

Malta High School



Home of the Mustangs & M-ettes

2018-19 Student Activities Handbook

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Malta High School ~ School Song

"BLUE & WHITE"

Join in the song for the Blue and White,
Uphold its standards with all your might,
Show em on the floor how to make a score,
Everybody roar,
For we're going to start to
FIGHT MALTA HIGH SCHOOL, FIGHT, FIGHT, FIGHT,
Fight Malta High, with all your Might,
It is up to you to protect the White and Blue,
Fight on to Victory,
M-U-S-T-A-N-G-S

Fair Malta High School,
You've been true,
Through thick and thin, we'll stick by you,
You have been our shield on the floor and field,
We will never yield,
For we're going to start to
FIGHT MALTA HIGH SCHOOL, FIGHT, FIGHT, FIGHT,
Fight Malta High with all your Might,
It is up to you to protect the White and Blue,
Fight on to Victory,
F with an I, with a T-E,
F-I-T-E, FITE !

"Blue and White" by W.E. "Polly" Southwick ~ MHS Class of 1940

Activity Director's Message

The primary goal of the activities program at Malta High School is to provide our students meaningful opportunities within a variety of activities including; music, speech, drama, clubs, and athletics. The purpose of this student activities handbook is to present the students of Malta High School information regarding our extra-curricular activities.

Experience tells us that students who are involved in activities find high school to be a rewarding experience. By taking advantage of our activities program, a student will discover the thrill of being involved in activities that create lifelong memories. Participating in school activities is not an easy task. Dedication, discipline, and commitment are personal life skills that are nurtured through involvement in activities.

We wish each student "good luck" as he/she participates in our activities program. Be gracious winners and dignified losers as we compete in the many areas of our activities program. Remember, we are all ambassadors of Malta High School.

Malta High School Philosophy for Activity Participants

Malta High School (MHS) considers activities to be an integral component in the educational experience of our students. Establishing a desirable atmosphere for our activities program is a shared responsibility of students, coaches, and parents. To enhance this atmosphere, the following philosophies and guidelines must be utilized.

It is the responsibility of the student to:

1. Be a positive role model.
2. Understand the importance of achieving the highest academic success possible.
3. Obey school rules and regulations.
4. Enjoy the opportunities and rewards of extra-curricular participation.
5. Follow the coaches' guidelines and expectations.
6. Realize that certain levels of some activities are competitive within our school, and that this will result in varying degrees of participation for each participant.
7. Set a positive example of good sportsmanship both in language and behavior.
8. Communicate with your coach regarding any concerns, advice, or additional problems that arise regarding your activity.

It is the responsibility of the coach to:

1. Be a positive role model.
2. Encourage each student to achieve the highest academic success possible.
3. Enforce MHS and MHSA rules and regulations.
4. Provide a positive atmosphere during practice and competition.
5. Set and follow through with team guidelines and expectations.
6. Teach proper skills and techniques appropriate to the activity they are coaching.
7. Set a positive example of good sportsmanship both in language and behavior.
8. Be open to communication with students and parents.

It is the responsibility of the parent to:

1. Be a positive role model.
2. Encourage their child to achieve the highest academic success possible.
3. Help enforce school rules and regulations.
4. Enjoy watching their child participate in extracurricular activities.
5. Follow the coaches' guidelines and expectations.
6. Realize that certain levels of some activities are competitive within our school, and that this will result in varying degrees of participation for each participant. The school district does not guarantee equal playing time for all participants.
7. Set a positive example for good sportsmanship both in language and behavior.
8. Communicate with the coach regarding concerns or problems that may arise regarding their child's participation in an activity.
9. Realize that coaching philosophies vary and that the head coach's philosophy shall be the controlling philosophy.

Gender Equity

Equity Policy Statement: The Malta Public School District affirms that no person shall, on the basis of gender, be excluded from, be denied the benefits of, or be subjected to discrimination under any education program or activity. True equity is based, not on the letter of the law but instead, on the spirit of the philosophy. The best way to think of equity is that all basketball players, whether male or female, deserve the same treatment. The fact that they are male or female should make no difference in the type of program we provide for them.

All coaching staff members in the MHS activities program are expected to be well acquainted with the expectations of the Montana High School Association (MHSA) and Title IX law.

The Malta Public School District is committed to adhering to the spirit as well as the letter of the law in regards to gender equity. The spirit of equity for gender in all areas is to be established and maintained in the following areas for equivalent programs in regard to:

- Number of activities
- Competition and practice schedules
- Practice facilities
- Game and contest facilities
- Uniform and equipment purchasing
- Hiring of coaches/advisors
- Coaches/advisors' pay
- Team support (boosters clubs)
- Transportation
- Meal arrangements
- Motel accommodations

In accordance with Malta Public School Board Policy #3225, any student who believes he or she has been discriminated against, denied a benefit, or excluded from any school program or activity on the basis of sex in violation of Title IX, may file a written complaint with the activities director and/or the high school principal.

Cheerleaders and Pep Band will perform at an equal number of boy and girl activities.

Halftime Performances will be equal throughout both boys and girls sport seasons.

Student Eligibility

Age Eligibility: Students who become nineteen (19) years of age on or before midnight, August 31, of a given year are not eligible to participate in MHSA sponsored activities. Therefore, a student becoming 19 years of age after midnight, August 31, of a given year, will be eligible to compete in all MHSA activities throughout that particular school year. This eligibility requirement is taken directly from the Montana High School Association Handbook.

Academic Eligibility: To be eligible to participate in MHSA or MHS activities Malta High School students must pass at least five (5) full-time classes and cannot fail more than one (1) academic core class (work study, student aides, CNA, Driver's Education, and Title 1 are not considered full-time academic classes). To determine academic eligibility, individual student grades are checked at mid-term and at the end of each quarter or semester.

***Mid-term Checks:** Students ineligible at mid-term remain eligible and are placed on "academic watch" with five (5) pupil instruction (PI) days to regain eligibility. Failure to gain eligibility will cause the student to become ineligible until quarter grades are posted.

***First and Third Quarter Checks:** Students ineligible at the end of first or third quarters will be ineligible to participate for ten (10) PI days. After 10 PI days failure to regain eligibility will result in ineligibility until the next grading period.

***First and Second Semester Checks:** Ineligibility at a semester grading periods will result in ineligibility for 90 PI days. Eligibility is regained by meeting eligibility standards the next semester.

Academic Ineligibility: Students ineligible during mid-term or quarter grade checks may practice at the coach's discretion. They are not eligible to participate in any other team activities. Students ineligible following a semester grade check are not allowed to practice or take part in any team activities. They may start practice 10 practice days prior to the completion of their 90 day suspension.

Attendance Eligibility: No student shall be eligible to participate in a MHSA contest who has been in attendance in any secondary school more than eight (8) semesters. An attendance of twenty (20) days during a semester shall constitute one semester of attendance.

Hazing/Initiations

Hazing/Initiations: As detailed in Malta Public School Board Policy, hazing of students at Malta High School is not acceptable and will not be tolerated. Hazing is defined as any humiliating or dangerous activity expected of a student to belong to a team regardless of their willingness to participate. This policy applies not only to students who directly engage in an act of hazing but also to students who, by their indirect behavior, condone or support another student's act of hazing.

Reporting Hazing: Any person who believes he or she has been the victim of hazing or any person with knowledge of conduct that may constitute hazing, shall report the alleged acts immediately to the appropriate school officials (coaches, activities director, or principal).
For additional information, please refer to Malta Public School Board Policy #3226 and/or #3310.

Substance Abuse Policy

It is the belief of the Malta Public Schools that students should be encouraged and supported in their efforts to develop and maintain chemical free life-styles. We recognize the use of mind-altering chemicals is a significant health problem for students, resulting in negative affect on behavior, learning, and the total development of each individual. Student's use and misuse of mind-altering chemicals affect academic growth and achievement, activities participation, and the development of related skills. The goal of the Substance Abuse Policy is to help the students of Malta High School overcome any problems resulting from their use or misuse of alcohol or other mind-altering chemicals including tobacco products.

A student may not:

1. Use, or have in possession illegal drugs of any kind during the school calendar year. Alcohol is considered a drug.
2. Use, or have in possession tobacco products in any form at any time during the school calendar year, including e-cigarettes and other tobacco innovations.
3. Be in association with others who are using any kind of drug, alcohol or tobacco product.

Monitoring Process:

1. Violations will be monitored throughout the school year. Violations are cumulative throughout the school year and potentially into the following school year.
2. School rules are in effect for all Malta students while on our school site or at any Malta High School co-curricular function including out of town school activities.
3. This monitoring process pertains to all school activities including, but not limited to: FFA, FCCLA, Key Club, Student Council, and School Plays. Punishment for infractions will be according to district guidelines and policy.

Violation Consequences:

1st Offense – 10 PI days suspension from school related activities.

2nd Offense – suspension from all school related activities for the remainder of the year or 45 PI days suspension from school related activities carried over into the following school year. (Whichever suspension is longest)

PI Day: A pupil instruction day; a day when students are attending classes

Clarification:

1. There is no difference between the consequences for possession and association.
2. In the case of an offense in which the PI days run longer than the end of the school year, the suspension will carry over into the following school year. In such cases only, the practice days in August before student academic attendance will be counted as PI days.
3. Weekends, holidays, summer vacation, and any days in which student instruction is not taking place will not count as PI Days except for the exception in clarification #2.
4. If a violation occurs after that suspension has been completed in the year which has seen a carryover of suspended days from the previous year that violation will be considered a 1st Offense.
5. A first time violation of this policy, even if a student is not involved in extracurricular activities at the time, will still be considered a 1st offense in reference to a subsequent violation during which a student is involved in an extracurricular activity.
6. A 2nd time violation of this policy, even if a student is not involved in extracurricular activities at the time, will still be considered a 2nd Offense in reference to a student participating in activities after this 2nd offense occurs.
7. The consequences of a non-negative drug test as defined in the board policy will fall under the guidelines as outlined above under violation consequences.

Investigation Procedure: School administrators will follow appropriate due process while investigating alleged chemical abuse policy violations. Parents or guardians will be contacted throughout the investigation.

Drug Testing Policy

All Malta High School students involved in MHSA sponsored activities are required by Malta School Board policy to participate in a mandatory drug testing program. The testing schedule includes:

Fall Testing: All FB, VB, CC, and fall Cheer athletes are required to test within the first two weeks of the fall season. All participants in Speech/Drama are required to test within the first two weeks of October.

Winter Testing: All WR, GBB, BBB, and winter Cheer athletes who have not previously tested are required to test within the first two weeks of the winter season. All participants in MHSA Music who have not previously tested are required to test within the first two weeks of January.

Spring Testing: All TR and GO athletes who have not previously tested are required to test within the first two weeks of the spring season.

1. Once a student has completed their required test they enter a random selection pool and maybe selected for additional testing throughout the school year.
2. Students who have a positive test result are penalized according to the substance abuse policy.
3. For additional information, please refer to Malta School Board Policy #3350.

General Information

Physical Examinations: It is the policies of the Malta High School athletic department and the Montana High School Association that prior to participating in athletics all student athletes at their own expense have a required annual physical examination. This examination must be completed prior to the first practice. It is recommended that students in non-athletic extra-curricular activities receive a yearly check-up.

ImPACT Assessment: It is the policy of the Malta High School athletic department that prior to the start of each athletic season all student athletes must complete or have completed an ImPACT baseline assessment. The ImPACT assessment establishes an athletes "normal" cognitive baseline. When a concussion is suspected, a follow-up or "post injury" assessment is required to determine if the results have changed from the baseline. The results of the two assessments will assist in the "return-to-play" decision. This screening or assessment is not an IQ test.

Injury Warning: Students need to be aware that the possibility of major and/or minor injuries is an inherent danger in all activities. Students are to report activity-related injuries to the coach/activity supervisor so that proper precautions can be taken. Students must realize however, that coaches/activity supervisors are not doctors and cannot, therefore, be held responsible for treatment or advice given regarding the injury.

Any student who requires professional medical attention for an injury must have a signed medical release from a certified professional to return to play.

Insurance: Malta Public Schools does not provide accident insurance. All medical, doctor, hospital, and ambulance costs are the full responsibility of the parents or guardians.

Also, insurance is not provided for any personal items lost or stolen from school property.

Participation Fee: A \$60.00 PARTICIPATION FEE will be assessed to any high school student (grades 9 thru 12) who participates in the following activities: all athletic teams, cheerleading, and speech & drama.

This is a one-time fee per year. Students will not be charged more than once for participating in multiple activities.

Payment of the participation fee does not guarantee playing time in competition or games.

Payment is due 10 days after the start of practice for the first activity.

Those students unable to pay for the participation fee may apply to the athletic director for a waiver.

Refunds will not be granted following one week of participation.

Seasonal Participation: Students will not be allowed to participate in more than one sport during a single season. Sport seasons include: fall, winter, and spring.

Fall Sports

Girls Cross Country
Football
Volleyball
Cheerleading

Winter Sports

Boys Basketball
Girls Basketball
Wrestling
Cheerleading

Spring Sports

Boys Golf
Girls Golf
Boys Track and Field
Girls Track and Field

*Student athletes will not be allowed to change sports within a season once the first week of competition has started.

Citizenship Expectations: Students representing Malta High School during extracurricular activities are expected to do so at the highest level of appropriate citizenship possible and thereby maintain the good name and reputation of the entire student body, the school district, and the community.

Locker Assignments: Each athletic season lockers in the varsity team rooms will be assigned to student athletes. Practice clothing should be laundered on a regular schedule. Athletes are to keep their lockers tidy and in good order. Keep your locker locked at all times when you are not present in the locker room. Following the conclusion of their season, athletes are responsible for cleaning out their own locker.

Cell Phones: Students are prohibited from possessing cell phones or other electronic recording devices while in the locker rooms.

Family Night: Malta High School activities must avoid Wednesday nights as a meeting time since this time has been agreed upon and reserved as "Family Night" in our community. Please adhere to this policy completely. It is also requested that teachers lighten the homework assignment on Wednesday. School activities for students will not last longer than **6:00 PM** on Wednesday evening.

School Attendance: Students must be in attendance $\frac{1}{2}$ of the school day directly preceding the activity, practice, competition, or bus departure in order to participate in the evening's activities. Exceptions can be made for family emergencies or medical appointments at the discretion of the building principal or activities director. Students who play on weeknights are expected to be in school the following day for 1st hour class.

School Suspension: Students on suspension are not permitted to attend or participate in any school activity. Students will be allowed to attend or be a part of school activities upon his/her return to the regular classroom setting.

Curfew Hours: Students participating in MHS activities will adhere to the following evening hours:

Sunday through Thursday and the night before a game/event be home by 10:00 PM.

Friday and Saturday evenings be home by 12:00 AM.

Coaches may extend week-end hours up to one (1) hour and may shorten hours as they deem necessary.

Punishment for violations will be determined at the discretion of the coach.

School Issued Equipment: Student participants will be issued uniforms and equipment to be used during their activity. This equipment is issued with the understanding that the student will be responsible for it and exercises due care while in possession of their equipment. School uniforms are not to be worn for non-school activities or as everyday attire. All equipment issued must be returned upon completion of the activity season. Any awards and/or grades due the student may be withheld until equipment is returned or paid for.

Uniform Accessories: Students wearing uniform accessories (shoes, socks, wrist bands, head bands, etc.) will match MHS school colors (Royal Blue and White). Accessories or items that are distracting in appearance or distasteful are not allowed.

Contest Ejection Rule: If a student is ejected from a MHS competition for unsportsmanlike conduct, they will not participate for the remainder of the event and will be suspended for the next regularly scheduled or rescheduled event at that level of competition and all other games/meets in the interim at any level of competition.

Activity Awards: Activity Awards will be presented to students participating in MHS sponsored activities including: athletes, speech & drama, cheerleading, and music. Activity members must complete the activity season in good standing and meet all team/activity requirements. Students who have violated the Substance Abuse Policy are not eligible for activity letter awards, team awards, and all-conference recognition for the season of their violation.

Individual Coaching Standards: All Malta High School coaches are directed to follow the rules and guidelines of the student handbook. Beyond that, the coach can issue other standards that will be expected of the squad. These standards must meet the following criteria:

1. They must be fair.
2. They may not discriminate where equal rights regulations have been established.
3. Most important of all, they must be clearly understood by all participants in the activity.

High School Gymnasium Use: Activities such as athletic practice and open gym will not take place in the high school gymnasium during school auditorium activities such as choir concerts, band concerts, plays, senior class night, or similar events. This can be modified on a case-by-case basis with the permission of the activities director or the building principal.

Travel Policies

Homework Responsibilities (Blue Slips):

1. Students will pick up homework assignment slips (Blue Slips) from the office at least 3 days before attending an activity that requires that they miss class time.
2. Students are responsible for having their teachers sign these slips before the student can participate in the scheduled activity or contest.
3. Teachers are encouraged to require that assignments be completed before the slip is signed.
4. "Blue Slips" are due at the scheduled departure time. Students failing to complete their "Blue Slips" will not be allowed to travel to or participate in the scheduled activity or contest.
5. Coaches/Activity Sponsors are to collect blue slips, check that all blue slip procedures have been followed, and turn in blue slips to the activity director.

Bus Conduct: It is the belief of the Malta Public Schools that the chief concern for the bus driver must be the safe conduct of students in his/her charge; therefore any conduct which distracts his/her attention, cannot be permitted. Coaches/Activity Sponsors must take the responsibility of establishing proper conduct on all trips. Student participants must behave in a respectful and appropriate manner. Upon returning from an activity, it will be the responsibility of all participants to help in the cleaning of the bus interior.

Travel Waivers: Parents wishing to have their children ride with them to and/or from away activities must sign a release form. Any release, other than to a legal parent or legal guardian, must be witnessed by the school administration or their designee. "Other adult" is defined as an accountable/responsible person of at least 21 years of age. The decision of the administrator will be in the best interest of the district.

Apparel: Students participants are encouraged to dress in a fashion that reflects good taste and a style appropriate to the activity. Coaches/Activity Sponsors have the discretion to establish the standards for participants. Students are asked to set an example of dressing well when representing Malta High School.

For winter travel all students are required to have a winter coat, hat, gloves, and a blanket.

Valuables: When out of town for an event students should secure their valuables with a coach or manager for safekeeping. Every student should make it his/her responsibility to see that his/her valuables are being taken care of properly.

Gambling: As defined by Malta School Board Policy #3345, students are not permitted to gamble while on school trips. This includes but is not limited to keno or poker machines, internet gaming, card games, and dice.

Lodging: When the district provides overnight lodging, four (4) students will be assigned per room.

Meals: During the regular season meals will not be purchased by Malta High School. During MHSA post-season tournaments meals will be purchased by the school.

Tournament Policy: Team buses will return home the same day if a team loses out of tournament competition. Exceptions to this policy can only be made at the discretion of the administration on duty at the tournament. This includes district, divisional, and state tournaments.

Cheerleader Policies: Varsity cheerleaders will travel to MHSA tournaments only. Cheerleaders will travel on the team or pep band buses.

Travel Squads: During regular season activity competition all participants may travel to out of town contests at the coaches' discretion. Students who are academically ineligible or are suspended are not allowed to travel with the team.

During post-season competition the following guidelines will be used to determine travel squad size.

School administration reserves the right to alter the suggested guidelines.

Football: Athletes who actively participate in practice and managers.

Cross-Country: Qualifying athletes and managers.

Volleyball: 16 players and managers.

Wrestling: Qualifying athletes and managers.

Basketball: 16 players and managers.

Track & Field: Qualifying athletes and managers.

Golf: Qualifying athletes.

Cheerleaders: Eight (8) varsity cheerleaders will travel to basketball tournaments. If two tournaments are being held simultaneously in different towns, the cheerleaders will travel with the team at the highest level of competition (state over divisional).

Speech & Drama: Qualifying student participants.

Other Groups: As determined by the advisor and administration.