

ALL STUDENTS PARTICIPATING IN A CO-CURRICULAR ACTIVITY MUST HAVE THIS CARD FILLED OUT COMPLETELY AND IT MUST BE ON FILE IN THE ACTIVITY/ATHLETIC OFFICE **PRIOR** TO PRACTICE OR PARTICIPATION.

**CO-CURRICULAR PHILOSOPHY:** The Co-Curricular Activity Program of the Muskego-Norway School District is a vital part of the educational system. The primary purpose of this program is to assist students in growing and maturing into responsible members of our school and community. The co-curricular program is and will continue to be an important part of school life.

Respect, courtesy, honesty and good sportsmanship are basic to good citizenship and should form the basis for all behavior. Since students involved in co-curricular activities represent their school, their behavior frequently determines the opinion others have of their school and the individuals within that school community.

This co-curricular code outlines the standards for students participating in our activities program. These include standards of behavior in the areas of school attendance, academic achievement, and proper conduct. In addition, as we look at society, we see that the use of tobacco, alcohol, and other drugs is widespread in our culture; as that use may be habit forming and harmful to an individual and society and as it is the responsibility of the Muskego-Norway school system to teach the dangers of usage and to discourage that use, it is logical to adopt a code that endorses that responsibility.

As students experience the privilege of participating in a co-curricular activity they must also accept the responsibility of maintaining a set of standards that will bring credit to themselves, their family, their school, and their activity. The following are established policies that support the standards and expectations of our co-curricular program. Deviation from the standards will mean suspension from part or the entire program. Unless otherwise described, the term "violation" in this code means a confirmed or admitted act.

**CO-CURRICULAR CODE:** This code is in effect at all times, 12 months a year, 24 hours per day, 7 days per week, on or off campus, from the first day a student becomes involved in the Muskego-Norway Co-Curricular Activity Program until such time that the student graduates from high school or has completed all school-sponsored activities (summer baseball).

**VIOLATIONS:** I. The possession or use of tobacco or tobacco products, alcohol, PES, controlled or illegal substances.  
II. Conduct, in or out of school that brings discredit to the student, his /her parent, school, or activity/team.

The above stated conditions do not preclude an advisor or coach from creating additional guidelines and consequence specific to a given activity.

### **PROBLEM SOLVING PROCEDURE**

It has been stated that co-curricular participation is a microcosm of society. These activities enhance the overall educational experience of the student. The development of lifetime skills like honesty, integrity, respect, dedication, commitment, and loyalty are all important qualities for students to learn. One of the most important lifetime skills that can be developed through participation is problem solving. If we indeed believe that co-curricular programs mimic life, then the potential exists for conflict in interpersonal relationships. Conflict is an inevitable part of the human condition. Students should learn to embrace it as an educational opportunity. Although these skills are best developed in the home, Muskego High School feels an obligation to reinforce their development and endorses the following guidelines for the benefit of healthy dialogue and resolution.

### **WHEN A PROBLEM EXISTS, FOLLOW THESE STEPS SEQUENTIALLY**

1. The participant should reflect on program philosophy and goals as stated by the coach. Then take a personal inventory and an insightful look at your goals, desires and motivation. How do they match up with the program?
2. The participant should speak to their parent /guardian. The parent should avoid being the "middle man" and running interference. Discussion should focus on resolving the questions listed in #1 above. No resolution?
3. The participant should talk with the advisor/coach. The parent should avoid denying the participant this educational opportunity by meeting with the advisor/coach on behalf of the participant. Following this session, the parent and participant should talk. No resolution?
4. The parent should call the advisor/coach to arrange a meeting with the participant included. Please avoid approaching a coach after a game. Following this session, the parent and participant should talk. No resolution?
5. The parent should call the activities coordinator to arrange a meeting with advisor/coach and participant included. No resolution?
6. The parent should call the principal to arrange a meeting with the activities coordinator, coach and participant included.

## HOW TO APPROACH YOUR ADVISOR OR COACH WITH A PROBLEM

1. The participant should reflect on program philosophy and goals as stated by the coach. Then take a personal inventory and an insightful look at your goals, desires and motivation. How do they match up with the program?
2. The most opportune time to arrange a meeting is before or after practice. All successful problem solvers realize that effective communication only results when emotions are held in check. Therefore out of respect for all parties, attempting to resolve conflict on game day is not effective and must be avoided.
3. After a meeting is arranged, put your thoughts on paper. Rehearse. Take notes with you to the meeting. Use positive communication skills i.e. proper eye contact, respect, and emotional control. The advisor/coach will seek to understand your position. Understanding does not necessarily imply agreement.
4. After making your case, become an active listener. Seek to understand the advisor/coach position before defending your own. Take notes. Avoid interrupting.
5. Remember that listening does not necessarily imply agreement for either party. Successful problem solvers understand the concept of "agreeing to disagree" and are respectful of others' opinions.

It is the student's responsibility to read and follow all rules of eligibility. These rules are posted on the MNSD website.

THE CO-CURRICULAR PROGRAM OF THE MUSKEGO-NORWAY SCHOOL DISTRICT RECOGNIZES THE NEED FOR MAXIMUM STUDENT AND PARENT COOPERATION TO MAKE STUDENTS A SUCCESS. YOUR SIGNATURES SIGNIFY THAT YOU HAVE READ AND UNDERSTAND THE CO-CURRICULAR CODE AND THE WIAA RULES OF ELIGIBILITY AND AGREE TO ABIDE BY THE CONDITIONS SET FORTH. THE ABOVE INFORMATION IS A CONDENSED VERSION OF THE CO-CURRICULAR CODE CONTAINED IN THE STUDENT HANDBOOK.

### Legal Waiver and Release

1. I give my permission for the above named student to practice, compete and represent the school in WIAA and/or approved interscholastic sports or MNSD clubs except those restricted on this card.
2. I grant permission for any medical records pertaining to the health of the above named student be made available as necessary to the proper school district personnel and appropriate health care providers, including emergency medical personnel.
3. It is recommended that information regarding your child's allergies and prescribed medications be made available.
4. We authorize consent between the athlete, parents, Muskego-Norway School District representative, Aurora Sports Medicine Institute representative or any healthcare provider to; discuss any pertinent information in regards to current or previous medical conditions, perform necessary evaluative procedures and secure treatment of injuries or medical conditions sustained through participation.
5. We further authorize the Muskego-Norway School District representative, or Aurora Sports Medicine Institute representative to take any necessary action in the case of an emergency. We further authorize transportation by Emergency Medical Service Personnel to an Emergency Management Facility and the EMF to treat the condition in the event that we are physically unable to give consent ourselves.
6. We understand that participation in co-curricular activities provided by Muskego-Norway School District may result in injury, some of which could **result in catastrophic outcomes** including, but not limited to; concussion, permanent, paraplegia, and death. Participants hold the responsibility to perform only approved safe techniques in practices and games or events.
7. Participants/Parents/Guardians have been educated on the signs, symptoms and care of concussions and agree to abide by MNSD concussion protocols.
8. We accept all risks associated with participation while using our facilities or services.

It is the student's responsibility to read and follow all WIAA rules of eligibility. These rules are posted on the MNSD website.

Having been cautioned and warned, we sign this document voluntarily, intelligently and with full knowledge of its legal consequences. Furthermore, we release the Muskego-Norway School District, the members of the Muskego-Norway School Board, and their respective employees and agents and Aurora Sports Medicine Institute Representatives from any liability and or claims of negligence that may occur during participation in any practice and/or event which is in any way related to the co-curricular activity. We further understand that the Muskego-Norway School District does not provide health insurance on behalf of participants in such co-curricular activities, and that the responsibility for medical coverage for any injury or illness sustained as a result of participation does not lie with the District. We understand that this release will apply to myself, and personal representatives, heirs, and assigns.

For  
Emergency: \_\_\_\_\_  
Insurance Company Policy number/S.S.Number

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

Date \_\_\_\_\_ Signature of Athlete/Participant \_\_\_\_\_

SPORT/ACTIVITY \_\_\_\_\_