical or forensic tests, or admission, are determined by the athletic director/administration to have consumed any of the banned substances described above or who are found possessing such items (whether during a season or out of season) will be sanctioned as follows: Note A: Due to the variable and unpredictable health effects of illegal drugs, or use of unprescribed prescription drugs, athletes shown to have consumed these items will be suspended from games and practices until such time the athlete can demonstrate the substance has left his/her body by producing a clean urinalysis test. Once this criterion is met, the athlete will be subjected to the balance of the appropriate offense sanction.

First offense: The athlete must continue to practice and travel with the team, but may not participate in games for at least 25% of the scheduled season for that sport. The suspension carries over into the athlete's next season if necessary (equivalent to the number of events remaining in the season when the infraction occurs.) The student can get a reduction if they complete an SSS (Staff Supporting Students) plan to 10%. The SSS plan must be completed prior to returning to competition.

Second offense: The athlete must continue to practice and travel with the team, but may not participate in games for 50% of the scheduled season for that sport. The suspension carries over into the athlete's next season if necessary (equivalent to the number of events remaining in the season when the infraction occurs.) The student can get a reduction to 25% if the student completes an SSS plan. The SSS plan must be completed prior to returning to competition.

Third offense: The athlete is prohibited from participating in interscholastic athletics in any way for the equivalent of one calendar year. Athletes under a one-year suspension may get a reduction to 50% of a calendar year, if completing an SSS plan. The SSS plan needs to be completed prior to returning to practice or competition. The student must perform eight hours of school-approved community service prior to becoming eligible.

Fourth offense: Suspension of 1 calendar year, no chance of reduction. The student must perform eight hours of school-approved community service prior to becoming eligible.

- A suspended athlete will be stripped of the opportunity to be Team Captain during any season in which he/she is serving a suspension. Individual coaches may have other guidelines regarding end-of-season awards, including lettering and season awards.
- A student who completes one (1) year without any violation will have his/her last violation dropped. Any subsequent violations after the first violation will remain on the student's athletic violation record. A student who commits a second, third, or more violations cannot have their last violation dropped even if a year passes.

Presence Violation Procedures and Consequences

Attending Parties or Events: Students who knowingly attend an event at which any of the above-banned items are being illegally consumed will be sanctioned. Because of the variable number and nature of events in our co-curricular clubs and activities, the specific sanctions will be determined by the club advisor and the principal and provided in writing to participants and parents upon a student joining the activity.

First offense: Athlete must continue to practice and travel with the team, but is suspended from participation in the number of athletic events equivalent to 10% of an entire season. The suspension carries over into the athlete's next season if necessary (equivalent to the number of events remaining in the season when the infraction occurs.)

Second offense: Athlete must continue to practice and travel with the team, but may not participate in the equivalent of 30% of the season's athletic events. The suspension carries over into the athlete's next season if necessary (equivalent to the number of events remaining in the season when the infraction occurs.)

Third offense: Athlete is suspended for the equivalent of an entire season, and may not practice or travel with any team until the suspension is completed. The suspension carries over into the athlete's next season if necessary (equivalent to the number of events remaining in the season when the infraction occurs.)

- Subsequent violations will be treated as third offenses.
- Any subsequent violations after the first violation will remain on the student's athletic violation record. A student who commits a second, third, or more violations cannot have their last violation dropped even if a year passes.

Exception: A student finding him or herself at a party or event at which any of the above items are being illegally consumed can avoid sanctions by leaving immediately upon learning of the illegal consumption.

Note A: Students in the circumstance are encouraged to call their parents and report the illegal party or event so that dangerous driving can be prevented. Note that records of a cell phone call can be evidence of the time a student has left an event.

Note B: Sanctions will not be avoided if the student has consumed any of the items listed in the paragraph above describing banned substances.

APPENDIX A: INVESTIGATION AND NOTIFICATION OF VIOLATION & PENALTIES

Investigation

When the building administrator or athletic director has been notified of a possible code violation, the student(s) allegedly involved in the violation will be questioned regarding the incident. Verifiable electronic evidence (photos, social media postings, etc.) may be used as evidence. Any verifiable and identifiable image, photo, or video which implicates a student to have been in possession or presence of illegal use of drugs or alcohol, or out-of-character behavior or crime, may result in confirmation of a violation of the extracurricular code.

It must also be noted that there may be individuals, who would attempt to implicate a student, by taking such images to place them in a situation where there may be a code violation. Therefore, it is essential for students not to place themselves in such environments.

Questioning and gathering of information will be conducted by a building administrator(s) and/or the athletic director(s).

Integrity Clause

In the event a student is being questioned for a possible violation of the provisions of the extracurricular code, it is expected that:

1. The student shall be truthful.
2. The student is forthcoming with information.
3. The student will not be deceptive.
4. The student will be cooperative.

If it is determined that the student was untruthful or deceptive prior to, or after determination of a violation of the co-curricular code, the principal and/or athletic director has the authority to increase the consequences to the next level of violation.

Notification

After determining that a student has committed a code violation, the building administrator or designee shall prepare a letter, addressed to the student, the student's parent(s) or legal guardian(s), the student's coach or advisor, the building principal, and district athletic director. The letter shall:

1. Describe the violation and summarize the penalty to be assessed.
2. Advise what penalties may be assessed for subsequent violations.
3. Inform the procedure for appeal.

The building administrator or designee shall meet with the student and deliver the student's copy of the letter during the meeting. A copy of the letter shall be mailed to the student's parent or legal guardian and a copy delivered to the student's coach. The athlete immediately becomes ineligible for participation upon notification of the administrator's determination of code violation.

A student who has been determined to have committed a code violation and/or the student's parent or legal guardian may appeal the decision of the building administrator or designee according to the appeal procedure set forth in this Athletic Code.

Suspensions and penalties, as a result of a code violation, will be enforced during the appeal process.

APPENDIX B: APPEAL PROCESS

A student or the student's parent or legal guardian may appeal the Athletic Director or designee's determination that a violation of the Athletic Code has occurred by delivering a written notice of intent to appeal to the office of the building administrator by 3:00 PM on the third school day following receipt by the student of written notice of the violation, as described above.

There may be two primary purposes for an appeal:

1. A parent and/or student may want to better understand the consequence being issued.
2. A parent and/or student may want to present information that they feel could change the school's administration's initial finding.

In the event of an appeal, any new information or evidence will be reviewed by the Superintendent who will make the final determination regarding the consequence.

APPENDIX C: ACTIVITIES COVERED BY THE SCOPE OF THIS CODE

- FBLA
- FFA
- Speech
- National Honor Society
- Hand Bells

- Pep Band
- Solo/Ensemble Music Festivals and Competitions
- Student Council
- Interscholarship Athletics - Frederic School District
 - Basketball- Boys and Girls
 - Football
 - Volleyball
- Interscholarship Athletics - Cooperative Sports Programs
 - Baseball- Co-op with Luck
 - Cross Country- Co-op with Luck
 - Golf- Boys- Co-op with Luck
 - Golf- Girls- Co-op with Luck and Unity
 - Hockey- Co-op with Grantsburg, Luck, Siren and Webster
 - Softball- Co-op with Luck
 - Track and Field- Co-op with Luck
 - Wrestling- Co-op with Luck, Grantsburg and Siren
- Trap Shooting Team
- Ice Fishing Team
- Out-of-state and/or overnight trips
- Non-Academic Trips (ex. Senior Trip)
- Other Activities that may apply

APPENDIX D: POTENTIAL ATHLETIC INJURIES AND AWARENESS

Participation in Frederic School District athletics (Baseball, Basketball, Football, Cross Country, Golf, Hockey, Softball, Track and Field, Volleyball, Wrestling) and the use of the Viking Fitness Center carry the risk of injuries. The injuries an athlete can sustain range from acute injuries to overuse injuries. Acute injuries can occur from sudden trauma such as collisions with balls, obstacles on the court/field and between athletes. Common acute injuries are as follows: contusions (bruises), sprains, strains and fractures. Overuse injuries can occur gradually over time and affect muscles, ligaments, tendons, bones and growth plates. Examples: over overuse injuries are avulsion fractures, Little League arm/shoulder, jumper's knee, shin splints, etc.

It is important that athletes report all types of injuries to the coaching staff no matter how minor the injury may seem. The signature of the extracurricular activities and programs code will acknowledge that the athlete and parents/guardians assume the injury risk while utilizing the Viking Fitness Center and participating in Frederic School District sponsored athletic programs.

APPENDIX E: MEDICAL TREATMENT/SCHOOL SUPPLEMENTARY INSURANCE

In the event of a medical emergency, every effort will be made to contact the parents of the student.

However, if contact cannot be made or the medical emergency requires immediate attention, Frederic School coaches, advisors, athletic trainers, and supervisors are advised to seek medical attention/transportation.

Frederic School District has supplementary health/medical accident insurance. If a student is injured while participating in school-related activities and the family's insurance does not cover all of the medical expenses, this insurance may qualify as supplementary insurance, subject to the deductible. Claim forms are available at the 6-12 office and should be filed as soon as possible after the injury/medical emergency.

**Frederic School District Extra-Curricular
Student/Parent Consent Form**

2024-2025

I would like to participate in school-sponsored athletics/extracurricular activities during the 2024-2025 school year. My parent(s)/guardian(s) and I attended the 2024-2025 athletics/co-curricular meeting, have read the participation code, and I understand and agree to abide by all the policies and procedures as outlined in the Frederic School District athletic/extracurricular handbook. This includes rules pertaining to academic standards, behavior, general school conduct and abstinence of all alcoholic beverages, tobacco products, and illegal drugs. We also understand that failure to follow the rules and guidelines outlined in the code will result in the application of the consequences described.

A student will not be allowed to participate in in any extra-curricular activities until this page is signed by the appropriate individuals and on file in the office.

Student Participant Signature

Parent/Guardian Signature

Date _____

Student Name _____

Graduation Year _____