



**Filer High School  
Athletics and Activities Handbook  
2024-2025**

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## **Introduction**

The purpose of this handbook is to give parents, students and other interested persons a guide to the operation of the interscholastic athletic program of the Filer High School. Specific rules, regulations, policies and procedures will be explained to the students by the coaches of the various teams/activities within the school's Activities program. Athletes will be expected to adhere not only to the specific rules, regulations, policies and procedures, but also to those special rules set forth for each sport. All student athletes are also expected to follow the student *Wildcat Pride Code* established by Filer High School.

It must be understood by all students and their parents/legal guardians that a condition to participate in the Filer High School Activities program is a commitment to follow the rules, regulations, policies and procedures established by the school for the implementation of its activities program. It must also be understood that the students who violate these rules, regulations, policies and procedures shall face disciplinary action.

## **Extracurricular Activities Code and Sportsmanship Code**

**Mission Statement:** Filer School District #413 provides opportunities for students to participate in quality extracurricular activities. (For the purpose of this code, an extracurricular activity is any function which is outside of the scope of regular classroom activities.) Filer School District #413 firmly believes that extracurricular activities are a privilege not a right. The athletic program supports the academic mission of the school. Filer High school sets high expectations for its coaches and student-athletes. The athletic program will promote interscholastic athletics that provide lifelong learning experiences to student-athletes while enhancing their achievement of educational goals. Our goal is to teach the values of teamwork, respect, commitment, work ethic, sportsmanship and being humble.

### **Filer Athletic Program Objectives:**

- Provide the opportunity for student-athletes to develop wholeness through learning experiences that contributes to their physical, mental, emotional and social growth.
- Provide each student-athlete with the opportunity to improve their individual skill and potential.
- Provide the opportunity for each student-athlete to learn how to function as a member of a team.
- To develop the qualities of good sportsmanship, respect, responsibility, and moral integrity within each student-athlete.
- To teach the student-athlete to value hard work and commitment.
- To provide the opportunities for growth and development through athletic competition that will contribute to a successful adult life for each student-athlete.
- To develop school spirit within each student-athlete.

**Filer Athletic Program Philosophy:** Filer Athletics is an extension of Filer High School and the educational process. Filer High School Athletics takes pride in providing opportunities to build a unifying influence within our student body and between our school and community. The Filer athletic family will provide each participant with positive experiences that will help them build their respect, education, accountability, responsibility, commitment, work ethic, sportsmanship, and loyalty which will guide them throughout life.

**Conduct:** Filer School District #413 promotes the highest code of conduct among its students. The school district expects the students who participate in extracurricular activities to behave in a manner that will bring credit to the school district and to themselves. Student athletes will wear attire meeting the Filer High School 'Dress for Success Policy' at activities they are participating in. To promote and sustain this high level of conduct the following rules and regulations and the accompanying consequences have been developed.

**Rules and Regulations:** If the participant violates a rule, the coach/extracurricular advisor will decide and administer the disciplinary action. If the disciplinary action is for a severe offense then the principal and/or dean of students, coach/extracurricular advisor, and athletic director will decide and administer appropriate disciplinary action, unless the rules and policies of the school district provide otherwise. A participant and his/her parent/guardian are free to discuss a disciplinary action with the principal, then the superintendent, and finally the school board if necessary. Severe offenses are defined as offenses where a violation of law or school board policy may have occurred.

The following rules and regulations shall apply to the student participating (Participant) in any extracurricular program or activity whether or not the student is acting as a representative of school. Participants include, but are not limited to, players, managers, members of the pep band, Future Farmers of America, statisticians, cheerleaders, trainers and anyone involved in an activity governed by the Idaho High School Activities Association. Everyone associated with an extracurricular activity is of equal importance.

### Student-Athlete Eligibility:

#### **Initial eligibility:**

1. To be eligible to participate in an extracurricular activity the following educational standard will apply. A student must have received passing grades and earn credits in at least (5) full-credit subjects, or the equivalency, in the **previous semester or grading period** for which credit is granted. Equivalency is determined by the following criteria at Filer High School:
  - Seven classes available must pass at least five,
  - Six classes available must pass at least five,
  - Five classes available must pass at least four,
  - Four classes available must pass all four, &
  - Currently enrolled in a minimum of:
    - 5 classes for seniors
    - 6 classes for juniors
    - 7 classes for sophomores and freshman

#### **In-Season Eligibility:**

- A. At the beginning of each sports season or 3 weeks after semester begins, the athletic director will check grades of all in-season athletes every Monday. Student-participants with a “D” grade in any class will be placed on “probationary” status and subject to procedure #1. Any student- participants who have an “F” grade will be subject to procedure #2:
  - 1) The student-participant with a “D” grade will be notified of being on academic probation. His/her parent(s)/guardian(s) will be notified by the athlete of the “probationary” status of said student.
  - 2) The student-participant with an “F” grade will be declared academically ineligible. Academically ineligible students will not be allowed to participate in competitive contests within their chosen activities until the next grade check period (1 week) or if the grade becomes a D or higher. The coach will notify the student-participant and parent of the temporary suspension of the athlete. Upon the next grade check, if the

student is passing all classes the ineligibility will be lifted. If not, the ineligibility will continue. The process will be continued for the remainder of the season. Participant eligibility will be determined on a weekly basis, Monday to Monday.

- B. All student-participants will have their grades checked on Monday on a weekly basis. Grade checks will begin with the first day of practice or 3 weeks after the beginning of school or semester. At any grade check, student-participants with a “D” or “F” grade in any class will be subject to the same procedure outlined above in sections “1 and 2”. Teachers will not be able to allow a failing student-participant to become eligible to compete. The athletic director, assistant principal, or principal will have the responsibility to restore eligibility for a student.
- C. At semester, a no credit grade (withdrawal from class after the initial two-week period) in any course will disqualify a participant from extracurricular eligibility. However, if a student receives an incomplete as a result of illness, an extended period of time, at the discretion of the teacher, will be given to make up the work.
- D. Any student in special education who has a current Individual Education Plan (IEP) will be allowed to participate in extracurricular activities, even if the student does not meet the academic eligibility standards, if the student’s IEP Team makes the determination that the student is making satisfactory progress (based upon the student’s effort, attitude, and intellectual ability).
- E. Any student participating in the following sports; football, volleyball, soccer, cross country, basketball, wrestling, bowling, track, golf, softball and baseball during the fall, winter, or spring sport season, may not participate in another sport during that same sport season unless there is a special circumstance that will be evaluated by the current head coaches of the two sports, athletic director, and the high school principal.
- F. A student who transfers into Filer High School must meet all rules of eligibility governed by the Idaho High School Activities Association (IHSAA). Any and all requirements as established by the IHSAA must prevail in regards to extracurricular activities.

All out of district home schooled students are ineligible for interscholastic competition.

1. A participant shall not engage in conduct that brings, or reasonably could bring, discredit to the sports program, the participant, or the school. Such conduct may include, but is not limited, to the following:
  - A. theft, possession of stolen property, or vandalism;
  - B. use, consumption, possession or distribution of alcoholic beverages, illicit drugs, tobacco including smokeless, or e-cigarettes (note: 18 year olds may legally use tobacco, however are not permitted to use or possess on school property or at an event);
  - C. being present, or associated with a private event in which underage drinking or illicit drugs are being used;
  - D. testing positive on a random test, tampering with a test, or refusing to take a random drug test when the participant’s name is selected.
2. A participant will not engage in conduct that disrupts the discipline, order, safety, or educational environment of the school.
3. A participant shall attend all scheduled practices, meetings, contests and performances unless it is necessary to miss such and, if so, prior arrangements for the failure to attend shall be made with

the coach or advisor whenever possible.

4. A participant shall follow the instructions of the coach or advisor regarding playing techniques, training, team rules or conduct, or other matters related to the extracurricular program.
5. The coach or advisor may set additional rules of conduct which the participants will be expected to follow. As appropriate, these rules will apply on or off school premises, and students will be subject to penalty if they are found to have broken the rules.
6. A participant shall be responsible for any school-owned equipment checked out to him or her. The loss or misuse of such equipment shall be the financial obligation of the participant.
7. A participant shall read and abide by the Idaho High School Activities Association rules and guidelines.
8. A participant shall present to school officials a physician's written release following an illness serious enough to require a physician's care.
9. A participant shall attend at least 4 periods of school on the day of any practice or contest in order for the participant to practice or play that day. Exceptions may be made for prearranged appointments.
10. An athletic fee is required of each student-athlete and is used to support the total Filer School District activities program.
11. All participants, in order to participate, shall ride the transportation provided by the district to and from the event. If the participant wishes to ride with the parent or guardian a written request, from the parent or guardian, must be presented to the advisor of the event.

**Disciplinary Action:** If the participant is found to have violated subsections B, C or D under rule #1<sup>#</sup>, the following consequences will apply:

**First Offense:**

1. Suspension remainder of competition season and next competition season from all extra-curricular Activities
2. No attendance at school activities for two weeks

**OR**

1. Approved substance/behavior education class
2. Suspended from all extra-curricular activities for two (2) weeks (must practice)
3. Mandatory drug testing bi-weekly for three (3) months (parent cost) for athletes that violate 1B, C, and D.

**Second offense:**

1. Suspension remainder of competition year from all extra-curricular activities
2. No attendance at school activities for remainder of school year sports season

**OR**

1. Suspension remainder of competition season and next competition season from all extra-curricular activities
2. Counselor, or Drug Counselor, and Parent program evaluation
3. Meet program requirements
4. Mandatory drug testing bi-weekly each month for the next six months (parent cost) for athletes that violate 1B, C, and D.

**Third Offense:**

1. Suspended from all extra-curricular activities participation for remainder of high school career
2. No attendance at school activities for a remainder of school year

A participant who violates the third offense may appeal to the school board to have his/her eligibility reinstated.

The following disciplinary action applies for rules 2-5:

**First violation:** will result in a two (2) week suspension from the extracurricular activity\*. The student will still attend class or practices in the activity but will not participate in any games or events during the suspension. Failure to abide by this consequence will result in automatic dismissal from the activity.

\*Unless the violation breaks a state or national law, at which time the participant may be indefinitely suspended from the team until the matter is resolved.

**Second violation:** the student will be automatically dismissed from the activity for the remainder of the activity year. The activity year is defined as August 9th through the last day of school.

**Student Activity Cards and Fees:** Activity cards can be purchased during registration or any time for a fee of \$40.00. Students needing to replace their cards during the year will be assessed a \$5.00 charge. All students participating in extracurricular school activities are required to have an activity card. Additionally, a \$70 sports fee will be assessed to extracurricular participants. Participants must pay their sports fee and activity card prior to participating in the first practice. If payment is going to be an issue, talk to the athletic director.

In the event a student does not complete a sports season or withdraws from school, the following user fee and activity card refund policy will be in effect:

Activity Fee refund for a student who participates in only one extracurricular program:

1. If a student is removed from the team for disciplinary reasons or failure to meet District required academic standards any time during the season – no refund.
2. If a student quits prior to the first game, match, etc., a full refund is made.
3. If a student quits after the first game or match, refunds will be as follows:
  - A. Quits during the first half of the season – 50% refund.
  - B. Quits during the second half of the season – no refund.
4. If the coaching staff cuts a student – full refund.
5. If a student is injured and cannot complete the season, refunds will be as follows:
  - A. Injured during first half of the season – 50% refund.
  - B. Injured during the second half of the season – no refund.

Activity Card refund for a student who transfers out of Filer High School:

1. If a student transfers during the fall sports season – 50% refund.
2. If a student transfers after the fall sports season – no refund.

**Insurance:** It is recommended that students take school accident insurance protection offered at the beginning of the school year. Students participating in interscholastic athletics and certain classes are required to be covered by the school insurance plan(s) or their family plan.

## Sportsmanship Code:

### **Students and Staff of Filer High School will:**

1. Practice good sportsmanship at every opportunity
2. Be courteous to opponents, fans, administrators, and cheerleaders
3. Respect and abide by the officials' decisions
4. Win with grace and lose with dignity
5. Display appreciation for a good play regardless of who makes it
6. Follow the state sportsmanship rules at all state tournament events.

### **The Player:**

1. Treat opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gesture or argument.
5. Wins without boasting, loses without excuses, and never quits.
6. Always remembers that it is a privilege to represent the school and community.

### **The Coach:**

1. Treats own players and opponents with respect.
2. Inspires in the athletes a love for the game and the desire to compete fairly.
3. Is the type of person he/she wants the athletes to be.
4. Discipline those on the team who display unsportsmanlike behavior.
5. Respects the judgment and interpretation of the rules by the officials.
6. Knows he/she is a teacher, and understands the Activities arena is a classroom.

### **The Spectator:**

1. Attempts to understand and be informed of the playing rules.
2. Appreciates a good play no matter who makes it.
3. Cooperates with and responds enthusiastically to cheerleaders.
4. Shows compassion for an injured player; applauds positive performances; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior.
5. Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of a game.
6. Respects property of others and authority of those who administer the competition.
7. Censures those whose behavior is unbecoming.

### **Student/Parent/Spectator Responsibilities:**

Purchasing a ticket to an Activities event and/or attending an Activities event means that the spectator has assumed a responsibility for proper representation of Filer High School, just as the athlete does. These rules apply to all spectators, students and parents alike.

1. Spectators are to appreciate and give proper recognition to the good in others.
2. Spectators are to cheer positively and are to totally avoid "booing" and abusive language and vulgarity. Spectators should not engage in any kind of intentional display of rude behavior (such as turning their backs on members of opposing teams, cheerleaders and band).
3. Do not distract an athlete from performing well.
4. Spectators are to respect and obey property regulations established by each school.
5. For your safety as well as that of others.
6. Make sure you know the rules of the game so you may better enjoy the game.
7. Spectators are always to regard the official's decision as final.
8. Have fun representing your school and conference. Enjoy your part in the conference.

9. These rules are in effect at both home and away games for Filer High School athletes, student spectators and parents, even when not observed by opposing teams and fans.

### **Parent Department:**

We expect parents to join the staff in setting good examples. The school staff is charged with the responsibility for taking corrective steps when spectators create or contribute to fan behavior problems. We respectfully ask our parents to join in an overall effort to help make student sport participation a happy and healthy experience. In most sports, spectator bleachers are provided. We expect the fans to stay in the seating areas and not interfere with the coaches' responsibility on the court or field of play. Sitting behind the player's bench or scorer's table communicating with players, the coaching staff, and/or game officials interferes with the orderly conduct of contests. Spectators and/or parents are encouraged to not sit in these areas.

### **Patron Parent Concern Policy:**

#### ***Appropriate Concerns to Discuss with Coaches:***

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior. It is very difficult to accept that your child is not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

#### ***Issues Not Appropriate To Discuss with Coaches:***

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes. There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Parents/guardians with concerns between **their student and a coach/extracurricular advisor** shall initially attempt to resolve the difficulty by meeting with the coach/extracurricular advisor. The meeting shall be one-on-one and as informal as possible. The meetings shall be held in a timely fashion for resolution to occur. Each concerned party shall allow at least three working days for the other party to respond. If assistance is needed in setting up the meeting, the building's office staff will help with the arrangements. If either side is uncomfortable about meeting one-on-one during the initial meeting, they may request the principal, athletic director or assistant principal/dean of students to be present.

- A. If the initial meeting does not satisfy the parent/guardians, they may request a meeting with the building principal or the athletic director. The request shall include a short written description of the original concern and what the parents/guardians consider to be a satisfactory resolution to the concern. The coach/extracurricular advisor will also write an explanation of the complaint/concern from their point of view. The principal, athletic director or assistant principal/dean of students will receive a photocopy of all concerns/complaints filed before the meeting. A written summary of previous action (including dates, signatures from all parties, and outcome from meeting) will occur throughout this process. All parties shall be in attendance at the meeting.



- B. When the meeting with the principal or athletic director does not resolve the concern, the parent/ guardian may request a meeting with the District superintendent. The superintendent will request all parties to write their reflection from the previous meeting and turn into the district before the next meeting takes place. All parties shall be in attendance at the meeting.
- C. When the meeting with the superintendent does not resolve the concern, the parent/guardian may request a hearing before the Board by submitting a request that includes copies of all previous action taken to the superintendent or the chairman of the Board. All parties will be given reasonable notice of time and place of the hearing and shall be in attendance at the meeting. A minimum of three working days shall pass unless all parties agree to an earlier time. The Board will render a written decision within a reasonable time after the hearing.
- D. The principal or athletic director will follow-up on the concern in an administrative capacity to ensure the situation is resolved and satisfactory to all parties. He/she will write a follow-up letter to be given to all parties involved within a reasonable period of time.

The full patron concern policy shall be printed in all student handbooks, in the Board of Education Policy Manual, and posted online.

#### **Expectations of Athletes:**

Students should understand fully that by joining a team they are accepting the pleasures and benefits of participation as well as the responsibility and commitment to that team. Expectations may vary from coach to coach or in different sports but FHS has general expectations for all athletes at all levels. These expectations include:

1. Attendance at all practices and games.
2. Punctuality and preparedness for all practices and games.
3. Maintaining a high priority on academic achievement.
4. Desire to improve skills and knowledge of the sport.
5. Willingness to work hard and be attentive in practices.
6. Representing one's self, team, school and family in a dignified and sportsmanlike manner.
7. Reviewing, completing and submitting medical (physical) form, emergency medical card and training rules.
8. Taking responsibility for all equipment and uniforms.

#### **When to cheer and applaud:**

1. As your team comes onto the playing floor/field
2. As your team is introduced.
3. When a player (yours or opponent) makes an exceptionally fine play
4. When a substitution is made on your team, cheer both the outgoing player and incoming player
5. As encouragement and tribute to an injured player of either team
6. When an opponent who has played spectacularly leaves the game
7. As encouragement to a team whether on offense or defense.

#### **When not to cheer:**

1. When an opposing player makes a mistake or the opposing team is being penalized
2. When an opposing player is injured
3. If the opposing rooting section has already started a cheer or the opposing school band is playing
4. As announcements are being made over the public address system.

### **Inappropriate crowd behavior:**

Every attempt should be made to correct the following unsportsmanlike behaviors:

1. Displaying banners/posters directed toward opponents that are negative, vulgar, or display poor sportsmanship
2. Throwing objects onto the playing area; creating distractions during introductions of opponents or during free throws
3. Derogatory/harassing remarks that are directed towards an opponent or official, such language includes taunting, baiting, trash talking, booing, chanting phrases such as “Air Ball” or “You! You! You!”
4. Pep bands play during live ball situations (NFHS rule) or when the opposing band is already playing. Bands and cheerleaders should coordinate their efforts.
5. Use or possession of alcoholic beverages, drugs, and/or tobacco.
6. Leaving the stands at inappropriate times.
7. Possession and use of artificial noise making devices.

### **How to Establish Rapport with Your Child Athletic:**

1. Make sure that your child knows that – win or lose, scared or heroic – you love him/her, appreciate his/her efforts and are not disappointed in him.
2. Try your best to be completely honest about your child’s Athletic capability, their competitive attitude, their sportsmanship and their actual skill level.
3. Be helpful but do not “coach” them on the way to the field, diamond or court...on the way back...at breakfast...and so on.
4. Teach them to enjoy the thrill of competition, to be “out there trying” to be working to improve their skills and attitudes...to take the physical bumps and come back for more. Do not say, “Winning doesn’t count” because it does. Instead, help him develop the feel for competing, for trying hard, for having fun.
5. Try not to relive your Athletic life through your child in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Do not pressure them because of your pride.
6. Do not compete with the coach. The young athlete often comes home and chats about “coach says this, coach says that.” This, I realize, is often hard to take – especially for the father or mother who has had some sports experience.
7. Do not compare the skill, courage or attitudes of your child with that of other members of the squad or team, at least in their hearing. And if your child shows a tendency to resent the treatment they get from the coach, or the approval other team members get, be careful to talk over the facts quietly and try to provide fair and honest counsel. If you play the role of the overly protective parent who is blinded to the relative merits of your youngster and their actual status as an athlete and individual, you will merely perpetuate the problem. Your youngster could become a problem athlete.
8. You should also get to know the coach so that you can be assured that his philosophy, attitudes, ethics and knowledge are such that you are happy to expose your child to him. The coach has a tremendous potential influence.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reactions to the tales of woe or heroics they bring home. Do not cut your youngster down if you feel they are exaggerating – just take a look at the situation and gradually try to develop an even level. If you have any questions feel free to contact the coach of the team.

### **High School Competitive Athletic Programs:**

Over the past few years, it has come to our attention that some parents and students have some misconceptions regarding the high school competitive athletic program. Please take a few moments to

read this section. Hopefully, this will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

1. In each program, a coach and/or coaches are hired by the school district to be responsible for team selection. Criteria for selection are established by the head coach, usually with input from the entire coaching staff. This may be a highly subjective process. Team selection, practices, and decisions regarding game situations are the responsibility of the coaching staff.
2. If you have any questions regarding the process, please feel free to address these questions directly to the head coach. Please contact the coach to make an appointment outside of school, practice, or game time. If you have further questions the coach has not been able to answer, please contact the athletic director.
3. The Filer High School athletic program has become highly competitive. Due to limited opportunities, we are not able to place every child on a team who wishes to participate.
4. While this is not our desire, it is reality. The hardest thing our coaches have to do is tell young people they will not be on a team. Please be sure when your child tries out for a team, both you and they understand there is a very real possibility they may not be selected. If selected, both you and your child should be prepared to accept placement at any team level, i.e., C-Team, junior varsity, or varsity. It is disturbing to have a student try out for a team and then quit because they were not placed where they think they should be. By doing this, they have taken away someone else's opportunity to be on a team. Normally, coaches have a very short amount of time to make team selections. They try to do the very best they can in keeping the most talented athletes, filling positions for play, and appropriately placing them on the proper team. They are under a good deal of pressure to assemble the most competitive team possible. Any one of us might select different athletes for the team. We believe it is the coaches' responsibility and right to select the team with whom they will work for the entire season.
5. Our experience in athletics reveals there are many "club teams" sponsored by many different organizations. Each coach looks for something different in his or her players.
6. Participation on a "club team" does not guarantee any player a spot on another "club team" or any high school team. While we believe players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to "guarantee" a spot on a high school team.
7. In order to make a varsity team as a senior, a player must be outstanding and also play a position the team needs. Underclass student-athletes possessing these qualities have the same opportunity to make a team as the senior does. Our team structure dictates there will always be more underclass players than upper class in the total program. At selection time, it will be the coaches' decision.
8. A main goal of a competitive athletic program is to put the most talented members of the team in competition to win the contest. Starting positions and playing time are not guaranteed to seniors making a team or anyone else for that matter. Each member of a team is very valuable to the team's overall progress. Some members may play a great deal of time in a contest while others may not see what a parent would consider "significant" playing time. Each student should have personal improvement as one of his or her goals.
9. Being a member on a team and representing FHS brings about a certain amount of responsibility. Athletes should be dedicated to the program, teammates, and the school. Coaches and teammates are counting on team members to be at practices and games. In making a commitment to the team and program, we ask that vacations and any other events that will take your son/daughter away from practices and games be planned before or after the sports season. By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility, and commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

**Proper Training and Nutrition Principles:**

Filer High School Activities Program is committed toward producing positive, healthy citizens to represent our school, community, and Activities department. We encourage the student/athlete to adopt a program of fitness and healthy life-style during competition and the off-season. The Activities Department supports sound principles of nutrition and conditioning to include, but not limited to, proper stretching, adequate amounts of sleep, eating well balanced meals, avoiding tobacco, alcohol, and drug products, and the use of proper footwear and safety equipment.

We sincerely hope this helps you to understand the goals and philosophies of the competitive athletic program at Filer High School. Please feel free to contact us if you have any questions regarding any aspect of the athletic program.

ACTIVITY AGREEMENT

*The undersigned student and his or her undersigned parents or guardian acknowledge reading the rules and regulations of the Filer Activities Handbook and do accept and consent to the provisions contained therein.*

Student Name (please print) \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Address            \_\_\_\_\_  
                              (Street)  
                          \_\_\_\_\_    \_\_\_\_\_  
                          (City),    (State)            (Zip)

Filer School District Emergency Information/Medical Clearance Form

Name: \_\_\_\_\_ grade:  9  10  11  12

Age: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Social security #: \_\_\_\_\_

Parent(s)/guardian(s) names: \_\_\_\_\_

Work phone #: \_\_\_\_\_ relationship?: \_\_\_\_\_

Work phone #: \_\_\_\_\_ relationship?: \_\_\_\_\_

Cell phone #: \_\_\_\_\_ relationship?: \_\_\_\_\_

Emergency phone #: \_\_\_\_\_ relationship?: \_\_\_\_\_

Preferred doctor or clinic: \_\_\_\_\_

Telephone: \_\_\_\_\_

Insurance company: \_\_\_\_\_ policy #: \_\_\_\_\_

Are there any significant conditions the school medical/coaching staff should be aware of:

- |   |  |
|---|--|
| <input type="checkbox"/> Head/neck/spine injuries                 | <input type="checkbox"/> Loss of paired organs |
| <input type="checkbox"/> Previous broken bones                    | <input type="checkbox"/> Previous joint injury |
| <input type="checkbox"/> Cardiopulmonary conditions               | <input type="checkbox"/> Asthma                |
| <input type="checkbox"/> Allergic to medicines, insect bites, etc | <input type="checkbox"/> or other _____        |

Explain if you checked any on the above conditions: \_\_\_\_\_

Other medical conditions (describe): \_\_\_\_\_

In the event of serious injury and your family doctor cannot be contacted, and if we are unable to contact one or the other parent, does the coaching staff/athletic trainer have your permission to seek medical attention from the nearest physician?

Yes  No If your answer is NO, please state the procedure you wish the coaching staff/advisor to follow: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

In order for your son/daughter to receive the best care this form must be filled out properly. Your son/daughter will not be allowed to practice, participate, or travel unless this form is completed.

Student-Parent/Guardian  
Drug Testing Consent Form

I understand that my performance as a participant and the reputation of my school are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules, and regulations set forth by the Filer School District Board of Trustees and the sponsors for the activity in which I participate.

I also authorize Filer High School to conduct tests on saliva or urine, which I provide to test for drugs and/or alcohol use. I also authorize the release of information concerning the results of such a test to the Filer High School and to my parent or guardian.

This shall be deemed a consent pursuant to the Family Right to Privacy Act for release of the above information to the parties named above.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

Extracurricular Participants:

I choose to allow my son/daughter to continue to participate in the voluntary drug testing program after the conclusion of the activity season.

I choose to not to allow my son/daughter to participate in the voluntary drug testing program after the conclusion of the activity season.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date