

III. ELIGIBILITY RULES GOVERNING ATHLETICS

School Board Policy

505.05 Athletic Eligibility Requirements

Any Davenport Community School District student participating in a program sanctioned by the Iowa High School Athletic Association or the Iowa Girls High School Athletic Union will need to meet the requirements stipulated in the Iowa Code 281-36.15 under 36.15(2) Scholarship Rules. The Superintendent has the authority to act in behalf of the Board on all matters affecting athletic eligibility of students in those cases to which the Iowa Department of Education regulations require approval of the Board and/or Superintendent.

Summary Of Scholarship Rule

1. A student must receive credit in at least 4 subjects at all times
2. A student must pass and make adequate progress toward graduation to remain eligible.
3. If a student is not passing all at the end of a grading period, the student is ineligible for competition for a period of 30 consecutive calendar days in the interscholastic athletic event for which the student is a contestant.
4. A student may not join any sport after the first day of practice and apply their ineligibility to that sport in order to avoid the consequence during another sport. Students must finish a season or sport in good standing for an ineligibility period to be accepted. If a student drops out of an activity or sport, the entire ineligibility period will be applied to the next sport or activity in which the athlete participates in, subject to the 12 month limitation.
5. If a student is not passing all at any checkpoint, periods of ineligibility and conditions of reinstatement are left to the school.
6. Schools must check grades at the end of each grading period; otherwise a school determines how often they check grades.
7. A student with a disability and an IEP is judged based on progress made toward the IEP goals.
8. The use of summer school or other means to make up failing grades for eligibility purposes will not be accepted. The rule also requires that all original failing grades (even those remediated for other than athletic purposes) be reported to any school to which the student transfers.

Iowa No Pass/No Play Rule

Iowa Code

36.15(2) Scholarship rule.

1. All contestants must be enrolled and in good standing in a school that is a member or associate members in good standing of the organization sponsoring the event.
2. All contestants must be under 20 years of age.
3. All contestants shall be enrolled students of the school in good standing. They shall receive credit in at least four subjects, each of one period or "hour" or the equivalent thereof, at all times. To qualify under this rule, a "subject" must meet the requirements of 281—Chapter 12. Coursework taken from a postsecondary institution and for which a school district or accredited nonpublic school grants academic credit toward high school graduation shall be used in determining eligibility. No student shall be denied eligibility if the student's school program deviates from the traditional two-semester school year.
4. Each contestant shall be passing all coursework for which credit is given and shall be making adequate progress toward graduation requirements at the end of each grading period. Grading period, graduation requirements, and any interim periods of ineligibility are determined by local policy. For purposes of this sub-rule, "grading period" shall mean the period of time at the end of which a student in grades 9 through 12 receives a final grade and course credit is awarded for passing grades.
5. If at the end of any grading period a contestant is given a failing grade in any course for which credit is awarded, the contestant is ineligible to dress for and compete in the next occurring interscholastic athletic contests and competitions in which the contestant is a contestant for **30 consecutive calendar days**. Ineligibility begins the first day of the next grading period during the school year. Ineligibility begins the day after the grading period ends for summer sports.

6. Students are not allowed to join any sport after the first legal competition date of the season and apply their ineligibility to that sport in order to avoid the consequence during another sport. A student must complete a season or sport in good standing for an ineligibility period to be accepted. If a student drops out of an activity prior to the completion of the period of ineligibility, the entire penalty will be applied to the next activity the student participates in, subject to the 12-month limitation above.
7. A student with a disability who has an individualized education program shall not be denied eligibility on the basis of scholarship if the student is making adequate progress, as determined by school officials, towards the goals and objectives on the student's individualized education program.
8. All member schools shall provide appropriate interventions and necessary academic supports for students who fail or who are at risk to fail, and shall report to the department regarding those interventions on the comprehensive school improvement plan.
9. A student is academically eligible upon entering the ninth grade.
10. Remediation of a failing grade by way of summer school or other means shall not affect the student's ineligibility.
11. All failing grades shall be reported to any school to which the student transfers.

Davenport Central High School Study Table Program

In an effort to help student-athletes succeed in the classroom and remain eligible to compete in interscholastic athletics, Davenport Central is requiring that all in-season student-athletes attend study table if they have a failing or incomplete grade during one of the term check points. Students should be aware that:

- 1) At various times, student/athletes will have their grades checked electronically.
- 2) Mid-term grades and final grades will also be used as check points.
- 3) Study tables will be held on most Wednesdays from 1:50 – 2:30 in room 521.
- 4) Any failing or incomplete grade reported during a check will require attendance at study table.
- 5) Students need to bring appropriate study materials that are related to the course(s) in which the failing grade(s) is occurring.
- 6) Students should bring their student ID to study table.

Consequences: If a student fails to attend study table (unexcused), or gets asked to leave because of poor behavior: **THEY WILL NOT PLAY ON THE NEXT COMPETITION DATE.**

The purpose of Study Table is to help our student-athletes maintain eligibility and succeed in the classroom. All athletes are encouraged to attend even if they are not required to do so. Coaches can request that a student-athlete attend if they feel it will be beneficial to the student-athlete. Teachers from several subject areas will be available to provide help. **If a student-athlete can't attend for a legitimate reason, they should contact their Coach or the Athletic Director in advance whenever possible.**

If you have questions please contact Athletic Director, Brian Ehlinger, by emailing ehlingerb@davenportschools.org or by calling Central at 323-1757.

GOOD CONDUCT RULE

Administrative Regulation 504.08A

To retain eligibility for participation in all Davenport Community School District High Schools and Intermediate Schools extracurricular activities, students must conduct themselves as good citizens both in and out of school at all times. Students who represent the school in an activity are expected to serve as good role models to other students and to the members of the community.

Definition of Terms:

- **Extracurricular** – Any activity in which students are representing their school and the Davenport Community School District and where their participation does not directly impact an academic grade or the achievement of established standards and benchmarks.
- **Co-curricular** – Any activity in which students are representing their school and the Davenport Community School District and where their participation has a direct impact on an academic grade or the achievement of established standards and benchmarks.
- **Curricular** – Any course of study offered by a school that directly impacts an academic grade and the established standards and benchmarks.
- **Competition/Performance** – A specific event that is a component of an extracurricular program whether it is a contest, a special activity, such as but not limited to prom or homecoming, or a school sponsored trip that is part of an extracurricular activity.

Applicable Activity Programs--The Good Conduct Rule applies to all extracurricular activities, including but not limited to:

- Inter-scholastic sports (sanctioned or non)
- Dance Team
- Pompon Team
- Cheerleading
- Color Guard
- Winter Guard
- ROTC Drill Team
- Speech & Debate
- Royalty Courts
- Elected Offices
- National Honor Society
- Extra-curricular clubs (ex., Chess Club, Game Club)
- Class Officers
- Band (extra curricular activities)
- Choirs, including Show Choirs (extra curricular activities)
- Student Senate
- Any other activity where the student represents the Davenport Community School District outside the classroom

Covered Behaviors:

A student may lose eligibility under the Good Conduct Rule for any of the following behaviors:

- Possession, use or purchase of tobacco products, regardless of the student's age.
- Possession, use, or purchase of alcoholic beverages, including beer and wine. ("Use" includes having the odor of alcohol on one's breath.)
- Possession, use, or purchase of illegal drugs or the unauthorized possession, use or purchase of otherwise lawful drugs.
- Engaging in any act that results in or could lead to an arrest or citation in the criminal or juvenile court system, excluding minor traffic offenses. This includes harassment and or hazing.

If a student transfers into the DCSD from another school or school district and the student had not yet completed a period of ineligibility for a violation of a Good Conduct Rule in the previous school or school district, the student shall be ineligible if the administration determines that there is general knowledge in our school district of the fact of the student's violation in the previous district. The period of ineligibility shall follow the guidelines of the DCSD penalties and will take into account the amount of the penalty already served at the previous school or school district.

A student who transfers from one high school to another within the DCSD and had not yet completed the period of ineligibility at the first school for violation of the Good Conduct Rule will finish the period of ineligibility at the new school when it is determined the student would otherwise be eligible.

Reporters--All reports and information from a reliable source will be investigated by school administration. Reliable information may include, but is not limited to student self reporting, police reports, notification from juvenile court services, statements from adult witnesses, statements from student witnesses, or information from social networking sites such as Facebook. Anonymous reports will not be considered. Each school administration will determine the reliability of a reporting source and any information presented.

Determination of violation--A student who is accused of violating the Good Conduct Rule will be notified of the alleged violation and attend a review of the information that supports the allegation. The school administration shall also contact the parents/guardian verbally and follow up in writing. A member of the school administration will conduct the review. The student will be given an opportunity to present his/her case in response to the alleged violation. The school administrator shall review all information and circumstances relevant to the allegation and shall make a decision regarding the alleged violation of the Good Conduct Rule.

Penalties (examples of the number of playing dates and penalties are listed in the Appendix)

Any student who, after a review before the administration, is found to have violated the Good Conduct Rule, during the school year or summer, is subject to a loss of eligibility as follows:

First Offense: Suspension from one-third of the season's allowed contests or performance dates.

Second Offense: Suspension from one-half of the season's allowed contests or performance dates.

Third Offense: Suspension from athletic competition or participation in activities as outlined in the **Applicable Activity Programs** for 365 calendar days.

The number of contests or performance dates served on suspension is computed using the allowed number of games or competition dates as set by the IHSAA (Iowa High School Athletic Association) or IGHSAU (Iowa Girls High School Athletic Union) for a season. Post season competitions are not part of this formula but will be used as part of the ineligibility period.

The period of ineligibility attaches immediately upon a finding of a violation if the student is currently engaged in an extracurricular activity and, if not, or if not completed during the current activity, is begun or carried over to the time the student seeks to go out for the next activity or contest. If the period of ineligibility is not completed with the current activity, the balance of the ineligibility will carry over to the next activity. If the student is involved in multiple activities at the time the ineligibility is to be served, the ineligibility shall apply to all applicable activity programs. However, if the period of time between the finding of a violation and an activity is 365 calendar days or more, the student shall not serve an ineligibility period for the violation.

Students are not allowed to join any sport after the first legal competition date of the season and apply their ineligibility to that sport in order to avoid the consequence during another sport. A student must complete a season or sport in good standing for an ineligibility period to be accepted. If a student drops out or is dismissed from an activity prior to the completion of the period of ineligibility and season, the entire penalty will be applied to the next activity the student participates in, subject to the 12 month limitation above. An ineligible student shall attend all practices or rehearsals but may not "suit up" or participate in contests (any level) during the designated ineligibility period

If the student is ineligible at the time of the violation of the Good Conduct Rule, the penalty for the violation of the Good Conduct Rule shall not begin until the student regains eligibility.

The penalties shall accumulate in intermediate school, and then the student will begin again at the start of ninth grade and the penalties will accumulate during grades 9-12.

No partial games/events will be served. A fraction of a game/event will be rounded up. Example: one half of a basketball season is ten and one-half games. This would be rounded up to eleven games

Reduction in Penalty--On the first offense, if a student comes forward and reports within forty-eight (48) hours of the violation of the Good Conduct Rule (or in the event the student is unable to report the parent/guardian may) to a coach, administrator, or activity sponsor (or can prove a good faith effort was made to do so) the penalty may be reduced by the administration to one playing date. This reduction shall only apply to the first offense.

Suspension/Expulsion under the Good Conduct Rule--If a student receives a disciplinary out of school suspension or expulsion because of a violation of the Good Conduct Rule, the applicable penalty will include competitions/performances during the time of the suspension or expulsion. If the student is serving a suspension or expulsion when the Good Conduct Rule is violated, the applicable penalty will be applied at the end of the suspension or expulsion.

Appeals--Any student who is found by the administration to have violated the Good Conduct Rule may appeal this determination. The appeal must be made in writing within three (3) school days of being advised of the penalty for the violation. A rationale for the appeal is to be included in the letter. This letter is to be sent to the Davenport Community School District Director of Athletics. Appeal is made to the Good Conduct Rule Appeal Committee, consisting of the assistant principals of athletics from the three high schools, the District Director of Athletics, and one disinterested high school administrator. A meeting of the Good Conduct Rule Appeal Committee will take place within five school days of the receipt of the letter of appeal during which the student, parent/guardian will have the opportunity to meet with the committee and present their case. Student and parent/guardian may obtain legal counsel. A decision will be made and communicated to the student and parent/guardian within three days of the committee meeting. The Good Conduct Rule Appeal Committee decision is final.

Allowed sport competition events/dates with first and second violation penalties.

Fall

Boys golf – 12 dates	1 st offense – 4 dates	2 nd offense – 6 dates
Boys cross country – 10 dates	1 st offense – 4 dates	2 nd offense – 5 dates
Girls cross country – 10 dates	1 st offense – 4 dates	2 nd offense – 5 dates
Football – 9 games	1 st offense – 3 games	2 nd offense – 5 games
Girls swimming – 12 dates	1 st offense – 4 dates	2 nd offense – 6 dates
Volleyball – 14 dates	1 st offense – 5 dates	2 nd offense – 7 dates

Winter

Boys basketball – 21 games	1 st offense – 7 games	2 nd offense – 11 games
Girls basketball – 21 games	1 st offense – 7 games	2 nd offense – 11 games
Boys swimming – 12 dates	1 st offense – 4 dates	2 nd offense – 6 dates
Wrestling – 15 dates	1 st offense – 5 dates	2 nd offense – 8 dates
Boys bowling – 12 dates	1 st offense – 4 dates	2 nd offense – 6 dates
Girls bowling – 12 dates	1 st offense – 4 dates	2 nd offense – 6 dates

Spring

Boys golf – 12 dates	1 st offense – 4 dates	2 nd offense – 6 dates
Boys track – 12 meets*	1 st offense – 4 meets	2 nd offense – 6 meets
Girls track – 12 meets*	1 st offense – 4 meets	2 nd offense – 6 meets
Girls soccer – 17 dates	1 st offense – 6 dates	2 nd offense – 9 dates
Boys soccer – 15 dates	1 st offense – 5 dates	2 nd offense – 8 dates
Boys tennis – 12 dates	1 st offense – 4 dates	2 nd offense – 6 dates
Girls tennis – 12 dates	1 st offense – 4 dates	2 nd offense – 6 dates

Summer

Softball – 40 games	1 st offense – 14 games	2 nd offense – 20 games
Baseball – 40 games	1 st offense – 14 games	2 nd offense – 20 games

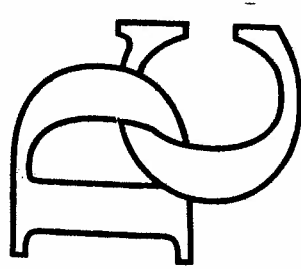
*ineligibility for track meets will start with the first outdoor track meet and not include indoor meets.

**IF THE MEETING WITH THE
COACH DOES NOT PROVIDE A
SATISFACTORY RESOLUTION**

Call Athletic Director Brian Ehlinger at 323-1757 and make an appointment to discuss the situation. Research indicates a student/athlete involved in co-curricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

We hope the information provided within this brochure makes your experience with the Davenport Community Schools athletic program more enjoyable for both you and your student/athlete.

**DAVENPORT CENTRAL
HIGH SCHOOL
ACTIVITIES OFFICE
563-323-1757**



**COMMUNICATING
WITH
YOUR
STUDENT/ATHLETE'S
COACH**

It is the policy of the Davenport Community School District not to discriminate on the basis of gender, race, color, national origin or ancestry, ethnicity, religion, creed, age, marital status, sexual orientation, or disability in its educational programs, activities, or employment policies as required by Titles VI and VII of the 1964 Civil Rights Act, Title IX of the 1972 Educational Amendments, and Section 504 of the Federal Rehabilitation Act of 1973. It is also the policy of this district that the curriculum content and instructional materials utilized reflect the cultural and racial diversity present in the United States and the variety of careers, roles, and life styles open to women as well as men in our society. Inquiries regarding compliance with Title IX, Title VI, or Section 504 may be directed to Robert L. Mata, Director, AERS, Davenport Community School District, 1606 Brady Street, Davenport, IA 52803, 563.336.2805.



Mississippi Athletic Conference

**DAVENPORT CENTRAL HIGH SCHOOL
1120 MAIN STREET
DAVENPORT, IOWA 52803
563-323-9900**

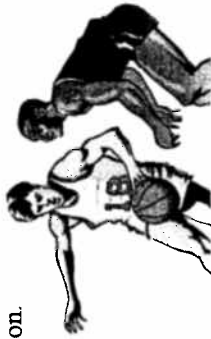
COMMUNICATION ADDS TO SUCCESS

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to athletes. As parents, when your student/athletes become involved in our program, you have a right to understand what expectations are placed on your student/athlete. This begins with clear communication from the coach of your student/athlete's program.



COMMUNICATION YOU SHOULD EXPECT FROM YOUR STUDENT/ATHLETE'S COACH

1. Philosophy of the coach.
2. Expectations the coach has for your student/athlete as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e., practices, special equipment, out-of-season conditioning.
5. Procedure followed should your student/athlete be injured during participation.
6. Disciplinary action that may result in the denial of your student/athlete's participation.



Coaches are professionals. They make judgment decisions based on what they believe to be best for all student/athletes involved. As you have seen from the prior list, certain things can be and should be discussed with your student/athlete's coach. However, the following should be left to the coach's discretion:

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 procedure listed below should be followed to help promote a resolution to the issue or concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call Athletic Director Chris Cartee at 323-1757. A meeting will be arranged.
3. *Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote a resolution.*

COMMUNICATION COACHES EXPECT FROM PARENTS

Concerns expressed directly to the coach.

1. Notification of any schedule conflicts well in advance.
2. Specific concerns with regard to a coach's philosophy and/or expectations. As your student/athlete becomes involved in the programs at the Davenport School District, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your student/athlete wishes. At these times discussion with the coach by your student/athlete is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your student/athlete, mentally and physically.
2. Ways to help your student/athlete improve.
3. Concerns about your student/athlete's behavior.

It is very difficult to accept your student/athlete not playing as much as you may hope.

A FACT SHEET FOR PARENTS AND STUDENTS

HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C,

Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:
 - “**Licensed health care provider**” means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
 - “**Extracurricular interscholastic activity**” means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?

1. **OBEY THE NEW LAW.**
 - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- **Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

Signs Reported by Students:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

PARENTS:

How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

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

IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON

Davenport Central Strength & Conditioning Program

Why Strength & Conditioning Training?

I have always known that most kids are not naturally strong and fast. I would like to say that this is specific to young pre-pubescent athletes between the ages of 8-12.

But the problem is that the majority of young athletes through high school lack strength, speed, and NEVER get close to their athletic potential.

A conservative estimate is that at least 90% of young athletes cannot even do 1 good push-up, let alone 10 good ones.

- Good push-ups mean a straight torso with no bend from head to toe.
- Chest to the ground.
- Come back to the starting point with your arms straight.

Most athletes are barely bending their arms, dipping their hips to the ground, and struggle to hold the starting position for ten push-ups.

Top Reasons for Young Athletes Lacking Strength

Some athletes are blessed with great genetics that give them strength. At BEST, this is probably 2-5% of young athletes. The rest of the young athletes need to do something to gain strength.

- Don't know how to get strong
- Inconsistent effort in achieving strength
- Parents do not know, or understand how to make their young athletes stronger & faster
- Gyms do not have proper equipment for young athletes
- There are very few strength coaches that focus on youth strength & speed training
- Most equipment is designed for adults
- Most training programs are designed for adults
- Poor nutritional habits
- A one sport focus, and doing only sport specific workouts

Benefits of Strength & Conditioning Training

- Creates good physical fitness habits
- Improves bone density (male & female)
- Makes the athletes more durable (Less injuries), which is especially important for female athletes
- Lower body fat
- More competitive in their respective sports compared to their peers
- Improved strength, jumping, running speed, and agility

My athletes will improve their fitness in the following areas:

Endurance, Strength, Speed, Power, Fitness, Stamina, Coordination, Agility, Balance, Accuracy

We will bring back pride and respect for Davenport Central athletics.

Strength & Speed will be our unfair advantage.

Go and Conquer,

Coach Perisho

