

Section 9- Athletic Program Policies

9.007 - Definitions

CONDITIONING STANDARDS - Each squad must have 14 days of practice on 14 different days and each individual must have participated in 14 practices on 14 different days prior to the first game in which that student participated, except when the student has been a member of another school sports squad immediately preceding and has had 14 days conditioning. Tennis must have a minimum of 10 days of practice.

PHYSICAL EXAMS AND INSURANCE - The school shall require of each student participating in athletics a physician's certificate stating he or she is physically able to participate in athletic contests of his or her school. A student shall not be permitted to practice or compete for a school until it has verification that he/she has basic health insurance coverage or actively participates in a medical cooperative. No student will practice, receive equipment, or participate in any way until a physical form is on file.

PRACTICE - Any attempt of a coach or teacher to teach, to provide supervision or to direct of any phase of a game or activity to any squad. So-called "skill drills", "orientation meetings", etc. are considered practices. No student who is participating in a sport should work out for any other sport until the end of the current season.

Practice on days other than when school meets must be approved by the head coach of the respective sport and administration. There will be no mandatory practices after 6:00 p.m. on Wednesday evenings or on Sunday. Open- gym practice may be held on Sunday afternoon. If a student has a reasonable conflict, he/she must notify the coach ahead of time.

Senior athletes and cheerleaders may participate in two sports, with the approval of both coaches. The student is required to choose one primary sport, which will take precedent over the other activity in case of conflict.

USE OF SPACE - Before regular season practice, the school's designated practice area may be open to all students to work out as long as there is a teacher present and no other team is practicing. However, no organized practice of any kind under the direction of a coach is permitted until the date set by the league. The head coach is to notify the principal of changes in regular practice times to avoid conflicts in scheduling. When practicing, only the lights that are necessary should be used to conserve energy.

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