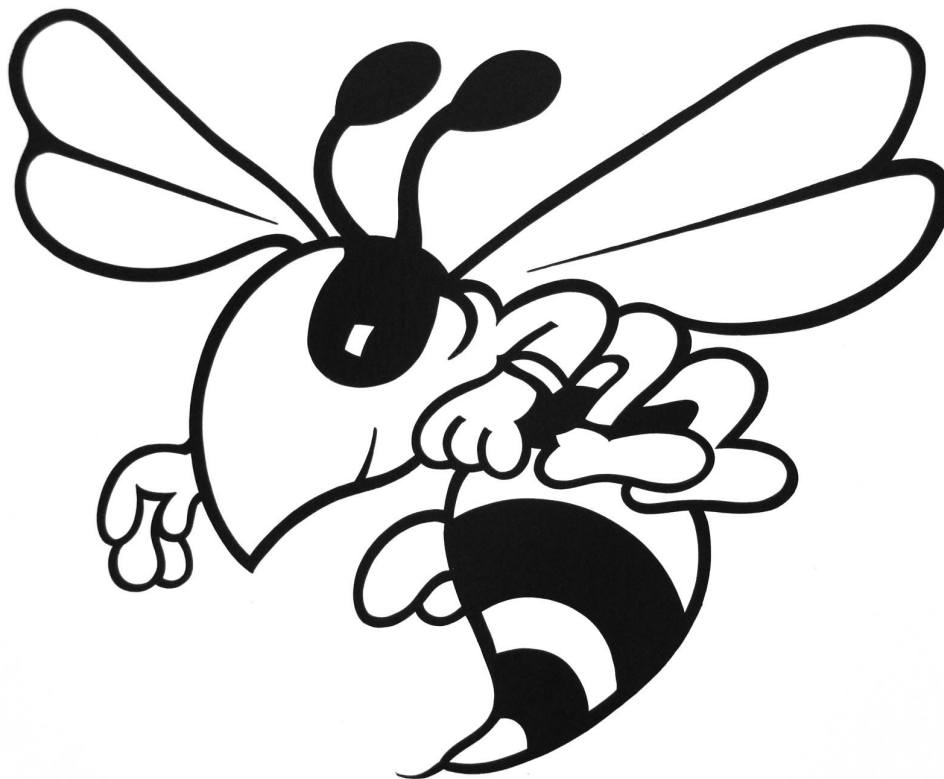


Student Activities

“The education that begins after the final bell rings”



Woodstock Union MS/HS Athletic/Activities Digest For Students and Parents

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All student participants and their parents are expected to read this digest carefully. Your signatures on the participation consent form confirm you have read and understood the information contained in this digest.

Welcome to the interscholastic athletic and student activities programs at Woodstock Union MS/HS! You are to be commended on your decision to participate in co-curricular activities. In choosing to become involved in your school outside of the classroom, not only will you experience enjoyment, competition and camaraderie, but you have also made a commitment to your team or group, your school and your community. An important aspect of your participating is honoring that commitment. High school athletics and activities are valuable components of education, and I hope you find your experience here at Woodstock to be rewarding and enjoyable. This handout is designed to provide students and parents with information about athletics and student activities. Parents, please familiarize yourself with this information so that you and your child(ren) understand and accept responsibility for our rules and policies.

HS & MS INTERSCHOLASTIC SPORTS

Fall

Cross Country Running - Boys & Girls	Varsity & MS
Field Hockey	Varsity/JV/MS
Football	Varsity/JV/MS
Soccer - Boys & Girls	Varsity/JV/MS
Golf - Boys & Girls	Varsity

Winter

Alpine Skiing	Varsity
Basketball - Boys & Girls	Varsity/JV/MS
Ice Hockey - Boys & Girls	Varsity
Nordic Skiing - Boys & Girls	Varsity
Snowboard - Boys & Girls	Varsity

Spring

Baseball - Boys	Varsity/JV/MS
Lacrosse - Boys & Girls	Varsity/JV/MS
Softball - Girls	Varsity/JV/MS
Tennis - Boys & Girls	Varsity/JV - (Girls Only)
Track & Field - Boys & Girls	Varsity/MS

STUDENT ACTIVITIES

For information about the activities below, contact the main office or the athletic/activities director. These groups include but are not limited to: National Honor Society, Student Council, Yearbook, Jazz Band, Safe School Ambassadors, etc.

ATHLETIC PHILOSOPHY

Interscholastic athletics are a vital part of the secondary school education program. They provide a unique opportunity for students to achieve their full potential, as athletes and as people, in a setting which is both demanding and rewarding.

Purposes:

1. To meet the needs of the students who have an interest in athletics.
2. To foster a spirit which lends vitality to school life and often makes the education process more effective.
3. To provide wholesome activities of recreational interest for the entire community.

Objectives:

1. To provide interscholastic athletic experience for a maximum number of students.
2. To emphasize that making the effort to win is more important than winning by demanding it and rewarding it.
3. To acknowledge that the real value of sport to the student is in the enjoyment derived from the activity itself and from the associations developed among coaches and players in practice as well as in games.
4. To encourage fellowship, leadership and cooperation in a competitive atmosphere.
5. To inspire a voluntary commitment to excellence - in study, work and play.

TABLE OF CONTENTS:

1. Physicals for Athletics - Every 2 years
2. Insurance - Required
3. Health & Athletic Form/Contract
4. Post-Season Criteria
5. Communication Plan for Parents/Coaches
6. WUHS Eligibility - Grades 9-12
7. WUHS Disciplinary Action - Grades 9-12
8. Behavior Requirements
9. Attendance
10. Dismissal from a Team/Club/Organization
11. Guidelines for Spectators
12. Family Vacation
13. Practice and Contest Policies
14. Student Rules on School Bus
15. Student Discipline- School Bus Conduct
16. Athletic Injuries
17. Tryouts
18. Uniforms and Equipment
19. Awards Criteria
20. Hazing
21. Personal Property
22. Travel
23. Two-Sport Policy
24. Sub-Varsity Participation
25. Academics
26. VPA Eligibility Policies
27. VPA General Rules
28. NCAA & Collegiate Eligibility

1. **PHYSICALS FOR ATHLETICS:** It is the policy of WUS to require a Physical Examination every two years for students engaged in inter-scholastic athletics. These physicals are at the expense of each individual. The Athletic Department has an available form for this purpose. If you have had an injury/illness that has lasted longer than a week in the last six months, you will need a statement from your physician as to your fitness to participate. Evidence of the physical must be on file with the nurse prior to the athlete's participation in practice or games.
2. **INSURANCE:** All candidates are required to furnish proof of accident/health insurance before participating in any tryouts, practice sessions, or athletic contests. The WUS does not purchase insurance for its athletes. Each year the school district does make available a school insurance program at a nominal fee to all students enrolled at WUS.
3. **HEALTH & ATHLETIC FORM/CONTRACT:** The Health & Athletic Participation Form must be completed the candidate and his/her parents or guardians prior to eligibility for practice and/or play. These forms are completed online at woodstockvt.gomyreg.com.
4. **POST-SEASON CRITERIA:** Teams are expected to win 25% of their games in order to participate in postseason play. Expectations may be approved by the Athletic Director and Principal.
5. **COMMUNICATION OF ATHLETIC CONCERNS:** This section is intended to help improve communication between parents, coaches, and administrators, ultimately for the benefit of the student. Involvement in extracurricular activities will allow your child(ren) to experience some of the most rewarding times of their lives. However, there will likely be times when things don't go their way or they disagree with a coach. It is important that students and parents realize these difficult situations are as much a part of the learning experience as are the good times. Our coaches work hard to do the best they can for all of their athletes, and we ask you to respect the fact that their decisions are often extremely difficult, and are made based on factors of which students and parents may not be aware. We strongly encourage the student, not the parents, to talk to the coach about any issues or problems that arise during the season. This is not only the most direct and productive means of communication, but also a valuable method of teaching responsibility.

We recognize that situations may arise where parents find it necessary to raise a concern, and we ask you to please adhere to the following communication guidelines.

- Appropriate concerns to discuss with coaches:
 - That treatment of your child, mentally and physically.
 - Ways the parent can help the child to improve.
 - Concerns about your child's behavior.
- Issues not appropriate to discuss with coaches:
 - Playing time

- Team strategy
- Play calling
- Other student-athletes
- Protocol for registering concerns:
 - Contact the Coach **FIRST**. If you cannot reach him/her, call the athletic office and a meeting will be set up for you.
 - If the meeting does not provide satisfactory resolution, call to set up an appointment with the **Athletic Director**, Justin Wardwell.

6. WUHS Eligibility - Grades 9-12:

- a. A bona fide student is determined as one taking at least six (6) academic credits. Seniors are so considered taking five (5) academic credits.
- b. A student who is failing two or more of his/her courses throughout the marking period is then placed on academic probation. This rule applies to grades 7-12.
 - i. Students must complete a weekly green sheet while on academic probation to determine eligibility.
 - ii. Green Sheets:
 1. Students on academic probation are required to complete a green sheet Friday to be eligible for the following week.
 2. A student is *not eligible* to participate in games, meets, performances, etc. if there are two or more no's or incompletes or if they fail to complete the green sheet.
 3. The green sheet must be provided to the coach each Friday.
- c. Marking period grades only will determine eligibility, except for the fall season.
- d. The final grade will determine eligibility for the first marking period of the following school year. Approved summer school grades may be substituted for final grades.
- e. If a student withdraws/failing from a course and, at the same time, transfers to a new course in the same graduation cluster as the dropped course, the failing grade will not count, provided the student passes the new course. If a student withdraws/failing and another course is not substituted, the failing grade will be considered a failing grade for that quarter.
- f. An incomplete grade in a course will be considered a failing grade unless excused. Excused in-completions must be made up within 10 school days. The Principal may grant additional time in extenuating circumstances.
- g. The eligibility of a student transferring to the Woodstock Union Schools will be determined by the same process as a student already enrolled at WUS.

- h. Eligibility will be determined when report cards are distributed.
- i. Athletes & extracurricular participants will be eligible for a season of activity if:
 - i. High School-student has NO failing grades from the marking period (quarter) prior to the season and NO failed courses during the season. Freshmen begin their freshman year with a clean slate.
 - ii. High School exception: when the end of a marking period falls ten (10) school days or less after the beginning of an athletic season, students that have NO failing grades from the previous marking period shall become eligible to participate in athletics.
 - iii. Middle School 7th & 8th Graders-Student has NO failing grades from the marking period (quarter) prior to the season. Middle School Exception-A Student MAY fail one course and continue eligibility only once during a school year. Subsequent failure will be considered “no pass, no play” for the remainder of that school year. 7th graders begin school year with a clean slate.
- j. Students who are declared academically ineligible will not receive postseason letters, awards, or certificates for that sport or activity.
- k. Students with Proficiency Based Grading with below proficiency will be reviewed case by case basis.

7. WUHS DISCIPLINARY ACTION - GRADES 9-12: An athlete at Woodstock Union High School will be subject to athletic disciplinary action if he or she commits any of the following during a sport season:

- a. Uses or possesses tobacco, alcohol, or any mood-altering chemical not specifically prescribed by a physician on or off school premises during any time of the day.
 - i. Use of prescription medications is allowed when:
 - 1. Used by the individual for whom they were prescribed in a manner and in the amount prescribed.
 - 2. With written notice to the athlete’s Head Coach of such use.
- b. Falsifies a signature or any information on any athletic related form.
- c. Is involved with the theft or vandalism of any school or personal property or of any opponent’s school or personal property at those institutions or while they are visiting Woodstock.
- d. Civil/criminal violation of training rules - A student who:

- i. Is convicted of a misdemeanor other than a misdemeanor resulting from a motor vehicle offense which did not involve personal injury or careless and negligent driving;
- ii. Is charged with a felony for which probable cause has been determined, or convicted of a felony;
- iii. Vandalizes school property or steals property on school district grounds; Shall be subject to the following penalties:
- iv. For the first offense occurring during a sports season, the student will be immediately dropped from the program for the remainder of the season.
- v. For a second offense during one school year, the student will be suspended from participation in any sport or activity for the remainder of the school year.
- vi. For a first offense that takes place outside of a sports season, but is discovered during the season, there will be no penalty. However, if the student violates training rules again during that school year, he/she will be suspended from participation in any sport or activity for the remainder of the school year.

An athlete found to have committed any prohibited conduct during a sports season will be subject to the following Athletic Disciplinary Action:

1. First Offense - No prior offense during the preceding two years. The athlete will be suspended from participating in competition for two consecutive games and one week of practice. During the one week period the athlete will continue to practice with the team and will be dressed for all team functions. Unexcused absences of the athlete during the one week period will result in the suspension period being extended by the number of days the athlete is absent. Students will also be required to complete 10 hours of community service, to be completed in a two week period. Notification of community service must be submitted to the Athletic Director at the end of the two week period.
2. All subsequent offenses within two years of prior offense The athlete will be suspended from all interscholastic athletic activities at WUS for a one year period beginning at the date of the suspension. The suspension shall exclude participation in all practices for all interscholastic sports.

It is the responsibility of the Head Coach to inform the Athletic Director in writing of any infraction. The Athletic Director will notify parents of suspensions and community service.

All suspensions shall remain in effect until the athlete and at least one of his parents or guardian meets with the Head Coach and the Athletic Director.

8. BEHAVIOR REQUIREMENTS:

- a. Detention: A student must serve detention on the assigned day(s) whether or not it conflicts with any school athletic or co-curricular practice or event.

- b. Suspension: A student may not participate in practices, athletic events or other school events during the term of after hours or out-of-school suspension.
- c. Any question of eligibility to participate will be resolved by the Athletic Director and Principal.

9. ATTENDANCE:

- a. A student absent from school may not participate in a cocurricular activity scheduled for that day unless approved by the Principal.
- b. For a student to be eligible to participate in an extracurricular activity on a given day, they must be in attendance for the full school day, other than for documented reasons with prior exception and/or approved by an Administrator.
- c. A student shall be considered absent from school if they are not in attendance before 11 A.M. Students with senior privileges who are not in attendance in their scheduled classes are considered absent for the day.
- d. When a student anticipates an absence from school on the day of a scheduled activity, the coach should be notified by the student. The student must also seek approval to participate from the Principal. Funerals and college interviews are some reasons a student may be absent.
- e. It is the responsibility of the coach/advisor to check the absent list every day. No student listed as absent shall participate in an activity that day unless approved by the Athletic Director and Principal.
- f. Also, any student serving ISS or OSS will not be allowed to participate, attend, or compete in any practices or contests until the suspension is completed.

10. DISMISSAL FROM A TEAM/CLUB/ORGANIZATION:

- a. Any student dismissed from a team/club/ organization by a rule or as a result of a coach/advisor's decision for reasons including academics, training rules, hazing, or any other disciplinary situation, will NOT be permitted to join another interscholastic sport or club during the same season.
- b. NO student-athlete may quit a team and join another team in the same season once a team roster has been established. If a student-athlete wishes to quit a team and join another team in the same season, both coaches must be in agreement and the team the student-athlete wishes to join must still be in the team selection process.

11. GUIDELINES FOR SPECTATORS

- a. Spectators, whether students, faculty, parents, alumni or friends, bear important responsibilities to the school for the atmosphere and conduct of games, whether at home or away.
- b. Spectators should watch games from those areas defined by each school as spectator areas. They must NOT run up and down sidelines, call to players, coaches or officials in an unsportsmanlike manner, go onto the field of play, or

- deface property. Any action which detracts from the ability of coaches, players and officials to do their best is not acceptable.
- c. Faculty members should remember that their responsibilities for student discipline and behavior extend to disciplining and controlling students who misbehave as spectators.
 - d. It is the policy of the Woodstock Union High & Middle School that the use of tobacco products is prohibited on school grounds and in private vehicles while on school grounds.
 - e. Any person, including an adult, who behaves in an inappropriate manner during a cocurricular, or any other school-sponsored event may be ejected from the event and/or denied admission to school events for an extended period of time, at the discretion of the principal, his/her designee, and/or athletic director. Examples of inappropriate conduct, include, but are not limited to, the following examples:
 - i. Using vulgar or obscene language or gestures;
 - ii. Possessing or being under the influence of any alcoholic beverage;
 - iii. Possessing or being under the influence of any illegal substance;
 - iv. Possessing a weapon or an item being used as a weapon;
 - v. Fighting or otherwise striking or threatening another person;
 - vi. Failing to obey the instructions of a police officer or school district employee; and
 - vii. Engaging in any activity that is illegal or disruptive.

The police may be involved at the discretion of the principal, his/her designee, and/or athletic director on duty.

12. FAMILY VACATIONS:

- a. One of the most important aspects of participation on a team is commitment. As such, we respectfully request that all student-athletes who choose to try out for our teams, along with their parents, be prepared to commit to the team for all practices and competitions for the duration of the season.
- b. When parents and student-athletes choose to take family vacations during a sport season, it must be understood that the time missed by the student-athlete can affect team performance and chemistry.
- c. Student athletes who miss practices or competitions due to vacations can (and likely will) have their playing time adjusted.

13. PRACTICE AND CONTEST POLICIES:

- a. No student-athlete shall take part in any practice or athletic contest on a day when he/she has been absent from school without the consent of the Athletic Director.

- b. No practices will be held when school is dismissed early or cancelled outright due to inclement weather. Primary concern will always be for the welfare and safety of students at all times.
- c. As a general rule, practices will be held Monday through Saturday. Any exception to this must be cleared with the Athletic Director.
- d. Cancellation of any practice session should give students ample time to make suitable transportation arrangements.
- e. Consistency of attendance at practice is an important item. Poor attendance at practice will affect team morale and discipline and could result in suspension or dismissal from team

14. STUDENT RULES AND CONDUCT ON THE SCHOOL BUS

- a. Students shall arrive at the bus stop at least five (5) minutes before the bus is scheduled to arrive.
- b. Students shall wait in a safe place, clear of traffic until the bus stops, door is open, red flashing lights are on, and the bus driver has directed them to proceed.
- c. Students shall wait in an orderly line and avoid horseplay.
- d. Students shall cross the road or street in front of the bus only after the bus has come to a complete stop and upon direction of the driver (10 foot minimum crossing distance).
- e. Only authorized riders will be permitted on the bus, exceptions only with prior approval.
- f. Students shall go directly to an available or assigned seat when entering the bus, and sit nearest the window. Students must wear their seat belts at all times.
- g. Students shall remain seated until they have reached their designated stop and the bus has come to a complete stop. Aisles and exits must be kept clear at all times. The emergency door will be used for emergencies only.
- h. Students shall observe classroom conduct and obey the driver promptly and respectfully. The driver is in complete charge of the bus and his/her decisions and requests must be followed.
- i. Students are permitted to carry only objects that can be held on their lap, exceptions require prior approval.
- j. Students shall refrain from throwing or passing objects on, from or into buses.
- k. Students are prohibited from extending their head, arms or objects out the bus windows. Students will not be allowed to lower windows without permission from the driver.
- l. Students shall refrain from eating and drinking, the use of profane language, obscene gestures, and excessive noise on the bus.
- m. Students shall respect the rights and safety of others.

- n. Students shall refrain from leaving or boarding the bus at locations other than assigned stops at home or school. Students may ride only the bus to which they have been assigned. (Exceptions will only be made with a note from the parents approved by the principal.)
- o. When necessary, students will be expected to sit three to a seat.
- p. Students are prohibited from possessing and/or using tobacco, alcohol, drugs, or any controlled substance. The police will be notified whenever a student is involved with the possession and/or use of alcohol, drugs, or any illegal substances.
- q. Students shall refrain from verbal abuse, fighting, wrestling, or acts of physical aggression on the bus. Bullying is a form of student harassment which is prohibited and will not be tolerated.
- r. Students shall not carry hazardous material and nuisance items (i.e. skate boards and scooters must be in a securely closed bag, cell phones must be put away and used only with the permission of the bus driver, etc.)
- s. Students shall clean up their seat and area to make sure no trash or other objects are left behind. The bus should be as clean as it was at the start of the trip.

15. STUDENT DISCIPLINE - SCHOOL BUS CONDUCT

- a. There may be circumstances that could result in immediate suspension from the bus – such disciplinary action to be at the discretion of the appropriate school administrator.
- b. The following procedure will be used whenever rules 1 through 15 have been committed:
 - i. **FIRST OFFENSE** will result in a letter of warning with a copy sent to the student's parents/guardians, and a copy kept on file in the School Administrator's Office and the Transportation Office.
 - ii. **SECOND OFFENSE** will result in either a timeout with a letter of apology to the driver, or a one (1) hour after school detention. Parents must be notified prior to the implementation of the detention. It becomes the parents'/guardians' responsibility to transport or arrange other transportation for their children home after a detention.
 - iii. **THIRD OFFENSE** will result in an immediate five (5) day suspension from ANY bus. (This includes field trips, sports events or any activities.)
 - iv. **FOURTH OFFENSE** will result in the student being suspended from ANY bus for ten (10) days.
 - v. **FIFTH OFFENSE** will result in an immediate conference between the parent, bus driver, and principal. At this meeting it will be determined whether the student will be suspended from any bus for twenty (20) days or whether the administration will request the School Board to suspend the student from the bus for the remainder of the school year.

- vi. **ANY FURTHER OFFENSE** will result in a request that the School Board suspend the student from ANY bus for the remainder of the school year.

16. ATHLETIC INJURIES: All injuries which occur while participating in athletics must be reported to the student's coach, the athletic trainer, and school nurse. An accident form will be initiated. Once an athlete is treated by a physician he/she must obtain the doctor's written permission in order to return to the activity.

17. TRYOUTS: In some activities it may be necessary to reduce the number of participants to a manageable size, taking into account safety, fiscal resources, equipment facilities, and coaching personnel. It will be the responsibility of the coach/advisor to make decisions concerning what the final number of participants will be. The decisions reached will be consistent with the goals and objectives of the specific program.

18. UNIFORMS AND EQUIPMENT: Students are responsible for all uniforms and equipment issued to them. They are responsible for keeping them clean and in good repair and for returning them at the end of the respective season. They will be liable for lost or damaged items and will be charged as determined by the respective coach/advisor or Athletic Director. Future participation in extracurricular activities will be reviewed, if uniforms, equipment, or its face value are not returned or reimbursed.

19. AWARDS CRITERIA: The recognition for successful participation in a sport is important to the participants, the school and the community.

- a. All varsity and junior varsity participants will receive a certificate of participation.
- b. A participant who is a member of a Varsity level; activity for the entire duration of the respective season may be awarded the appropriate letter or medal insert award. The award will be based upon the recommendation of the Head Coach.

20. HAZING:

Hazing is a form of harassment and will not be tolerated in conjunction with the Woodstock athletic/activities program. Hazing is defined as a "willful act, occurring on or off school grounds, directed against a player or prospective member of a school-sponsored team or group, that endangers the mental or physical health or safety of a player or prospective member for the purpose of initiation, admission, into, or continued membership of any such team or group." Another definition is "any activity expected of someone joining a group that humiliates, degrades, abuses, or endangers, regardless of the person's willingness to participate."

- a. Determination of Hazing will be completed by the Athletic Director as will the consequences

- b. If a student is in violation of “hazing”, consequences may range from individual suspension from participation in the athletic/activities program for a period of time, to cancellation of an athletic schedule, depending on the magnitude of the incident and number of students involved.
- c. Consequences for hazing violations brought to the attention of the athletic director after the season may be applied to and/or include subsequent athletic/activities participation, athletic letter awards, or athletic/activities probation.
- d. There is also now a Vermont law making hazing a crime, and students should be aware of that, in addition to the school penalties outlined above, they could face prosecution engaging in hazing. The WCSU district hazing policy and procedures can be found in the WUHSMS Student Handbook.

21. PERSONAL PROPERTY: There is a need to secure all items considered valuable. All lockers should be locked at all times. If necessary - valuables should be secured with the individual coaches.

22. TRAVEL: Athletes are to travel to and from all events in school designated transportation unless prior arrangements are made. STUDENTS MAY BE DISMISSED TO THEIR PARENTS UPON WRITTEN REQUEST, OR TO ANOTHER ADULT SPECIFIED IN WRITING BY THEIR PARENT.

23. TWO SPORT POLICY: Students may not participate in more than one sport per season, without permission by the Athletic Director.

24. SUB-VARSITY PARTICIPATION: It is expected that members of the Junior Varsity and Middle School level teams will see action in each game as long as they fulfill all of their team responsibilities and expectations, and as long as their participation does not constitute a potential danger to their physical well-being as determined by the coaching staff.

25. ACADEMICS: Academics are the first priority. Students who miss class as a result of co-curricular contests or excused absences are expected to make up work as soon as possible. This may include after school sessions. The school’s attendance policy applies to all students.

26. VERMONT PRINCIPALS’ ASSOCIATION ELIGIBILITY: VPA eligibility rules and activities policies apply to all activities, athletic and non athletic, sanctioned or sponsored by the Vermont Principals’ Association. Waiver requests regarding undue hardships must be submitted through the school principal. The following are VPA eligibility rules:

- a. Transfer students are eligible at once, provided they were bona fide students in the school from which they transferred according to the definition in #1 (Academic Eligibility) above;
- b. Participants must be under 19 years of age, except that a student whose 19th birthday occurs on or after August 1st, is eligible for all activities in the ensuing school year;
- c. Students have four consecutive years (8 semesters) of eligibility. Attendance of 30 days of any semester will be regarded as a semester.
- d. Ejections: Any player or coach ejected from the game for unsportsmanlike conduct will be automatically suspended from playing or attending the next two games. (This will carry over to the next season if necessary). A second ejection will result in the suspension of playing in games for the remainder of the season. Any further actions may be determined the Athletic Director and/or Principal.

27. VPA GENERAL RULES:

- a. Participants in all interscholastic athletic activities must have a minimum of ten (10) practice sessions before competing in interscholastic contests.
- b. Taunting in all sports is a flagrant unsportsmanlike foul which will result in a game ejection.
- c. Any student/coach ejected for unsportsmanlike conduct or a flagrant foul shall be suspended for the next two contests. A student/coach who has been ejected for unsportsmanlike conduct for the second time in a season shall be suspended for the remainder of the season in that sport.
- d. Judgment calls by officials ordering ejection shall be final.
- e. Art. III, Sec. 3, Part B Non-School Competition (6/6/14 ASC) aka: Loyalty Clause
 - i. A member of a school team is a student athlete who is regularly present for, and actively participates in ALL team tryouts, practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an out—of—school team, practice or competition to include tournaments, showcases, combines or other athletic events.
 - ii. Whenever a conflict arises between the high school team practice/competition and an out—of—school practice/competition on the same day, the high school practice/competition shall be honored by the student athlete. Priority MUST be given at all times to the high school team, its practices, and its contests unless permission has been granted

by the school. It is expressly understood that permission shall not be granted on a regular basis and shall only be granted in extraordinary circumstances.”

For a complete list of VPA rules and regulations, go to www.vpaonline.org

28. NCAA & COLLEGIATE ELIGIBILITY: Students may wish to participate in intercollegiate athletic activities upon completion of high school. In order to be academically eligible for the NCAA requires certain minimums on high school core courses, grades and SAT/ACT standardized test scores. It is the responsibility of the student to monitor his/her status with regard to meeting NCAA requirements. Any questions in this area may be directed to the Counseling Department. Visit www.ncaa.org or www.ncaaclearhouse.net for further information.