

2022-2023
Maquoketa Valley
Coaches/Sponsors Handbook



Maquoketa Valley CSD
107 South Street
Delhi, IA 52223

Coaches and Sponsors,

The extracurricular programs are an integral part of the Maquoketa Valley Middle and High School educational program and are organized to meet the needs and interests of our students. The experiences students have in our programs will play a significant role in their development as a student and as a person.

Our goal is to actively engage student-athletes in as many activities as possible in order to support our district's mission to develop responsible, productive citizens. Involvement in team/group activities will foster more spirit, self-discipline, self-sacrifice, and loyalty. This will help develop enthusiasm and pride in teams/groups, individuals, community, and school as a whole. The life of a school is frequently affected by the success or failure of its programs.

This handbook defines the policies and procedures expected from coaches/sponsors by the Maquoketa Valley Community School District and Activities Department. By agreeing to coach and/or sponsor, you have accepted the responsibility to familiarize yourself with the contents of this manual and to comply with all policies and procedures of the Maquoketa Valley Community School District, the Maquoketa Valley Activities Department, as well as the *Iowa High School Athletic Association* and *Iowa Girls High School Athletic Union*. You are obligated to uphold them regardless of personal feelings or differences of opinion. In the event that a policy proves undesirable or out-dated, it can be revisited, revised, or eliminated through careful review and shared dialogue through the chain of command process.

As a coach/sponsor you are a leader and role model for our students. Being involved in extracurricular programs, you are also in the public eye. The manner in which you present yourself and how you deal with your students are topics constantly discussed within the school and community.

It is our desire, as we are sure it is yours, to do the very best job possible for our students, school, and community. Toward this end, your continued support and input is vital. If you have any suggestions as to how we can improve our program, please feel free to discuss these with us at your convenience. We will do everything in my power to make your job as a coach/sponsor more enjoyable and rewarding. Working together, we can make the programs of Maquoketa Valley ones in which students want to be a part of and of which we can all be proud. We wish you much continued success.

Sincerely,

Trevor Arnold

MS/HS Activities Director

Table of Contents

MV Coaching/Sponsor Duties.....	3
Philosophy of Athletic Department	4
Organization & Administration of Athletics	4
Coaching Responsibilities/Expectations	5
Athletic Eligibility	8
Coaching Authorization/Certification	9
Conflict Resolution (Grievance Chain of Command)	9
Practice & Competition Attendance Policy	10
Wednesday/Sunday Practice/Activities Policy	10
Priority Use of Facilities	10
Supervision of Practices/Competitions	11
Weight Room	11
Training Room	11
State Tournament/Meet Policy	11
Travel Guidelines	12
Athletic/Coaching Trips	13
Awarding of Athletic Letters	13
Business Procedures (Purchase Orders, etc.)	13
Athlete Contact Rule (IHSAA/IGHSAU)	15
Open Gym Policy (IHSAA/IGHSAU)	16
Multiple Sport Athletes in Season at the Same Time.....	17
Good Conduct Code	18
Good Conduct Code Suspensions.....	21
Golf Team Participation	22
Cross Country Program	23
Athletic Booster Club (Including Arts & Crafts Worker Schedule).....	23
Hall of Fame	23
Notice of Non-Discrimination	24
Coach/Sponsor Checklist	24
Activities Directory	25
Media Contacts & Phone Numbers	26

COACHING DUTIES

FALL SPORTS

FOOTBALL

Head Varsity Coach Trevor Arnold
Assistant Coaches: Scot Moenck, Kurt Hatfield & Jon Orr
MS Coaches: Steve Huegel and Curt Feldt

VOLLEYBALL

Head Varsity Coach: Abby DeGroot
Assistant Coach: Morgan Nefzger
MS Coaches: Tiffany Leytem and Mikayla Callan

CROSS COUNTRY

Head Varsity Coach: Pat Meehan
Assistant Coach: Shane Kerchoff

WINTER SPORTS

BASKETBALL

Head Varsity Boys Coach: Eric Conner
Assistant Coach: Dan Cassutt
MS Boys Coach: Steve Huegel and John Grimm

Head Varsity Girls Coach: Scot Moenck
Assistant Coach: Brad Huber, Jesse Wooten & Ali Scherrman
MS Girls Coach: Jason Helle and Heidi Hoeger

WRESTLING

Head Varsity Coach: Kurt Hatfield
Assistant Coach: Jett Kuhens
MS Coach: Kurt Hatfield

SPRING SPORTS

TRACK

Head Varsity Boys Coach: Pat Meehan
Assistant Coaches: Curt Feldt
MS Boys Coaches: Steve Huegel

Head Varsity Girls Coach: Creig Dunlap
Assistant Coach: Jason Helle & Angie Wendt
MS Girls Coaches: Scot Moenck and Dan Cassutt

GOLF

Head Girls Coach: Tim Andrews
Head Boys Coach: Ron Besler

SUMMER SPORTS

BASEBALL

Head Varsity Coach: Mike Cook
Assistant Coach: Norm Wilson
MS Coach: Robert Arnold & Norm Wilson

SOFTBALL

Head Varsity Coach: Emily Ludovissy
Assistant Coach: Ella Imler & Madison Imler
MS Coach: Ali Scherrman, Ella Imler & Madison Imler

CO-CURRICULAR DUTIES

HS/MS Activities Director: Trevor Arnold	FFA: Haylee Lau
Band Director: (6-12) Travis Ford	Newspaper: Diane Temple
Musical: Megan McCrary	Cheer/Dance: Jennifer Teymer
Drama: Debbie DeVore, Jennifer Teymer	
Spanish Club: Jen Ries	Prom Sponsor: Jennifer Teymer
Vocal Director (6-12): Megan McCrary	Student Council: Trevor Arnold
Speech: Matt DeVore, Debbie DeVore, Hannah Crumpton, Amy Anderegg, Allison Fisher	Yearbook: Creig Dunlap

PHILOSOPHY OF ATHLETIC DEPARTMENT

The philosophy and goals of the Athletic Department at Maquoketa Valley Community School District is to aid in the academic, emotional, and social development of its students through the promotion of teamwork, sportsmanship, and athletic competition. The athletic program is a valuable asset to the total education process, and therefore operates within the same objectives and goals of the overall educational program. Research shows that athletics at the Jr. High and High School levels help foster team building skills, problem solving skills, self-discipline, and self-confidence along with a number of other skills. Through the development of these skills it is believed our student-athletes will become confident, contributing members of the school community.

Additionally, Maquoketa Valley Activities will strive to provide experiences in which individuals are able to:

- be afforded appropriate opportunities to compete or perform.
- grow in both self-concept and skill development.
- compete in a healthy and safe interscholastic program.
- participate in an athletic environment that is fair, consistent, and free from intimidation.

ORGANIZATION & ADMINISTRATION OF ATHLETICS

SUPERINTENDENT – The Superintendent of Schools shall be the executive officer of the Board of Directors and shall be responsible to it for the execution of its policies. The Superintendent will oversee the Principal and Athletic Director and will approve all policies and procedures recommended by the staff. The Superintendent will recommend to the Board of Education the appointment of all personnel who are responsible for the handling of the athletic program.

HIGH SCHOOL PRINCIPAL – The High School Principal shall oversee the Athletic Director and all activities and has the authority to approve or deny requests and actions of the athletic department. The High School Principal should be aware of all activities occurring within their building, thus it is important for the Athletic Director and coaches/sponsors to confer with the principal before making changes that may have an impact on other programs within the school or district. The Principal may delegate certain responsibilities and authority to the Athletic Director, but ultimate responsibility rests with the Principal, Superintendent, and Board of Education. The building Principal is responsible for the conduct of coaches, players, spectators, and other employees of the school. The supervision of the athletic contests is a cooperation of the school administration and the Athletic Director.

ATHLETIC DIRECTOR – The Athletic Director is responsible to the Superintendent and High School and Middle School Principals for the organization and direction of the personnel, policies, and activities of the athletic department. The Athletic Director assumes the responsibility of recommending and directing the program of athletics in keeping with the aims and purposes of education as conceived by the Superintendent and Board of Education. He/she is concerned with the development of a program to effectively reach a large percentage of the school population, promote improvement in coaching, maintain positive public relations and positively promote the athletic program to the media. The Athletic Director is concerned with successfully coordinating, harmonizing, and unifying the overall middle school and high school athletic program.

The following are areas the Athletic Director should assess and coordinate throughout the year:

- Consult with and inform the Superintendent and Principals of the scheduled activities, problems, and progress of the athletic department.
- Recommend the assignment of coaches within each level and sport.
- Assist in formulating and enforcing athletic policies.
- Interpret and enforce all state, conference, and school policies.
- Prepare for all schedule-making, hiring of officials, and the making of contracts.
- Coordinate shared gymnasium times and weekly calendar events with the High School and Middle School Principals.
- Arrange for details of:
 - Budget
 - publicity and public relations
 - radio and newspaper contacts
 - purchase of equipment and supplies
 - trip arrangements
 - payment for equipment and supplies
 - home game details (ticket takers and sellers, law enforcement, parking, scorers, timers)
- Supervise:
 - the care, repair, issuing and records of all equipment
 - preparation of fields and athletic areas
 - physical examinations and insurance waivers for all participants
 - Awards
 - academic requirements of eligibility
 - assists in event supervision along with building administration
- Works with the superintendent secretary and Director of Transportation to coordinate travel and bus schedules for athletic events.
- Attends meetings as directed by the Middle and High School Principals.
- Works cooperatively with the Middle and High School Principals on developing short and long range goals for facility improvements.
- Ensures positive publicity and public relations.
- Serves as a liaison between the school and the Athletic Booster Club.
- Completes other duties as assigned.

COACH/SPONSOR RESPONSIBILITIES & EXPECTATIONS

Pre-Season Responsibilities –

- Inspect, plan for, and know what equipment and supplies are available and/or needed.
- Notify Athletic Director of any special or unique equipment needs.
- Outline of practice schedule
- Complete rules meeting for all head coaches as outlined by IHSAA & IGHSAU.
- Complete Concussion Course as outlined by IHSAA & IGHSAU.

- Work with Athletic Director on completion of scrimmage and competition schedule.
- Organizational meetings with assistant coaches.
- Submit transportation (bus schedule) requests at least 2 weeks prior to first trip
- Assist Athletic Director in completion and collection of **physicals, insurance waivers, and concussion forms** for all participants. Participants will not be allowed to practice or perform without these items on file. School Nurse, AD and Head Coach of each sport will all have access to a shared file.
- Assist Athletic Director in setting up “Media Day” which may include team & individual photos.
- Update recertification of Coaching Authorization if needed.
- The expectation is that coaches/sponsors conduct pre-season meetings with participants and parents to discuss issues pertinent to the upcoming season.

In-Season Responsibilities –

- Submit roster of squads to Athletic Director and office prior to the 1st week of practice and likewise submit any updates of roster throughout the season.
- It is the responsibility of each coach/sponsor to supervise his/her squad members. **This responsibility begins when athletes enter the locker rooms and ends when participants leave the building following practices/competition.**
- Coaches’ supervision responsibilities extend to locker rooms, the training room, storage areas, and weight room when used by its members. Coaches are ultimately responsible for the upkeep of facilities.
- Coaches’ supervision responsibilities extend to away/road contests. Facilities used while at other schools (locker rooms, bathrooms, dugouts, etc.) are to be cleaned & picked up prior to exiting the facility. **The coach/sponsor should always be the last person to leave the locker room when competing on the road.** The general rule of leaving the facility in better condition than what you found it in should be used in all instances.
- Assist and provide input to Athletic Director in rescheduling of events postponed during season.
- Keep team and individual statistics.
- **Quikstats**
 - Update game and season stats on Quikstats program in timely fashion as outlined by IHSAA & IGHSAU. It is the responsibility of head coaches to know and meet deadlines of stat input. Failure to do so results in two warnings from the state and eventual disqualification from district/state competition.
 - Statistics must be entered on the state’s statistical portal at the following internet link: <http://www.quikstatsiowa.com> or can be accessed through the IHSAA & IGHSAU websites. Stats may be entered by clicking appropriate sport, then clicking SUBMIT STATS (Restricted Area), and using the Maquoketa Valley password (**maqu211**)
 - Report scores & results to media and press in a timely fashion (shortly after the conclusion of competition). Contact information is provided in M.V. Coaches Handbook.
- Assume complete responsibility for the conduct of squad including but not limited to dress, behavior in competitions, practice sessions, traveling, locker rooms, or on any occasion when squad is representing the school.

Post-Season Responsibilities –

- Assist Athletic Director in completion of Officials’ evaluations as outlined by IHSAA & IGHSAU.
- Inventory –
 - Collect and store and inventory all equipment immediately following conclusion of season.
 - Document lost or damaged equipment issued to athletes that are subject to a charge. This includes but is not limited to practice gear, game uniforms, school padlocks, & other miscellaneous equipment.
 - Update shared document with all equipment.
- Schedule/participate in awards/season ending banquet.
- Update individual/team records.
- Attend league, district, and coaches’ association meetings when required (i.e. all conference/district).

General Responsibilities –

- Keep current certifications including Coaching Certification/Authorization, CPR, First Aid, and Blood Borne Pathogen, Child & Adult Abuse Mandatory Training as required by IHSAA & IGHSU and submit appropriate paperwork to administration.
- Hold thorough knowledge of particular sport/activity, understanding various techniques, skills, & strategies necessary for successful participation. Remain up to date on the latest developments, changes, and modifications in respective sport.
- Hold thorough knowledge of all extra-curricular policies approved by Maquoketa Valley Community Schools and familiarize self with Conference or district rules/regulations and IHSAA, IGHSU, and any other state rules/policies.
- Submit purchase order paperwork to AD. After AD approval, the PO will be given a PO # by Erika Imler, and returned to you at which point you can move forward with the order. Communicate to appropriate parties when said orders arrive for timely payment.
- Be responsible for working within designated program budget.
- Promote morale and team spirit by stressing benefits derived from extra-curricular participation and competition.
- Be supportive of other programs.
- Communicate and seek approval of all fundraisers from administration.

Expectations for Coaches/Sponsors –

- **Never criticize or argue with any staff member within earshot or eyes of players, parents, or community members.**
- Schedule and conduct practices on a regularly scheduled basis.
- Weight Training –
 - Weight training will be incorporated into in-season practice schedule on a regular basis.
 - Encourage & support athletes during out of season times to weight train.
 - Have understanding of sociological, psychological, & physiological needs of student-athletes.
 - Set example of sound personal values both on and off the competitive field.
 - Do not use, nor allow the use by others, **profanity** with players, opponents, officials, or spectators.
 - Professional coaching attire is expected for all competitions and practices. Wearing of school colors, black & gold is encouraged.
 - Promote and maintain a **positive environment** throughout the program.
 - Be sensitive to the needs and feelings of participants, using sound judgment when addressing them, avoiding offensive or sexist comments.
 - Be modest in victory and gracious in defeat and instruct your squad accordingly.

Game Officials

- Respect judgment of officials. While it is reasonable for the coach to question or disagree with an official's decisions, it must ultimately be handled respectfully.
- Instruct players to respect officials and not to argue, demonstrate, or be abusive. Questions with officials regarding rules interpretations should be made by the captain or coaching staff.
- Do not bait or harass officials into preferential calls.
- Avoid behavior in game situations that will incite players, opponents, or spectators.
- Hold self and players accountable for good sportsmanship. **Remove players from competition who demonstrate unsportsmanlike behavior.**
- Do not lie, cheat, or mislead in attempt to impact outcome of contest. **Always respect spirit of your sport over the outcome of the contest.**
- No coach should use alcohol, tobacco, or other drugs before, during, or immediately after any practice or competition until his/her supervisory duties are completed.
- Avoid **cell phone usage** during practices and competitions except in emergency situations. Require and expect the same from your athletes.
- Be respectful of decisions & judgment of administration. Although it may be reasonable for a coach to question or disagree with an administrator's decision, coaches must ultimately accept and respect the decision. If coaches cannot abide by this termination may result.

- **Loyalty** to the coaching staff you are on and to other coaching staff in the district are expected.

Social Media

Listed below are reminders and guidelines faculty and staff will adhere to when using technology to communicate with colleagues, parents, and students. Communications to parents and/or students should always be done in a professional manner through school email or direct phone call.

When using Social Media: Create Groups/Pages that are available to players, parents, community members, etc. Never post material that isn't connected to the activity in which you are coaching or is in some way positively supporting another group within the school.

Text Messaging: Direct Text Messaging to a student is not recommended. Use of a direct message service such as REMIND which is intended for coaches/schools, is recommended.

Cell Phones

- Use of school owned cell phones are subject to open record requests from the public.
- Cell phones will remain off during faculty and staff assigned instructional time for receiving and placing calls and text messages unless permission has been secured from the building administrator.
- Any text message or picture sent to a student will also be copied and forwarded to the student's parents/guardians.
- Any communication should be kept to official matters.

Social Networking, Email, and School Owned Computers:

- Use of school owned computers are subject to open record requests from the public.
- No sexually explicit or vulgar music may be downloaded on school owned machines, ipods, etc.
- There should be no emailing during student instructional time.
- Any email sent to a student should also be copied and forwarded to the student's parents/guardians.
- Any communication should be kept to official matters.
- Students may not be listed as a "friend" on a staff members social network page.
- Staff members will not accept an invitation to a student's social network.
- Comments posted on a staff member's wall should not include inappropriate photos or comments.
- Employees will not use school technology to promote a business.
- Staff developed Web or Wiki pages will have administrator approval before posting.
- Parents/guardians will have access to these postings.
- Any comment section will be password protected.
- Comments posted by staff and students should be related to class content.
- Infringing on any copyrights or other intellectual property rights, including copying, installing, receiving, transmitting, or making available any copyrighted software on the school district computer network.
- Using the network to receive, transmit or make available to others obscene, offensive, or sexually explicit material.
- Use of another's account or password.
- Attempting to read, delete, copy or modify the electronic mail (e-mail) of other system users.
- Forging or attempting to forge email messages.
- Engaging in vandalism. Vandalism is defined as any malicious attempt to harm or destroy school district equipment or materials, data of another user of the school district's network or of any of the entities or other networks that are connected to the Internet. This includes, but is not limited to, creating and/or placing a computer virus on the network.
- Using the network to send anonymous messages or files.
- Revealing the personal address, telephone number or other personal information of oneself or another person.
- Intentionally disrupting network traffic or crashing the network and connected systems.
- Installing personal software or using personal disks on the school district's computers and/or network without permission of the district Technology Director.

- Remind students that comments posted on these pages are subject to school's anti-bullying policy.

ATHLETIC ELIGIBILITY

Academic Eligibility for Co-Curricular Activities (Scholarship Rule)

The eligibility requirements (Scholarship Rule) will be evaluated more stringently at Maquoketa Valley than is currently by the State guidelines.

Quarter grades will be evaluated at the end of the first and third quarters. Any student failing any courses at that time will be ineligible for **10 school days (school must be in session)** beginning the next school day. At the end of the tenth day, the athletic director or principal will evaluate the student's grades as they are recorded in the student information program. If the student is passing they are eligible beginning the eleventh school day after the ineligibility began. If the student is still failing any class, the student remains ineligible until the grades are reviewed five days later. This process will follow five day increments until the failing grade is raised to a passing grade. The same process will be in place for the third quarter evaluation.

Semester grade evaluation will be conducted on the day grades are due and any failing grade will necessitate **30 consecutive calendar days** in the athletic or fine art event in which a student is a participant. There is no requirement that the student competed previously in a co-curricular activity. A student may not begin a co-curricular activity mid-season to serve the academic ineligibility. The student must start the season, and finish the season in good standing per the coach/sponsor in order to complete the academic ineligibility. If a student is ineligible at the end of the school year, the same eligibility guidelines will apply to summer activities beginning with the day grades are due to the office. The academic ineligibility will carry to the next co-curricular activity the student participates in. If a student transfers to another school district, Maquoketa Valley must report original failing grades.

Students serving a good conduct code violation, will need to complete this prior to the start of the academic ineligibility consequence.

Eligibility for Fine Arts Activities: Any student who becomes ineligible due to failing grades or as a result of a good conduct violation may be dismissed permanently from that activity. This will be at the discretion of the director/coach of affected activity.

The Iowa Department of Education (D.E.), the Iowa High School Athletic Association (IHSAA), the Iowa Girls High School Athletic Union (IGHSAU), the Iowa High School Speech Association (IHSSA), and the Iowa High School Music Association (IHSMA) have established the number of classes a student must be passing in order to participate in high school athletics. The eligibility requirements (No Pass, No Play) will be evaluated more stringently at Maquoketa Valley than is currently by the State guidelines. Students are eligible to continue to participate in practices, just not be an active participant in any contests. This practice is held true for all co-curricular activities.

Semester evaluation will be conducted on the day grades are due and any failing grade will necessitate a 30 consecutive days of ineligibility. This is per state guidelines.

COACHING AUTHORIZATION/CERTIFICATION

Coaches hold responsibility for staying up to date with the State of Iowa Coaching Authorization, required background checks or Certification requirements, including concussion training. Coaches can locate FAQ's, documents, internet links and more helpful information on this matter at the following web address: <http://www.iahsaa.org/coaches/coaches.html>. All coaches, including **VOLUNTEER COACHES**, must have their coaching authorization or certification and background check in order to participate in the coaching activity. Head coaches shall not allow any uncertified, unapproved volunteers to help at athletic practices. This is not only a huge liability, but also illegal.

CONFLICT RESOLUTION (CHAIN OF COMMAND FOR GRIEVANCES)

Participating in activities can be an emotional and time-consuming experience. At times, conflicts between student-athletes and coaches/sponsors may arise. The following process is in place for student-athletes and their parents to follow to help resolve conflicts and/or issues between coaches/sponsors and participants.

Step 1: Individual Student-Athlete – Coach/Sponsor Contact

The student-athlete involved is to speak to the coach(es)/sponsor(s) about the issue as soon as possible.

Step 2: Parent/Student-Athlete – Coach/Sponsor Contact

The parent/student-athlete should set a time to meet individually with the coach(es)/sponsor(s). Meetings will not be scheduled:

- 24 hours prior to or immediately following a contest.
- During an active practice session.
- During a time when other coaches, parents, or athletes are present.
- During a time when the coach/sponsor is teaching.

Step 3: Parent/Student-Athlete – Athletic Director contact

If satisfactory resolution is not reached through direct contact with the coach, the parent/student-athlete should contact the athletic director. If the meeting with the parent/student-athlete and athletic director does not result in satisfactory conclusion, the athletic director will schedule a meeting involving all concerned parties in an attempt to reach a satisfactory resolution.

Step 4: Parent/Student-Athlete – Administrator/AD/Coach contact

If after Step 3, satisfactory resolution has not been reached, the parent and student should contact the building principal to schedule a meeting with all concerned parties.

Step 5: Parent/Student-Athlete – Superintendent

If there is no resolution at Step 4, the parent/student-athlete must ask to meet with the Superintendent in an effort to resolve the issue(s).

ATHLETE PRACTICE AND COMPETITION ATTENDANCE

Leaving School during School Hours / Participation in After School Activities

A student may not leave the school grounds without permission once he/she has entered it. To be excused, permission must be obtained from the principal's office before the student leaves school. A call **must** be received by the office personnel prior to a student's signing-out. If a student is ill, he/she must check out with the office before leaving the building. Any student who does not follow this procedure will be given an avoidable absence and detention assigned.

Students must be in school from 12:30 pm until the end of the day to participate in any after school activity.

Students cannot leave school and come back to participate in an afternoon / after school activity, unless it is for a medical appointment. This means practices, games, meets, meetings, banquets, performances, etc. It is recommended that medical appointments be scheduled in the morning to avoid missing the last half of the school day. If this can not be avoided due to doctor / specialist availability, the student must bring a doctor's note to be able to participate.

WEDNESDAY/SUNDAY PRACTICE/ACTIVITIES POLICY

No use of school facilities for school sponsored activities or practices will take place on **Wednesdays after 6:00 p.m. or Sunday during the Academic year**. Exceptions to this will be state sanctioned events of which need *Superintendent* approval in advance.

SUNDAY PRACTICES DURING THE SUMMER

Baseball and Softball are allowed to practice on a Sunday after 5:00 PM. If practice is held on Sunday, another day during that week leading up to Sunday (Monday to Sunday) must allow for a day off for the athletes.

Out of season sports are allowed to have team activities on these days in which they are participating with another school in some capacity. Basketball scrimmage, 7on7, volleyball scrimmage, etc. Practices or open gyms are not allowed.

PRIORITY OF SCHOOL FACILITIES

Priority for the use of school facilities will be given to:

- The sport that is in season, or has been in season the longest.
- The sport that would normally use the facility.

Example 1: In the Fall of the year the volleyball teams will have priority to use the gym, its normal practice facility. If inclement weather does not allow the football or cross country programs to practice outside, then the gym shall be available for football and cross country only after volleyball practice is over. They will not share the facility during “normal” practice time.

Example 2: During the Winter when basketball is practicing in the gym, if the wrestlers wish to run, they will have to utilize hallways or wait until basketball practice is over, or use the gym in the morning before the start of school.

Example 3: In the Spring, during track, baseball, and softball seasons, inclement weather does not allow programs to practice outside. Track would be allowed to practice first in gym with baseball and softball to follow track practice.

SUPERVISION OF PRACTICES/COMPETITION

School sanctioned practices or competitions will **NOT** take place if there is not a licensed coach or administrator present. A coach, for purposes of this definition, is one whom the school board has approved.

WEIGHT ROOM

The weight room is essential in the development of all student-athletes. It is required that all coaches familiarize themselves with the equipment, proper technique, and weight room etiquette. All athletic programs should utilize the Volt Training Program and work in coordination with the entire coaching staff. Coaches should encourage student-athletes to utilize the Volt Training Program consistently throughout the year whether they are in-season or in their off-season. Jr. High coaches are encouraged to use the weight room and fitness room during the course of their season. Jr. High coaches should focus on educating student-athletes on proper technique and etiquette. The Volt Training Program will also be part of the Physical Education Department throughout the year working in coordination with the athletic programs to create unified training throughout the district in grades 7-12.

For maximum benefit of the weight room, the following guidelines should be followed:

- In-season sports have priority of the weight room. Out of season athletes should work around athletes who are in-season. A Coach will be monitoring the weight room after school in the off-season.
- The weight room will not be open or available unless there is proper supervision by a coach or trained adult. Weight room is to be locked at all times unless a coach or trained adult is supervising.
- Proper attire is mandatory (shirt, athletic shorts/pants, and athletic shoes)
- Weight Room etiquette must be observed. Equipment and weights are to be stored correctly.

TRAINING ROOM

The Athletic Training Room is to be used to treat and rehabilitate athletic injuries. Coaches must take responsibility for maintaining the room along with the trainer. Athletes are to be in the training room only when they are being treated for injuries or rehabbing an injury. Athletes should be supervised at all times by trainer or a coach. Training room supplies should not be issued to athletes to use at their disposal.

STATE TOURNAMENTS & STATE MEET POLICY

FOOTBALL – The school district will sponsor the team, staff, and number of team members allowed by the state as well as managers and will travel by bus on the day of the game and return the same day of the game. The athletic director will make arrangements for food, and allowances for the coaches and participants. The head coach & athletic director will make arrangements for transportation.

VOLLEYBALL – A maximum of twenty-three people are allowed to enter through the pass gate. The head coach will determine who those people are – they may include coaches, players (**may not exceed 15 in uniform**), managers, statisticians, scorekeeper, athletic trainer, Athletic Director, or other school administrators. The head coach and athletic director will make arrangements for transportation. Lodging will be considered based on the state tournament schedule.

BASKETBALL – The team will consist of fifteen players, head coach and assistant coaches. The team and coaches will stay or return home, depending on the tournament schedule and economic feasibility. Three managers will be allowed to go with the team and will remain until the team is eliminated from the tournament. At that time, they will return home by bus or be released to parents. The team will be permitted to travel and lodge prior to the day of the scheduled game if the state tournament game is played in the morning or afternoon session. The head coach & athletic director will make arrangements for lodging and transportation. The athletic director will set allowances for the coaches and participants.

WRESTLING – The traveling team to the state meet will consist of those individuals who qualify for the state competition, coach, and assistant coach(es). They will remain until the tournament ends for coaches. If the qualifiers are eliminated after the first rounds and wrestle-backs, the student-athletes will return at the conclusion of the day or released to parents. When one person qualifies, the qualifier would be accompanied by another person. The state will provide for a manager if three or more individuals qualify for the state meet. **DUAL TEAM WRESTLING:** Each team will consist of 16 wrestlers, plus four with a total of twenty; plus four which include coaches, managers, trainers, statisticians, doctors, etc. The head coach & athletic director will make arrangements for lodging and transportation.

GOLF – The team will consist of the individuals and their coaches that qualify for state competition. The team or individual will be permitted to travel and lodge the day prior to the meet if any part of the team participates prior to noon of the day of the meet. The head coach and athletic director will make arrangements for lodging and transportation.

TRACK & CROSS COUNTRY – The team will consist of the individuals that qualify for state competition, coach, and assistant coach. They will remain until the meet ends. The team or part of the team will be permitted to travel and lodge the day prior to the meet if any of the team participates in an event prior to noon on the day of the meet. The head coach and athletic director will make arrangements for lodging and transportation.

SOFTBALL & BASEBALL – The school district will sponsor the team, staff, and number of team members allowed by the state. The team and coaches will stay until the team is eliminated and then return home or be released to parents. The head coach and athletic director will make arrangements for lodging and transportation.

The Activities Director in collaboration with the Superintendent and High School Principal will make the final determination on departure times and overnight stay requests for all sports.

TRAVEL GUIDELINES

Expenses that have been authorized by an administrator will be reimbursed to the individual upon submission of appropriate documentation. When possible, lodging will be set up on a direct-billed basis by using a purchase order to reserve the room(s). State sales tax exempt status should be noted at the time of the reservation. Appropriate documentation for both direct billing and reimbursement include the following:

Lodging:

- Personal expenses such as spouse lodging, movie rentals, local telephone calls, etc. shall be paid by the employee directly to the hotel.
- Exceptions must be approved in writing by the Superintendent.

Travel:

- Whenever possible, a district vehicle will be assigned to employees traveling on behalf of the district.
- When more travel is needed than can be accommodated by the district fleet, the Director of Transportation, Athletic Director and the Superintendent shall use the following criteria to assign district vehicles:
 - Student travel vs. employee-only travel
 - Distance
 - Number of people in group
 - Level of competition or meeting
- If all vehicles are assigned, and travel is approved, the employee will have the option of using his/her personal vehicle and being reimbursed at the current district rate per mile. Employees may choose to drive their own vehicles even if a school vehicle is available.

Meals (Employees):

- A restaurant receipt or **itemized** credit card slip must be submitted. The district will not reimburse for drinks or beverages that contain alcohol. When other than approved district employees or officials are included in the receipt total, the names and exact amounts of each meal to be reimbursed are to be identified.
- Exceptions (such as a banquet incorporated into a conference program) may be presented to the Superintendent for individual review.

Meals (Students):

- Students involved in activities or competition at the state level will be allowed a per-meal allowance. That meal allowance will be \$20/day for each participant.

ATHLETIC/COACHING TRIPS

- The district will not provide team transportation or supervision to a state tournament if the team is not participating.
- Head coach and assistant varsity coach may have one school day per year without loss of pay to attend their state tournament series. Costs for using school transportation will be taken out of the respective sport's activity account.
- Other athletic trips: Other athletic trips for each coach may be allowed with the approval of the Superintendent of schools. Such trips will normally be limited to one clinic per coach per year involving not more than one day of school. Regular expenses may be allowed, if approved in advance..
- Coaches applying for any of the above considerations will complete a "Teacher's Request to Attend Professional Meeting" form and follow the same procedures as requested for any other in-service meeting.

AWARDING OF ATHLETIC LETTERS

Maquoketa Valley High School offers athletes the opportunity to be awarded the letter "MV" in the following sports:

football, volleyball, cross country, wrestling, basketball, track, golf, softball, baseball, and dance. All participants in athletics shall receive his/her numerals upon first year participation in any one sport. The first letter awarded will be a semi-block "MV" letter. Succeeding awards will be chevrons, bars, and certificates.

REQUIREMENTS FOR A LETTER – While the ultimate decision making is to be left up to the head coach of the sport, the following may serve as guidelines for coaches when awarding an athletic letter:

- Football* – Participation in one-half or more of total quarters in a season.
- Volleyball* – Participation in one-half or the total games played in a season.
- Cross Country* – Participation in every meet excluding district and state meets.
- Wrestling* – Participation in one-half of the total dual meets at varsity level.
- Basketball* – Participation in one-half or more of total quarters played in a season.
- Track* – Participation in a majority of the major meets and all minor meets.
- Golf* – Participation in one-half or more of total meets played in a season.
- Softball/Baseball* – Participation in one-half or more of all games in a season.
- Dance* – To be determined by Head Sponsor.

BUSINESS PROCEDURES

PURCHASING PROCEDURES – Purchase Order Requisitions must be written for every purchase, repair, or service request made by employees of the district prior to the purchase, repair, or service. PO Requisitions should be filled out using the online form and send to Activities Director Trevor Arnold for approval prior to proceeding with the order. Once items have been received, the coach will note one copy that items were received and return the PO copy to the Business Manager. Once the purchase order is approved by the AD, a purchase order number will be issued by Erika Imler and then the approved PO with PO # will be returned to the coach/sponsor making the order at which point the coach/sponsor can process the order. A copy of the purchase order will be kept in central office records for verification after purchase, repair, or service is received.

LOCAL PURCHASE ORDERS – Purchase Order Requisitions also must be submitted for local purchases. The principal or director will authorize the Central Office or Athletic Director offices to issue a purchase order. These may be used for any approved purchase in the local area made by employees only. The purchase order can be carried to the local vendor if the items will be picked up, or mailed, or faxed to the vendor for regular delivery. Generally, student purchases will not be authorized nor approved for payment. The high school principal may authorize student use of a local purchase order in extenuating circumstances. The sponsor will need to submit a written request for this authorization. The vendor is to send invoices directly to the Central Office. If the employee receives the invoice or the sales slip, it must be turned in to the Central Office. In the case of an emergency, the principal or the superintendent may authorize a purchase without a local Purchase Order. If an item is purchased without a Purchase Order, the employee will be responsible for payment.

ACTIVITY FUND BALANCES PROCEDURES INCLUDING RESALE AND FUNDRAISING –

In general, all **Activity** funds including **Resale and Fundraising Accounts** are expected to operate with positive balances. Certain non-revenue or low revenue activity accounts may be allowed to run deficits during the school year. The Board of Directors will authorize zero out negative balances by subsidizing from other activity accounts to eliminate any negative balances at the end of the fiscal year. No activity or fund may borrow money from the district or outside financial institutions. For long-term projects, funds must be raised in advance of due dates for payments or purchases. Activity Fund checks are generally written around the 15th following the Board of Directors approval. Please plan accordingly. Registration fees due before the next Board of Directors meetings should be **hand delivered** to the Business Manager for payment.

Occasionally, **Resale Accounts**, which are not for profit but items sold for cost, will be collected by employees for payment of safety equipment, athletic apparel, prom tickets, and music equipment (reeds, etc.) as opposed to a **Fundraising Accounts** which are dedicated to making a profit for a particular activity account. It is imperative that when the sponsor or coach records the collection of funds on the money tally sheet, it is correctly marked as a resale, fundraising, or a normal operating activity account item.

The following procedures, practices, and rules are the same for the **Activity Fundraising, and Resale Accounts**. The process to collect funds is designed to enhance responsible stewardship of public funds and protect those individuals responsible for collecting money. Good judgment should be used in handling all funds. The following rules outline the minimum required effort:

- When collecting money for activity fundraising or resale accounts, secure a receipt book from the building secretary.
- The sponsor shall issue a receipt for the amount of money collected from each student.
- Turn money in daily to the Building Secretary. Smaller amounts are easier to count and verify than larger amounts.
- Complete an activity Money Tally Form (see appendix) prior to turning it into the Building Secretary.
- Clearly identify the activity and account in which the money will be deposited on the Money Tally Form.
- Once money has been verified on the Money Tally Form, the sponsor and Building Secretary will sign on the form.
- Building Secretary will seal money in an envelope and secure it in the vault.
- The Business Manager will collect envelopes twice a week.
- Central Office will recount the money, initial the tally form, and Business Manager will deposit money in the local bank.
- The Business Manager will submit to the Principals and Activities Director through the Board of Director packet material a monthly accounting of activity balances. Account details will be available from the Board Secretary following each regular monthly board meeting.
- Sponsors for each activity are responsible for obtaining their activity's balances from the building principal and monitor their activity balance.
- When ordering equipment and supplies, obtain an activity requisition form from the High School Secretary. (See Activity Fundraising Procedures Section)
- Money that is collected must be submitted to the building office for safekeeping.
- The sponsor will not leave money unattended on a counter or desk.
- The sponsor will place funds in a locked drawer/file whenever he/she is out of the area.
- The sponsor will not leave the money in his or her room overnight. The money will be turned over to the office to be deposited in the bank or stored in the vault. The district will not be responsible for money left in the room.

At the conclusion of the fundraiser or resale project:

- Record total of project daily receipts and expenses and turn into principal as a part of the summary report.
- Return receipt book and turn in final summary report.
- Check the following month's budget printouts with the Business Manager to verify crediting of all funds.
- Refunds should be processed only through the reimbursement form located in the building office. Refunds should **never** be made directly from receipts.
- Any expenses, including student incentives, must be paid and authorized through regular accounting procedures. They may not be paid directly from receipts. All student incentives must be pre-approved by the sponsor's supervisor.

USE OF DISTRICT CREDIT CARDS – The district will maintain credit cards in the Board Secretary's/Business Manager Office for use by specified employees when traveling.

The Board has authorized the district to maintain credit cards for proper use by employees. Only those purchases that would normally be eligible for operating, activity, or nutrition account purchases are to be made with the credit card. Credit cards may be for the use of employees when conducting approved District business. Credit cards may be checked out from the Business Manager/Board Secretary. The credit card is to be used primarily for those types of purchases normally encountered in travel. **Direct billing or purchase orders are to be used whenever possible instead of credit cards.** The credit card may be checked out from the Business Manager/Board Secretary for purchases from vendors who do not accept school purchase orders or direct billing. Each administrator or director is responsible to ensure that using a district credit card does not result in a negative balance in any fund for which

he/she is responsible. Typical expenses may include lodging, meals, and contracted transportation. Credit cards do have a maximum limit. Employees spending beyond the limit may result in the district holding the employee responsible for the over-limit fee. Complete the credit card form with an *attached itemized receipt* and building administrator signature is required before the bill can be paid. **Credit Cards can be checked out from the Business Manager but must be returned after making the purchase.**

ATHLETIC CONTACT RULE

OUT OF SEASON WHILE SCHOOL IS IN SESSION – The only coach-athlete contact is to be during the sport season. Exceptions are made for softball and baseball pitchers. The weight room is excluded as well. A total effort must be made to avoid conflicts between sports and other extracurricular activities in regard to participation. Coaches will be expected to inform the in-season coach of any workouts he/she has planned for student-athletes. Disciplinary action may result for failure to abide by this policy. A calendar of practices/schedules will be kept by the AD and accessible to all coaches/sponsors that includes all extracurricular activities in which our students may be participating in.

COMPLETE OUTLINE OF CONTACT RULE BY STATE BOARD OF EDUCATION –

During School Year:

- a) School personnel, whether employed or volunteer, of a member or associate member school shall not coach that school's student athletes during the school year in a sport for which the school personnel are currently under contract or are volunteers, outside the period from the official first day of practice through the finals of tournament play. Nor shall volunteer or compensated coaching personnel require students to participate in any activities outside the season of that coach's sport as a condition of participation in the coach's sport during its season.
- b) High school coaches (grades 9-12) may not have any contact with high school students outside the season. High school coaches may have contact with students in grades 7-8 at any time and middle school coaches may have contact with high school students.
- c) If a high school coach is present in a facility in which his/her students are participating out-of-season (camps, non-school team practice, Sunday or nighttime open gyms, etc.), the coach violates the contact rule regardless of whether the coach is directly working with his/her students in this setting. Nothing prevents a coach from being a spectator at a regularly scheduled competition, which is open to the general public.
- d) Coaches may supervise, but not instruct or participate in open gyms. By definition, open gyms occur immediately before or after school. A coach's presence at an "open gym" held at any other time, such as weekends, holidays, after the "supper hour" on a school night, etc., during the school year constitutes a contact violation.
- e) Transportation of students to camps, non-school competitions, etc. by a coach is considered contact and is not permitted. School uniforms and equipment may not be used for non-school activities. A former school jersey purchased by a student may be worn.

During Summer:

- a) A summer team or individual camp or clinic held at a member or associate member school facility shall not conflict with sports in season. Summertime coaching activities shall not conflict with sports in season.
- b) Contact between coaches and students is permitted at any time with two restrictions:
 - 1) An out-of-season coach may not have contact with a student who is participating in softball or baseball if the contact results in the student missing a softball or baseball practice or game.
 - 2) A coach may not require students to participate in any activity during the summertime. Participation will not be considered voluntary in the following examples:
 - i. Attendance is taken at the activity (for example, weightlifting).
 - ii. Participation is a condition of lettering, making the varsity team, etc.
 - iii. Participation is otherwise rewarded by means such as having one's name printed on the back of one's jersey.
- a) School transportation may be used for summertime activities as long as the transportation is properly leased and the school does not absorb any of the actual costs of the transportation.
- b) School uniforms and equipment may not be used for non-school activities. A former school jersey

purchased by a student may be worn.

OPEN GYM POLICY

As outlined in the Department of Education code Chapter 36, 36.15(6) the open gym policy is as follows:

- a) A member or associate member school may open its gym or athletic facilities for the purpose of making recreational activities available for all students or the community. When students are participating in open gym in the hours immediately before or after school, school personnel shall be assigned to supervise. Open gyms are subject to the following restrictions:
 - 1) The supervisor shall not engage in any type of coaching nor participate during supervision.
 - 2) Attendance by students is voluntary.
 - 3) Volunteer or paid coaches may not directly or indirectly require the attendance of students or require the performance of activities by students prior to the legal practice period for that coach's sport.
 - 4) Open gym shall not be called or posted for specific sports.
 - 5) An open gym notice shall be posted on the general student information bulletin board and shall be signed or initialed by a school administrator other than the coach supervising the open gym.
- b) Penalty – A school whose volunteer or compensated coaching personnel violate this rule is ineligible to participate in a governing organization-sponsored event in that sport for one year with the violator(s) coaching.

MULTIPLE SPORT ATHLETES IN SEASON AT THE SAME TIME

1. Student-athletes involved in more than one sports season at the same time will be expected to attend practices for all sports involved when possible.
2. Coaches of one sport will not be allowed to place restrictions on what athletes can or cannot do at another sports practice. However, coaches should be willing to work together to ensure that elite athletes have the best opportunity to achieve success.
Example: A baseball coach should use common sense in baseball practice when he/she has a student-athlete that is likely to be a state participant in track. Maybe letting the athlete throw and hit, but not involve them in base-running, sliding, and/or live scrimmaging. The track coach can, and should let the baseball coach know who his/her better runners are, but under no circumstance should be telling an athlete what they will be permitted to do in baseball practice – that is the responsibility of the baseball coach.
3. The sport that has been in season the longest has priority as to practice times and the sport that is just beginning should try to schedule their practices around the practice times of the sport that has been in season longer. If a coach chooses to have practice at the same time as the first sport in season, athletes will be required to attend the practice of the sport that has been in season the longest first and then go to the other practice if time permits.
4. On competition days student-athletes should not be penalized for any missed practice time for another sport. **Example: A girls golfer has a meet at 4:00 p.m. and doesn't return home until 7:30 p.m. Softball practiced from 5:00 p.m. to 7:00 p.m. that particular night. The golfer will not be penalized for missing softball practice that night.**
5. Any athlete participating in a second outside of school sport during a school sports season will be required to attend the school sports season practices and games without interference from the

second sport that is not school sponsored. The only exception would be if a coach approves of this absence. **Example: A boy is in a wooden bat league for baseball during the track season. That player cannot miss any track practices and/or meets due to the wooden bat league unless approved ahead of time by the head coach. Otherwise, the school sport always has priority!**

TRACK/GOLF & SOFTBALL/BASEBALL EXPECTATIONS WITH REGARD TO OVERLAP OF SEASONS

1. The head track coach and the head golf coach will submit a current roster to the head baseball and softball coaches so they know which athletes are in track and golf.
2. The head softball and baseball coaches will use sound judgment in practice with those athletes regarding any dangerous activities such as sliding.
3. Athletes will be expected to attend track and golf practice first and then go straight to softball or baseball practice when applicable (if they are in two sports, they will attend both practices when possible).
4. The night before the regional track meet and regional golf meet athletes will attend softball and baseball practice but will not be required to participate in any manner. They may participate if they choose to, but are not required to.
5. The night before the state track meet or the state golf meet those athletes that are running or golfing at state will attend softball and baseball practice but will not be required to participate in any manner. Alternates will be expected to practice, but not participate in any dangerous activity. Again, if an athlete wishes to practice they may do so.
6. Baseball and softball players should not be penalized for participating in regional or state track and golf meets.
7. Track and golf athletes that are not participating in the state track meet or state golf meet can expect consequences if they miss baseball or softball practice to go watch those meets.
8. Although athletes are not penalized for the situations above, this does not mean that athletes automatically have a spot on the varsity baseball or softball team when they return from state track or golf. Those spots are still earned and those athletes will have been gone a few days just prior to competition.
9. **COACHES WILL NOT PUT UNDUE PRESSURE ON ATHLETES BY TELLING THEM WHAT THEY SHOULD OR SHOULD NOT BE DOING AT THE OTHER SPORTS PRACTICE!**

GOOD CONDUCT CODE

I. Statement of Philosophy

- A. Encouragement of Participation - The Maquoketa Valley Community School District encourages students to participate in co-curricular activities and recognizes that such activities are of significant educational benefit. These educational benefits are as follows:

1. The development of good citizenship and moral character.
 2. The development of personal habits aimed at lifetime success.
 3. The promotion of the image and identity of the school and community.
 4. The training for successful lifelong careers.
- B. Participation is a privilege. By legal interpretation, participation in co-curricular activities is a privilege extended to students by the citizens and taxpayers of the district.
- C. Participation carries responsibilities. This privilege carries with it a corresponding responsibility to represent the school and community in an appropriate manner. The community recognizes that participants in co-curricular activities are respected and emulated by the community as a whole. Therefore, a Good Conduct Code is established to set forth behavioral expectations of those students involved in co-curricular activities. Those expectations shall be applicable on a year-round basis. School district policies, rules and regulations for the Good Conduct Policy are in effect for 12 months.

II. Coverage

- A. If the student is currently engaged in an extracurricular activity the suspension of contests, percentage of events, or period of time to be suspended will begin immediately. If not currently participating in an extracurricular activity the suspension of contests, percentage of events, or period of time to be suspended will be carried over to the time the student seeks to go out for the next activity or contest. Students involved in multiple same season activities will be suspended in all those activities in which a suspension could be applied. If one or several activities do not have performances, or events during the season the violation occurs, then there will not be any suspensions in those activities- provided there was a suspension in at least one activity of the original season.
- B. The following activities are covered by the board's policy and these rules: Athletics, instrumental, and vocal music performances, drama productions, speech contests, FFA, National Honor Society, all co-curricular and service clubs, all honorary and elected offices (e.g, Homecoming King/Queen/court, class officer, student council officer or representative), Homecoming activities, state contests and performances for spirit squad and drill team, or any other activity where the student represents the school (district) outside the classroom.

III. A student will lose eligibility under the Good Conduct Rule for any of the following behaviors:

- A. Possession, use, or purchase of tobacco products, or look alike products, regardless of the student's age;
- B. Possession or use of alcohol.
- C. Attending a function (without their own parent or guardian's supervision) where alcohol is present and being used by minors and the student has knowledge of such use, and does not immediately remove themselves from the situation.
- D. Being in a vehicle where alcohol is present and the student has knowledge of such presence, and does not immediately remove themselves from the situation.
- E. Attending a function or being in a vehicle where illegal drugs are present and the student has knowledge of such presence, and does not immediately remove himself or herself from the situation.
- F. Possession, use, or purchase of illegal drugs and/or drug paraphernalia; or the unauthorized possession, use or purchase of otherwise lawful drugs;
- G. Stealing, vandalism or other serious offenses, including those, which would violate the Iowa Criminal Code, excluding minor traffic offenses, regardless of whether the student was cited, arrested, convicted, or adjudicated for the act(s). If a student transfers from another Iowa school district and the student had not yet completed a period of ineligibility of a Good Conduct Rule in the previous school district, the student shall be ineligible if the administration determines that there is a general knowledge of the student's violation in the previous district.

IV. Consequences

- A. Consequences for violation of this policy will be enforced over a student's junior high school career and over his/her senior high school career. Convictions, admissions, and consequences served will not carry over from the student's junior high years to his/her senior high school years.
- B. When a student is found in violation for the Good Conduct Code, the conditions of the penalty are as follows:
 - 1. **First offense within the student's high school career:** The student will be ineligible to participate in 1/2 of an athletic season or an appropriate portion of a co-curricular activity. The student must also complete (A) and (B) below.
 - a) An appropriate evaluation session at a recognized substance abuse center or agency that is equipped to handle the problem. This will be at the student's expense.
 - b) Ten (10) hours of community service to be worked off at a place other than school.
 - 2. **Second offense within the student's high school career:** The student will be ineligible to participate in one full season or an appropriate portion of a co-curricular activity. The student must also complete (A) and (B) below.
 - a) An appropriate evaluation session at a recognized substance abuse center or agency that is equipped to handle the problem. This will be at the student's expense.
 - b) Twenty (20) hours of community service to be worked off at a place other than school.
 - 3. **Third offense within the student's high school career:** 12 months of ineligibility from athletics and/or co-curricular activities. The student must also complete (A) and (B) below.
 - a) An appropriate evaluation and counseling sessions at a recognized substance abuse center or agency equipped to handle the problem. These sessions will be conducted some place other than school and will be at the student's expense.
 - b) Forty (40) hours of community service to be worked off at a place other than school.
 - 4. **Fourth offense within the student's high school career:** Permanent ineligibility to participate in all extracurricular activities at Maquoketa Valley.
- C. The time served toward the penalty is not credited until the student has completed the season(s) in good standing to the satisfaction of the coach or sponsor. The period of ineligibility attaches immediately upon a finding of a violation if the student is currently engaged in an extracurricular activity and, if not, or if not completed during the current activity, is begun or carried over to the time the student seeks to go out for the next activity or contest.

V. Lifestyle Change Clause

- A. A student that has become permanently ineligible for extracurricular activities can apply for reinstatement of their ineligibility after 12 months of being violation free. The Good Conduct Appeals Committee will meet for a hearing with the student to determine if the eligibility should be reinstated. For reinstatement, the following must be fulfilled:
 - 1. The student has no violations for a 12-month period.
 - 2. The student must show significant lifestyle changes.

VI. Honesty Clause (Reduction in Consequence)

- A. Admission Prior to Determination: If a **student** comes forward to a coach, administrator, or activity sponsor to admit (self report) a violation of the Good Conduct Code prior to a finding of guilt by the administration, the student's consequence may be reduced from 1/2 of the season to 1/3 of the season. This may be used only on the first violation. Admission of guilt must occur within 48 hours of the incident.

VII. Determination of Guilt

- A. A student may only be found in violation of the Good Conduct Code if any one of the following occurs:
 - 1. Admission of guilt to coach/sponsor, athletic director, or principal.
 - 2. Report by a staff member that witnessed the student committing a violation.
 - 3. Signed complaint by a credible adult who witnessed the student committing the violation.
 - 4. Notification of violation by an official of a law enforcement agency or Juvenile Court Services.

VIII. Academic Consequences

- A. Unless the student violated the Good Conduct Code while on school grounds or at a school event or activity off school grounds, there will be no academic consequences (e.g. detention, suspension from school) for the violation.
- B. A student who is serving academic ineligibility due to the Scholarship Rule, will need to complete the academic ineligibility prior to serving the good conduct code consequences.

IX. Letters and Awards

- A. Students who are ineligible at the conclusion of an activity shall not receive a letter or award for that activity.

X. Appeals

- A. Any student who is found by the administration to have violated the Good Conduct Code may appeal this determination to the Good Conduct Review Committee by contacting the Principal in writing within 3 working days of being advised of the violation. The committee will consist of two students (one of the student's choosings), two teachers (one of the student's choosings), one of the student's coaches or activity sponsors, athletic director and an administrator. The administrator will serve as the facilitator for the committee.
- B. The committee will meet within 7 working days for a hearing with the student and/or parents/guardians. The consequence will be in effect pending the committee's decision.
- C. If the student is still dissatisfied, he or she may appeal to the Maquoketa Valley School Board by filing a written appeal with the Board Secretary no later than three working days following the decision of the Good Conduct Review Committee. The Board Secretary will contact the student about the date and time of the hearing with the Board. The hearing by the Board of Directors will be in closed session unless the student's parent (or the student, if the student is 18) requests an open session.
- D. The grounds for appeal to the Board of Directors are limited to the following: the student believes he/she did not violate the Good Conduct Code; the student believes he/she was given inadequate due process in the investigation and determination of the violation; or the student believes the consequence the student must experience is in violation of the Handbook Rules or Board Policy. The consequence will remain in effect pending the outcome of the hearing with the Board of Directors. If the School Board reverses the decision of the committee, the student shall be immediately eligible and shall have any record of the ineligibility period and violation deleted from the student's record.

GOOD CONDUCT CODE SUSPENSIONS

I. Number of Contests

- A. The number of contests/performances is listed for the varsity level. A contest/performance is defined as that activity which occurs on that date. Multiple games, meets or one date count as one contest.
- B. Students who are in violation of the Good Conduct Policy will lose some eligibility in all activities they are involved in during a particular season. **Students must be involved in an activity from the first day of practice to entitle the student to serve their suspension. Students will not be**

allowed to go out for an activity after the season has begun in order to serve their suspension.

- C. It should be noted that as an example: If you take 1/2 of a nine game schedules it comes out to a 4 1/2 game suspension. In the case of an odd number, whether it is 1/2 of the seasons or 1/3 of the seasons, we will always round up to the next highest number. In this case a student would miss 5 games.
- D. Some performances in Band and Vocal music are considered part of the music curriculum. Students will be permitted to be involved in performances that are an extension of the classroom curriculum. The Principal and music director will decide the decision as to what activities students will be ineligible for.
- E. The following list of activities is broken down into seasons. Some activities encompass more than one singular season. If game/activity suspensions are not fulfilled in one season, they will carry forward to the next season the student participates.

FALL SEASON: August 1, 2021 - November 14, 2021

<u>Activity</u>	<u>First Offense</u>	<u>Second Offense</u>
Band	1/2 of fall activities	all fall activities
Class Officer	1/2 of fall season	full season
Cross Country	1/2 of all meets	entire season
Fall Musical	all performances	all performances
FFA	1/2 of fall events	all fall events
Football	1/2 of all games	entire season
Homecoming Court/Royalty	all activities	all activities
Homecoming Activities	all activities	all activities
Spirit Squad	1/2 of fall season	all of fall season
Student Council	1/2 of fall season	all of fall season
Vocal Music	1/2 of fall activities	all of fall activities
Volleyball	1/2 of all games	entire season

WINTER SEASON: November 15, 2021 - March 13, 2022

<u>Activity</u>	<u>First Offense</u>	<u>Second Offense</u>
Band	1/2 of winter activities	all winter activities
Basketball	1/2 of all games	entire season
Class Officer	1/2 of winter season	full season
Drill Team	1/2 of performances	all performances
Speech	Either Lg. Group/Individual	all performances
FFA	1/2 of winter events	all winter events
Student Council	1/2 of winter season	all of winter season
Vocal Music	1/2 of winter activities	all of winter season
Wrestling	1/2 of all meets	entire season

SPRING SEASON: March 14, 2022 - May 22, 2022

<u>Activity</u>	<u>First Offense</u>	<u>Second Offense</u>
Band	1/2 of spring activities	all spring activities
Class Officer	not eligible to be elected	not eligible for election
FFA	1/2 of spring events	all spring events
Golf	1/2 of all meets	entire season
Spring Play	all performances	all performances
Student Council	not eligible to be elected	not eligible for election
Track - Boys	1/2 of all meets	entire season
Track - Girls	1/2 of all meets	entire season
Vocal Music	1/2 of spring activities	all of spring activities

SUMMER SEASON: May 23, 2022 - August 1, 2022

<u>Activity</u>	<u>First Offense</u>	<u>Second Offense</u>
Band	1/2 of summer activities	all summer activities
Baseball	1/2 of all games	entire season
FFA	1/2 of summer events	all summer events
Softball	1/2 of all games	entire season
Foreign Language Trip	Sponsor Discretion	No trip
Music Trip	Sponsor Discretion	No trip

GOLF TEAM PARTICIPATION

Starting in the Spring of 2005, a limit was placed on the number of participants on both the boys and girls golf squads. Both teams will be limited to the top sixteen golfers after an intrasquad meet on a specific date or the first regular season golf meet. This date will be set on a yearly basis by the head golf coach and/or Athletic Director. Under this policy, all golfers will be given the opportunity to become one of the top sixteen golfers. This will be based on their personal scores at the qualifying event(s). Golfers are highly encouraged to spend personal time, in addition to team practices, preparing themselves for these qualifying events.

CROSS COUNTRY PROGRAM

There shall be a minimum of 8 total participants for the Cross Country Program to be offered. These participants shall be designated at an appropriate date in the Spring preceding the upcoming season.

ATHLETIC BOOSTER CLUB

The Maquoketa Valley Athletic Booster Club meets monthly. Coaches are invited and encouraged to attend.

- Requests for Booster Club funding should be presented to the Athletic Director. The Athletic Director will present the requests directly to the Athletic Booster Club.
- *Arts & Crafts Workers* – The Athletic Booster Club hosts an annual Arts & Crafts Show as a fundraiser. The Booster Club requests the help of our athletic programs in setting up and clean up. Rotation of programs is as follows:

2019 – Girls Basketball, Boys Basketball

2020 – Cross Country, Girls Track, Boys Track

2021 – Varsity Football, Varsity Volleyball

2022 – Wrestling, JV Football, JV Volleyball

2023 – Baseball, Softball

HALL OF FAME

Starting with the 2003 school year, Maquoketa Valley athletics will be eligible for the Maquoketa Valley Hall of Fame by receiving state recognition in a state sanctioned sport. The recognition is the result of the athlete's outstanding athletic skills, competitive play, and being a positive role model. The IHSAA and the IGHSAA do not necessarily have any, or the same, criteria for All-State recognition. Therefore, Maquoketa Valley has its own criteria for athletes that receive state recognition in individual or team sports.

Athletes will be eligible for the Hall of Fame if they receive state recognition or recognition from a sanctioning body in either an individual or team sport. Individuals that earn athletic recognition will have a bronzed picture of themselves displayed on the Hall of Fame. The picture must be a uniformed or graduation picture.

Individual Sport Criteria: Cross Country, Wrestling, Golf, and individual Track & Field events.

- 1st or 2nd place finish in a state event.

Team Sport Criteria: Football, Volleyball, Basketball, Baseball, and Softball.

- 1st team All-State selection to at least one of the following:

- Des Moines Register
- Iowa Newspaper Association
- Other sanctioning body

Awards Ceremony: Athletes that have met one or more of the criteria listed above will be recognized after the completion of their senior year. The bronze picture will be presented to the athlete during a Maquoketa Valley athletic event. This event will be determined by the team’s head coach in which the athlete received state recognition. If the athlete received recognition in more than one sport, the head coaches must mutually agree on when the award will be presented. If a mutual agreement can’t be reached, the high school principal will make the final decision.

State Championship Recognition: Maquoketa Valley athletic teams, including track relay teams that achieve a state championship will have their picture in the high school trophy case.

Athletic Academic Honors: Athletes earning academic honors will have their name engraved on a nameplate and placed on the plaque in the Maquoketa Valley Hall of Fame. All of the following criteria must be met:

- 3.80 GPA at the completion of their senior year.
- 25 ACT score or higher.
- Starter or part-time starter on the team.

NOTICE OF NONDISCRIMINATION

It is the policy of the Maquoketa Valley Community Schools not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, religion in its programs, activities, or physical or mental disability in its programs, activities, or employment practices as required by the Iowa Code sections 216.9 and 19B.11, Titles VI and VII of the Civil Rights Act of 1964 (42 U.S.C. § 2000d and 2000e), the Equal Pay Act of 1973 (29 U.S.C. § 206, et seq.), Title IX (Educational Amendments, 20 U.S.C. §§ 1681 - 1688), Section 504 (Rehabilitation Act of 1973, 29 U.S.C. § 794), and the Americans with Disabilities Act (42 U.S.C. § 12101, et seq.). Students are educated in programs that foster knowledge of, and respect and appreciation for, the historical and contemporary contributions of diverse cultural groups, as well as men and women, to society. Students who feel they have been discriminated against are encouraged to report it to the school district Equity Coordinator. The Equity Coordinator is Doug Tuetken and can be reached at (563) 922-2091. Inquiries may also be directed in writing to Doug Tuetken, Maquoketa Valley Community Schools, P.O. Box 186, Delhi, Iowa 52223, (563)922-9411.

COACH/SPONSOR CHECKLIST

PRESEASON -

- _____ Check & verify season competition schedule
- _____ Check inventory & equipment
- _____ Check student-athletes’ athletic physicals prior to 1st practice, hand out insurance waivers
- _____ Preseason meetings (Assistant Coaches, Student-Athletes, Parents)
- _____ Check eligibility (No Pass – No Play, Good Conduct)
- _____ Check on eligibility of student-athletes new to district
- _____ Attend/watch online sport’s rules meeting

_____ Complete & turn in Transportation Request Form for season schedule

_____ Set up Media & Press Day with Athletic Director

IN-SEASON –

_____ Team roster to Athletic Director – 1 week after 1st practice

_____ Issue & record equipment and uniforms

_____ Submit game results to media night or morning after each contest

_____ Submit Quikstats on or before state required date

_____ Attend all in-season required meetings

POST-SEASON –

_____ Collect uniforms

_____ Equipment turned in and stored

_____ Award list (MV Letters/Certificates) to Athletic Director (within 1 week following conclusion of season)

_____ Schedule end of season meeting with Athletic Director

_____ Submit all equipment orders on required forms

_____ Attend all end of season meetings

_____ Organize & attend end of season banquet/gatherings for team & distribute team awards

_____ Update athletic website with records as needed

_____ Submit requests for team academic awards to IAHSAA or IGHSAU with help from guidance office.

2019-2020 MAQUOKETA VALLEY ACTIVITIES DIRECTORY

Superintendent
6-12 Principal
7-12 Activities Director

Dave Hoeger
Troy Osterhaus
Trevor Arnold

Cell Phone
563-599-9062
563-543-4088
641-590-5323

FOOTBALL

Head Coach
Assistant Coaches

Trevor Arnold
Jon Orr
Scot Moenck
Kurt Hatfield
Steve Huegel
Curt Feldt

Cell Phone
641-590-5323
563-608-6418
319-558-8390
319-361-2974
563-920-4396
563-608-5257

VOLLEYBALL

Head Coach
Assistant Coach

Abby DeGroot
Morgan Nefzger

Cell Phone
319-389-2402
563-920-2000

Middle School Coach	Mikayla Callan	563-608-6695
Middle School Coach	Tiffany Leytem	
<u>CROSS COUNTRY</u>		
Head Coach	Pat Meehan	<u>Cell Phone</u> 563-920-6180
Assistant Coach	Shane Kirchoff	319-404-9394
<u>GIRLS BASKETBALL</u>		
Head Coach	Scot Moenck	<u>Cell Phone</u> 319-558-8390
Assistant Coach	Ali Scherrman	563-581-3025
Assistant Coach	Brad Huber	563-920-7391
Assistant Coach	Jesse Wooten	319-270-3508
Assistant Coach	Heidi Hoeger	563-608-2841
Middle School Coaches	Jason Helle	563-608-5117
	Heidi Hoeger	563-608-2841
<u>BOYS BASKETBALL</u>		
Head Coach	Eric Conner	<u>Cell Phone</u> 563-920-6035
Assistant Coach	Dan Cassutt	563-920-9444
Middle School Coach	Steve Huegel	563-920-4396
Middle School Coach	John Grimm	319-431-9481
Middle School Coach	Matt Wall	563-920-4329
<u>WRESTLING</u>		
Head Coach	Kurt Hatfield	<u>Cell Phone</u> 319-361-2974
Assistant Coach	Jett Kuhens	319-464-4667
Middle School Coach	Kurt Hatfield	319-361-2974
<u>TRACK</u>		
Head Boys Coach	Pat Meehan	<u>Cell Phone</u> 563-920-6180
Assistant Coach - Boys	Curt Feldt	563-608-5257
Head Girls Coach	Creig Dunlap	563-329-0886
Assistant Coach - Girls	Jason Helle	563-608-5117
Middle School Coaches	Steve Huegel	563-920-4396
	Scot Moenck	319-558-8390
	Dan Cassutt	563-920-9444
<u>GOLF</u>		
Head Girls Coach	Tim Andrews	<u>Cell Phone</u> 563-542-2149
Head Boys Coach	Ron Besler	563-599-7582
<u>SOFTBALL</u>		
Head Coach	Emily Ludovissy	<u>Cell Phone</u> 563-880-4565
Assistant Coach	Madison Imler	563-920-8113
Assistant Coach	Ella Imler	563-929-6404
Middle School Coach	Ali Scherrman	563-581-3025
<u>BASEBALL</u>		
Head Coach	Mike Cook	<u>Cell Phone</u> 515-721-5552
Assistant Coach	Norm Wilson	563-608-1019
Assistant Coach	Matt Wall	563-920-4329
Middle School Coach	Norm Wilson	563-608-1019
Middle School Coach	Robert Arnold	620-655-8198
<u>DANCE TEAM</u>		
Head Coach	Jennifer Teymer	<u>Cell Phone</u> 319-830-6588
<u>CHEER TEAM</u>		
Head Coach	Jennifer Teymer	<u>Cell Phone</u> 319-830-6588
<u>MIDDLE SCHOOL & HIGH SCHOOL VOCAL</u>		
Head Instructor	Megan McCrary	<u>Cell Phone</u>
<u>MIDDLE SCHOOL & HIGH SCHOOL INSTRUMENTAL</u>		
High School Instructor	Travis Ford	<u>Cell Phone</u> 319-929-2561
<u>HIGH SCHOOL SPEECH</u>		
Head Speech	Debbie DeVore	<u>Cell Phone</u> 319-480-0060
	Matt DeVore	319-480-0640
	Hannah Crumpton	319-929-3773

MEDIA CONTACTS & PHONE NUMBERS

NEWSPAPERS	PHONE	FAX	EMAIL
Cedar Rapids Gazette	1-888-577-8287 319-368-8976	319-368-8973 888-577-8281	sports@gazcomm.com
Hopkinton Leader	563-926-2626		csheleader@yahoo.com
Dyersville Commercial	563-875-7131	-----	blutgen@wcinet.com
Monticello Express	319-465-3555	-----	ptemple@monticelloexpress.com
Manchester Press	563-927-2020	563-927-4945	blutgen@wcinet.com
Telegraph Herald	(800) 553-4801	563-588-5745	thesportsdesk@yahoo.com
Des Moines Register	(800) 532-1455 (800) 453-2113	515-284-8391	sports@dmreg.com
Waterloo Courier	(800) 798-1702	319-291-2069	sportsdoor@wfcourier.com
Associated Press	(800) 300-8340	-----	-----
TELEVISION	PHONE	FAX	EMAIL
Ch. 2 KGAN	(800) 222-5426 319-395-9076 #4	-----	news@kgan.com
Ch. 7 KWVL	(800) 484-9639 ext. 5673	-----	kwwlnews@kwwl.com
Ch. 9 KCRG	(800) 332-5443 319-398-8391	-----	webmaster@kcrg.com
RADIO	PHONE	FAX	EMAIL
KMCH – Manchester	563-927-6249	563-927-4372	kmchnews@iowatelecom.net
KDST – Dyersville	563-875-8193 (800) 905-KDST	563-875-6001	kdst993@iowatelecom.net
ASSOCIATIONS	PHONE	FAX	EMAIL
IHSAA – Boys	515-432-2011 ext.219	515-432-2961	ttharp@iahsaa.org
IGHSAU - Girls	515-288-9741	515-284-1969	www.ighsau.org for contact list