

Northern Cass High School EXTRA AND CO-CURRICULAR PARTICIPANT POLICY

A student at Northern Cass High School (6-12) would be able to participate in multiple extra and co-curricular activities if the following stipulations are met.

- Must have 3.00 GPA or higher to apply and must maintain while participating.
- Coaches/advisors must agree to allow the student to compete in multiple activities.
- The student will only be allowed to miss school two times per week for activities except when approved by administration.
- The student must choose a primary activity of which he/she must attend the primary activity practices when not competing at a meet or game in the other activity.
- The primary activity will be chosen at the beginning of the season.
- Once designated, a primary activity cannot be changed unless due to injury which would require a doctor's note.
- The student would be allowed to miss Practice A for Event B, and vice versa, and would not be penalized for missing any practice due to participation in Event A or Event B.
- Primary activity will also have priority when it comes to playoffs or regional competition. The student will have to go with the primary activity.
- The administration has the right to make the student stop competing in multiple activities if the student's grades drop off in an unacceptable manner.
- Parents/guardians and student must sign the consent form.

ACTIVITIES

* Please circle all activities you plan to be involved in
*If you are involved in two or more activities in one season,
please underline your primary activity for each season

Boys Athletics

Girls Athletics

Other Activities

Football (fall)

Volleyball (fall)

Band, Pep Band (all year)

Math Track Meet

Cross Country (fall)

Cross Country (fall)

Choir (all year)

National Honor Society (all year)

Basketball (winter)

Basketball (winter)

Close-Up (all year)

Philanthropy and Youth (PaY) (all year)

Wrestling (winter)

Cheerleading (fall, winter)

Dance (fall, winter)

Robotics (fall)

Baseball (spring)

Softball (spring)

Destination Imagination (all year)

Science Olympiad (spring)

Track & Field (spring)

Track & Field (spring)

Drama (fall)

Speech (winter, spring)

Future Farmers of America (FFA) (all year)

Student Council (all year)

Junior Engineering Technical Society (JETS)

Youth Leadership (all year)

EXTRA AND CO-CURRICULAR PARTICIPANT FORM

NAME OF STUDENT: _____

GRADE: _____

DATE: _____

Student:

I have read and understand the attached rules and stipulations having to do with becoming a multiple activity student. I understand that I may be terminated from this privilege if I do not follow these rules, the NDHSAA rules, and other Northern Cass High School rules and policies.

Signature of Student: _____

Parents/Guardians:

I have read and understand the attached rules and stipulations having to do with my child becoming a multiple activity student. I understand that they may be terminated from this privilege if they do not follow these rules, the NDHSAA rules, and other Northern Cass High School rules and policies.

Signature of Parent/Guardian: _____

Activities Director:

Signature of Activities Director: _____