



DISTRICT #0119

Activities Policies Manual

2020-2021

**AMHERST PUBLIC SCHOOLS, DISTRICT # 119, BUFFALO COUNTY
EXTRA-CURRICULAR RULES AND REGULATIONS**

PHILOSOPHY AND PURPOSE

The purpose of all activities is to provide students ample opportunities outside of the regular classroom that cannot be duplicated in the classroom situation. In this way students have the opportunity to develop into the best possible persons they are capable of becoming.

It is in these activities of music, athletics, dramatics, speech, and other activities that students make lasting friendships, gain valuable social experiences, learn to work and cooperate for a common goal, as well as gain physical and mental disciplines unavailable in the classroom situation. Participation in these activities is a privilege accorded only those students who are willing to abide by state law, school and conference regulations, as well as reasonable rules set forth by the coaches or sponsors that are applicable and particular to the activity involved.

Students are encouraged to participate in extra-curricular activities. They are an integral part of school life. Student and parents are reminded that the joy of participation is and should be the sole reason for participation rather than publicity or notoriety.

The purpose of this document is to bring to a mutual understanding to all concerned about the expectations of the coaching staff and administration of Amherst School in regard to conduct of students who participate in inter-school athletics and activities.

To utilize fully the potential for educational experiences, the Amherst Public Schools Activities program shall be organized and conducted in accordance with these five basic principles:

1. Be regarded as an integral part of the total educational program.
2. Be subject to the same administrative control as the total educational program.
3. Be conducted by staff personnel with adequate training in their assigned responsibilities.
4. Be conducted so that physical welfare and safety of the participants are protected.
5. Shall be conducted in accordance with the letter and the spirit of the rules and regulations of the school, conference and state activity association.

Amherst Public High School is a member of the Nebraska Schools Activities Association (NSAA) which is a state organization of the public and parochial schools of Nebraska, organized for the purpose of promoting and regulating the competition between schools in what are generally known as extracurricular activities. The program of activities for the schools as well as the rules and regulations governing interscholastic competition in athletics, music, speech, play productions, journalism and debate are determined by the member schools of the Association.

The Amherst Public School's activity program is based on the belief that the students are representatives of the Amherst School District. As such, their actions must be above reproach. Felonies and illegal drugs are considered improper behavior for students and are subject to penalties. There must be close cooperation between the sponsors, students, and parents if the activity policy is to be successful and effective. The activity policy is designed for the benefit of the students. The parents and the school must share the responsibility of making sure the rules are adhered to. If the parents and the school work together to enforce these rules, a smooth-running activity program can result.

Each school organization has an assigned sponsor. The teacher under whose jurisdiction the organization is conducted is responsible for each meeting of the organization,

the maintenance of discipline, and the notification to the administration of the duly elected officers and participants. Each organization must develop a constitution or a set of guidelines with which to operate. A copy of the guidelines or constitution must be on file in the activities director's office.

All clubs and organizations must be registered in the activities director's office. An information sheet listing club objectives and activities, officers, dues, etc. shall be updated and a copy of each filed with both the activities director and principal.

Attendance at state conventions and workshops will be funded by the individual organizations with the exception of district automobile and /or bus transportation to and from the convention, approved by building principal and superintendent of schools.

Expense allowances shall be limited to one national competition event per organized club, per year, approved by building principal and superintendent of schools. Special extenuating circumstances may require a student/member to attend more than one national event per year which may be allowed with prior written approval by building principal and superintendent of schools. Receipts of incurred expenses shall be submitted by the organization sponsor to qualify for reimbursement. Whenever possible, the district will issue payment directly to convention organizers for registration fee and to hotel/motel for lodging.

Expenses to be paid for students who have qualified for competition or performance at the national level shall be established by the board of education. These may include:

1. Lodging at least expensive rate for the duration of the national convention.
2. Transportation to and from the national convention.
3. Registration and/or fees of national convention.

In Junior High, school activities will consist of a limited program in interscholastic contests in junior high band and chorus, cross country, football, volleyball, boys' and girls' basketball, wrestling and boys' and girls' track in which they will follow NSAA guidelines. The physical and emotional maturity of Junior High students require that the program be controlled to insure educational experiences, basic fundamental training and maximum participation possible while protecting the physical and emotional welfare of the student.

In Senior High, athletics will consist of interscholastic contests in football, volleyball, girls' and boys' cross country, girls' and boys' basketball, wrestling, girls' and boys' track, girls' and boys' cooperative soccer with Kearney Catholic. These activities will have to be compatible with school enrollment, equipment, facilities, finances, and the availability of competent coaching staffs. Maximum effort shall be extended to provide opportunities for all interested students to participate.

The Senior High Activities program also consists of the following clubs and organizations. Freshmen Class, Sophomore Class, Junior Class, Senior Class, National Honor Society, Cheerleaders, Dance, Band, Chorus, Academic Quiz Bowl, Speech, One-Act Drama, FFA, and FBLA.

Students representing Amherst in athletics will be expected to return to the Athletic Director's office the following information:

- (1) Complete Physical (on official Amherst Public School Physical Form) signed by a licensed physician/Parental Consent Form
- (2) Insurance Waiver Form / Confirmation of Insurance Coverage
- (3) 7th -12th Signature Sheet signed and returned to the office
- (4) Concussion Consent Form

GENERAL RULES

Liability - The Amherst School Board does not assume financial responsibility for accidents or injuries to students engaged in school related activities. This is also true for activities in the summer. The financial responsibility for injuries or accidents rest with parents. Parents are encouraged to carry adequate protection. A group insurance plan is made available to students each fall.

Eligibility - Scholastic requirements as established by the Nebraska School Activities Association shall be followed and students are expected to be in good standing in their classes and with the administration to participate in athletics. Eligibility requirements: the student must be passing 5 of 7 classes or 6 of 8 classes to be eligible to participate in athletics. See the student handbook for additional down list eligibility requirements

Trips - Any student making a trip sponsored by the Amherst Schools shall travel and return via the transportation provided by the school. Exceptions must be approved through the principal's office prior to the trip. The only exception is the release of a student to his/her parent or guardian after the activity or at the discretion of the Head Coach/Activity Sponsor. No student will be released to return from an activity with anyone other than their parent/guardian.

Attendance - A student must be in attendance for all of the last four periods on that day to participate in practice for any extra-curricular activity or participate in contest/activity that day/night except on Fridays where it is the last three periods. Administration will have the final say on attendance for participation. Examples include: athletics, music activities, speech activities, plays, cheerleading. Exceptions such as school sponsored trips, funerals and doctors' appointments will be granted. Other exceptions will be left to the discretion of the administration.

School Work - All assignments that will be missed because of extra-curricular activities must be made up prior to departure, or have at least made arrangements with their teacher for those assignments.

Supervision - Coaches and sponsors have the authority and obligation to correct any improper situation involving students participating in any extra-curricular activity sponsored by the Amherst Public Schools.

NSAA Interscholastic Participation Regulations - In accordance with Nebraska School Activities Association, Amherst Public School athletes cannot participate in any other organized sport, in or out of school, during the period that he/she is a member of the interscholastic squad. Examples are: town team basketball, town team volleyball, A.A.U. Athletics.

Training - The definition of a sport season is defined as the date of the first practice, as set by the N.S.A.A. through the date of the final contest or meets. There is no place in activities for a student using tobacco, alcohol or controlled substances. Those who do, not only harm themselves, but the entire team. Should an athlete be in violation of the rules and regulations, they will be subject to the penalties listed in this handbook, in addition to any penalties administered because of regular school policies.

Dress for Athletes - As representatives of the Amherst Public Schools and the community of Amherst, participants in extra-curricular activities will always be neat, clean and well groomed.

Student/Athletes should take pride in themselves and show that pride in the way they dress. Attire not meeting the regulations of Amherst High School or any outlandish dress will not be tolerated.

Married/Pregnant Students - Married students shall have the same educational privileges, academically and in activities as unmarried students provided they have a doctor's permission to participate in activities, filed with the Activity Director.

Lettering Requirements -

Football: A letter will be earned when an athlete participates in one-third of all quarters of all varsity football. Quarters played in second team games will count as one-half (1/2) quarters toward a first team letter. A participant may also be lettered at the coach's discretion.

Volleyball: Participating in one more than one-half (1/2) the total varsity games will qualify a player for a varsity letter. A participant may also be lettered at the coach's discretion.

Basketball: Participating in one more than one-third (1/3) of all quarters played in first team games will qualify a player for a first team letter. A participant may also be lettered at the coach's discretion.

Wrestling: Accumulating ten (10) or more team points at a major meet, placing in two (2) major meets or having a twenty-five percent (25%) winning record will qualify team member for a first team letter. A participant may also be lettered at the coach's discretion.

Track: Any team member who scores in one (1) major meet in any individual event shall letter in track. Relay members must place in two (2) major meets in order for the relay members to qualify for a first team letter. A major meet will be any meet involving six (6) or more teams. A participant may be lettered at the coach's discretion.

Golf: A golfer must place in a major meet to earn a letter. A participant may also be lettered at the coach's discretion.

Senior: Any athlete who has participated in a particular sport for four full years will receive a letter for that sport. If an athlete is injured and misses part of the required time because of the injury, they will not be penalized.

Lettering may be withheld should a participant decide to quit or if they are removed from the squad.

Initiations, Hazing, Secret Clubs and Outside Organizations

Initiations. Initiations by classes, clubs or athletic teams are prohibited except with the approval of the administration. Any student who engages in or encourages initiations that have not been approved by the administration is subject to disciplinary action, up to and including denial of any or all school privileges and expulsion.

The administration may only give consent to initiation activities that are consistent with student conduct expectations and that do not present a risk of physical or mental injury or belittlement.

Hazing. Hazing by classes, clubs, athletic teams or other student organizations are prohibited. Hazing means any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership with any school organization. Such prohibited hazing activity includes whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with intent to affront or alarm any person, a lewd fondling or caressing of the body of another person, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, sexual conduct, nudity, or any brutal treatment or the performance of any act which endangers the physical or mental health or safety of any person or the coercing of any such activity. Hazing is prohibited even though the person who has been the subject of the hazing consents to the activity. Any student who engages in or encourages hazing is subject to disciplinary action, up to and including denial of any or all school privileges and expulsion.

Secret Organizations. It is unlawful for students to participate in or be members of any secret fraternity or secret organization that is in any degree a school organization. Any student who violates this restriction is subject to disciplinary action, up to and including denial of any or all school privileges and expulsion.

Outside Organizations. It is unlawful for any person, whether a student of the District or not, to enter upon the school grounds or any school building for the purpose of rushing or soliciting, while there, any student to join any fraternity, society, or association organized outside of the schools. Any person who violates this restriction is subject to criminal prosecution and removal and exclusion from school grounds.

New West Sports Medicine - New West Sports Medicine Center of Kearney currently provides sports medicine services to our school once a week. The athletic trainer will be available to evaluate sports injuries. There is no charge for New West Sports Medicine Center's outreach program. This program is available to athletes in grades 7th-12th.

Team Practice - All starting times for practice will be determined by the head coach. All participants are expected to be ready for practice at the time set by the coach. Under normal conditions, all athletes will be required to report to practice (dressed) no later than fifteen (15) minutes from the time of school dismissal. A participant who does not get to practice on time is holding back themselves as well as the whole team.

Dressing Room - All athletes will be under the supervision of a coach while the athlete is in the locker room. An athlete must not loiter in the dressing room or endanger the safety of others. All cases of misconduct will be dealt with by the coach in charge.

Attendance at Practice and Contests - Participants are expected to be at all practices scheduled by the coach. Should a participant not be able to attend a practice, they must contact the coach in advance. Athletes are always expected to be on time, or ahead of time for all practices, home contests, and departures to and from away contest. Activity practice sessions will not be held during the Moratorium period as designated by the NSAA (normally a five or six day period over the Christmas Holiday). Practice sessions during school holidays, summers, or when school is not in secession are **not** mandatory; practice during these times is strictly on a voluntary basis.

Lockers - Girl and boy athletes will be issued a locker. It is their responsibility to secure their valuables in the lockers. If you leave your personal belongings and sport equipment lying around inside or outside of an unlocked locker, you are responsible for anything that is lost or stolen. Amherst Public School is not responsible for missing personal belongings or damage to sports equipment checked out to you. You will be responsible for replacing missing or damaged athletic equipment. All High School and Junior High students will be required to pay a five dollar deposit for the lock that is issued with the locker for replacement value if the lock if it is lost or damaged.

Equipment - Amherst Public School students are responsible for all equipment checked out to them by a coach or sponsor in charge. Activity participants should be prepared to pay for the cost of replacement if it is not checked in at the end of the season in usable condition. Participants are responsible to check in all school equipment at the end of the season or as soon as possible should they quit the sport. If a participant fails to check in his/her equipment at the designated time, or should he/she quit abruptly, he/she will be required to pay for the cost of replacement. Uniforms to be worn for summer activities such as camps or all-star games will require a deposit to cover the value of the uniforms or equipment needed.

Guidelines for the use of weight equipment -

The Amherst Public Schools purchased the equipment and said equipment is property of the district.

The following purposes and priorities will govern the use of weight equipment:

- a. physical education program
- b. by the sport in season, with the work outs to be developed by the coach in charge.
- c. conditioning for athletes not involved in the current sport season (with permission)
- d. summer conditioning program (for next year's 7 - 12 athletes)

During the school year, proper supervision must be present. No students will be allowed to use the weight room/equipment during the school day, unless enrolled in a physical education class.

Concussion Prevention and Preparedness -

As of July 1, 2012, the Concussion Awareness Act became law. The law passed by the Nebraska Legislature requires concussion education for all individuals working in youth sports; removal of young athletes if they are suspected of sustaining a concussion during play; and the stipulation that athletes cannot return to play unless cleared by a licensed health care provider.

What is a concussion? A concussion is a brain injury that:

- Is caused by a bump, blow or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung".

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion? You can't see a concussion, but you might notice **one or more** of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- Get a medical check-up. A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- Give yourself time to get better. If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion? Every sport is different but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - the right equipment for the game, position or activity
 - worn correctly and the correct size and fit
 - used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion: Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion

Purpose of the Code of Conduct. Participation in activities is an integral part of students' educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the team, to the student body, to the community and to the students themselves. In their participation and their conduct, students are representing all of these groups. Student participants must demonstrate that they can and will represent themselves and their school in a manner which reflects the development of high ideals and appropriate values, which shall include good citizenship in the school and in the community. Consequently, participation in any extra-curricular or co-curricular activity is dependent upon the adherence to this Code of Conduct and the school district's policies, procedures and rules.

Activities Subject to the Code of Conduct. The Code of Conduct applies to all extra-curricular and co-curricular activities. This includes but is not limited to: all sports, Cheerleading, all contests, Prom, Homecoming, Dance Team, Royalty, National Honor Society, Speech Team, All School Play, One-Act, Student Advisory Activities, FFA, FBLA, Pep Club, Pep Band, Awards Night and other school sponsored organizations and activities. An activity participant means a student who participates in, has participated in, or will participate in any of the above activities.

Scope of the Code of Conduct.

Where: The Code of Conduct rules apply regardless of whether the conduct occurs on or off school grounds. If the conduct occurs on school grounds, at a school function or event, or in a school vehicle, the student may also be subject to further discipline under the general student code of conduct. A student who is suspended or expelled shall not be permitted to participate in activities during the period of the suspension or expulsion, and may also receive an extended activity suspension.

When: The conduct rules apply to conduct which occurs at any time during the school year, and also includes the time frame which begins with the official starting day of the fall sport season established by the NSAA and extends to the last day of the spring sport season established by the NSAA, whether or not the student is a participant in an activity at the time of such conduct.

Other Offenses. In addition to the Code of Conduct offenses, coaches and sponsors may establish additional conduct rules and expectations for subjects other than tobacco, alcohol, drugs and crimes.

Participants may be disciplined for violations of the conduct rules and expectations, and such discipline may include suspensions from extra-curricular activities.

Rules of Conduct Regarding Tobacco, Alcohol, and Controlled Substances

Banned Substances.

The banned substances are: alcoholic beverages, tobacco in any form, controlled substances (any illicit drug is banned; a controlled substance possessed or used in accordance with a physician's prescription is not banned), inhalants and drug paraphernalia.

Prohibited Conduct. It is a violation of the Amherst Public Schools Code of Conduct for Extra-Curricular and Co-Curricular participants to use, consume, possess or sell such substances, be under the influence of such substances, or to procure such substances for others.

Meaning of Terms. The terms used in the Code of Conduct have a less strict meaning than under criminal law. Use or consume includes any level of consumption or use of any of these

substances. Under the influence means any level of impairment and includes even the odor of alcohol on the breath or person of a student, or the odor of an illicit drug on the student. Also, it includes being impaired by reason of the abuse of any material used as a stimulant. Possession includes having control of the substance and also includes being in the same area where the substance is present and no responsible adult present and responsible for the substance. Possession includes situations where, for example: (1) alcohol is in a vehicle in which a participant is present—the participant is considered to be in possession if the participant is aware that the alcohol is in the vehicle, even though the participant has not touched or consumed the alcohol, provided that the alcohol is not in the control of a parent or guardian or other responsible adult (age 21 or older) and (2) alcohol is present at a party attended by the participant—the participant is considered to be in possession if the participant is aware that alcohol is at the party, even though the participant has not touched or consumed the alcohol, provided that the alcohol is not in the control of a parent or guardian or other responsible adult (age 21 or older).

Rules of Conduct Regarding Criminal Offenses

Activity participants are expected to not engage in violation of the criminal laws. An activity participant will be considered to be in violation of the Code of Conduct in the event: (1) the student is convicted of a criminal offense (conviction includes a plea of no contest and an adjudication of delinquency by the juvenile court.)

Penalties for Code of Conduct Violations

Tobacco. The penalty for tobacco violations shall be determined by the coach or sponsor of the activity. For activities without a coach or sponsor, the penalty shall be determined by the Principal.

Drugs and Alcohol. The penalty for violation of the rule on banned substances other than tobacco and steroids shall be a suspension from activities for: (1) three-weeks if the activity participant self-reports and (2) five-weeks if the activity participant fails to self-report.

Steroid Offenses. An activity participant who possesses, dispenses, delivers, or administers anabolic steroids shall be subject to the following sanctions:

First Offense: The activity participant shall be prohibited from participating in any extracurricular activities for 30 consecutive days.

Second or Any Subsequent Offense: The activity participant shall be prohibited from participating in any extracurricular activities for one (1) calendar year from date of finding of violation.

Criminal Offense. A participant will be suspended from the activity if he/she is cited for breaking federal or state laws (excluding misdemeanor traffic violations).

1st offense: 7 calendar days

2nd offense: 21 calendar days

3rd offense: Remainder of the school year

When Suspensions Begin. All suspensions begin with the next scheduled competition or activity, in which the student is a participant, after the determination by school officials of the sanction to be imposed; provided that the school officials shall have the discretion to establish a time period for the suspension that makes the suspension have a real consequence for the student. During a suspension, participants may be required or permitted to practice at the sole discretion of the coach or activity sponsor. Students who are suspended may be allowed to

participate in activities that have a grade or participation associated with them, with the determination being made by administration. Suspensions in the spring will be carried over to the fall if necessary. If an athlete is not out for any activity they cannot join an activity in progress in order to reduce an activity suspension.

Students who have occurred more than 15 days of in-school or out-of-school or a combination of both will be considered ineligible for the remainder of the school year for any activity covered by the Activities Handbook.

Letters and Post-Season Honors. Activity participants who commit a Code of Conduct Offense are: (1) eligible to letter, provided the participant meets the criteria of a coach or sponsor, and (2) are ineligible to receive honors during the sport or activity in which they are participating at the time of the offense and/or in sports or activities in which they have missed events due to a code violation; provided that the coach/sponsor, with the Principal's approval, may make an exception where the student has self-reported.

Self-Reporting

An activity participant who violates the Code of Conduct must self-report. The self-report must be made to: the Principal, Athletic Director, or the Head Coach or Sponsor of an activity in which the student participates. The activity participant's parent or guardian may initiate the self-reporting process, but the activity participant will be required to give a written statement of the self-report. The self-report must be made the earlier of: (1) before the end of the next school day after the conduct occurred and (2) before participation in an extracurricular or co-curricular activity.

In making a self-report, the activity participant must identify the events that took place, what conduct the activity participant engaged in, and any witnesses to the activity participant's conduct, and will be required to put this information in a written statement. In the event the activity participant has received a criminal citation, charge, or ticket, and proclaims innocence of a violation, the activity participant will be required to self-report such offense and provide information as to why they should be found innocent, not as it relates to the criminal offense, but as it relates to the Code of Conduct.

All activity participants are expected to be honest and forthright with school officials. In the event the coach or activity sponsor or any school administrator asks an activity participant for information pertaining to compliance (or lack of compliance) by the activity participant or other activity participants with the Code of Conduct or eligibility conditions for participation in activities, the activity participant is expected to fully, completely, and honestly provide the information and may be disciplined for a failure to be honest and forthright.

Determining a Violation Has Occurred

A violation of the Code of Conduct for extra-curricular and co-curricular activity participation will be determined to have occurred:

1. When an activity participant is cited by law enforcement and school officials have a reasonable basis for determining that grounds for the issuance of the citation exist, or if an activity participant is found guilty or pleads no contest to a criminal charge.
2. When an activity participant admits to violating one of the standards.
3. When school officials otherwise find sufficient evidence to support a determination that a violation has occurred.

Suspension and Appeal Procedures

The following procedures shall be followed with regard to suspensions from extra-curricular or co-curricular activities:

1. The school official considering the suspension shall make a reasonable investigation of the facts and circumstances.
2. Prior to commencement of the suspension, the activity participant shall be given oral or written notice of the charges. The activity participant shall be advised of what the activity participant is accused of having done, the basis of the accusation, and an explanation of the evidence the authorities have.
(Detail is not required where the activity participant has made a self-report. Names of informants may be kept confidential where determined to be appropriate.)
3. The activity participant shall be afforded the opportunity to explain the activity participant's version of the facts to the person making the suspension decision.
4. Within twenty-four (24) hours or such additional time as is reasonably necessary following suspension, the principal or designee shall send a written statement to the activity participant and the activity participant's parent or guardian describing the activity participant's conduct, misconduct or violation of the rule or standard and the reason for the action taken and the right to a hearing upon request on the specified charges.
5. An opportunity shall be afforded the activity participant and the activity participant's parent or guardian to confer with regard to the matter with the principal or administrator ordering the suspension.
6. If the activity participant or the activity participant's parent or guardian is not satisfied with the determination, an informal hearing may be requested before the superintendent. A form or a request for hearing must be signed by the activity participant and the activity participant's parent or guardian and delivered to the superintendent in person or by registered or certified mail. This request must be received by the superintendent within five (5) days of receiving notice of suspension.
7. If a hearing is requested, it shall be held within ten (10) days of the request and a notice of the time and place of the hearing will be given to the participants, and parents or guardian within five (5) days of receiving the request. The notice shall contain an outline of the alleged infraction. There shall be no stay of the penalty imposed pending an appeal.
8. Upon conclusion of the hearing, a written decision will be rendered by the Superintendent within five (5) school days of the informal hearing. The decision will be delivered to the participant, parents or guardian. A record of the hearing shall be kept by the school.
9. Nothing contained in this regulation shall prevent the activity participant and the activity participant's parent or guardian or representative from discussing and settling the matter with the appropriate school personnel at any stage provided herein.

GENERAL INFORMATION

Location:	100 North Sycamore Street
Telephone:	(308) 826-3131
Fax:	(308) 826-4865
School Nickname:	Broncos
School Colors:	Scarlet and Silver Gray
Conference Affiliation:	Fort Kearny
Superintendent:	Tom Moore
Principal:	Roger Thomsen
Athletic Director:	Nathan Dietz
Head Football:	Faron Klingelhofer
Head Volleyball:	Jonie Fader
Head Cross Country:	Tessa Dobish
Head Boys Basketball:	Eric Rippen
Head Girls Basketball:	Brandon Rohr
Head Wrestling:	Chase Klingelhofer
Head Track:	Faron Klingelhofer/Karla Rohde
Head Golf:	Jalen Hueser
Journalism:	Dana Dietz
Speech/Drama:	Jason Stubbs
Band/Vocal:	Josh Hughes
FFA:	Katie Hothem
FBLA:	Karla Rohde