

## **COMPETITION GUIDELINES**

### **GENERAL STATEMENT**

The Bering Strait School District has been extremely successful in all areas of extracurricular activities. Our students have won numerous State Championships in a wide array of competition and we've had multiple participants receive All-State recognition and even make Jr. Olympic and US Olympic teams. Few, if any, rural Alaskan districts can boast our exceptional performance.

Good sportsmanship is an integral part of quality competition. If we are going to continue to make the rationalization that student activities are an integral part of a comprehensive education package for our students, then we must continue to teach good character and life skills to those who are involved in these activities.

### **REGULAR SEASON COMPETITION**

For events within the BSSD we expect that students will be prepared physically and mentally for competition. Getting good rest and nutrition is important for any kind of competition.

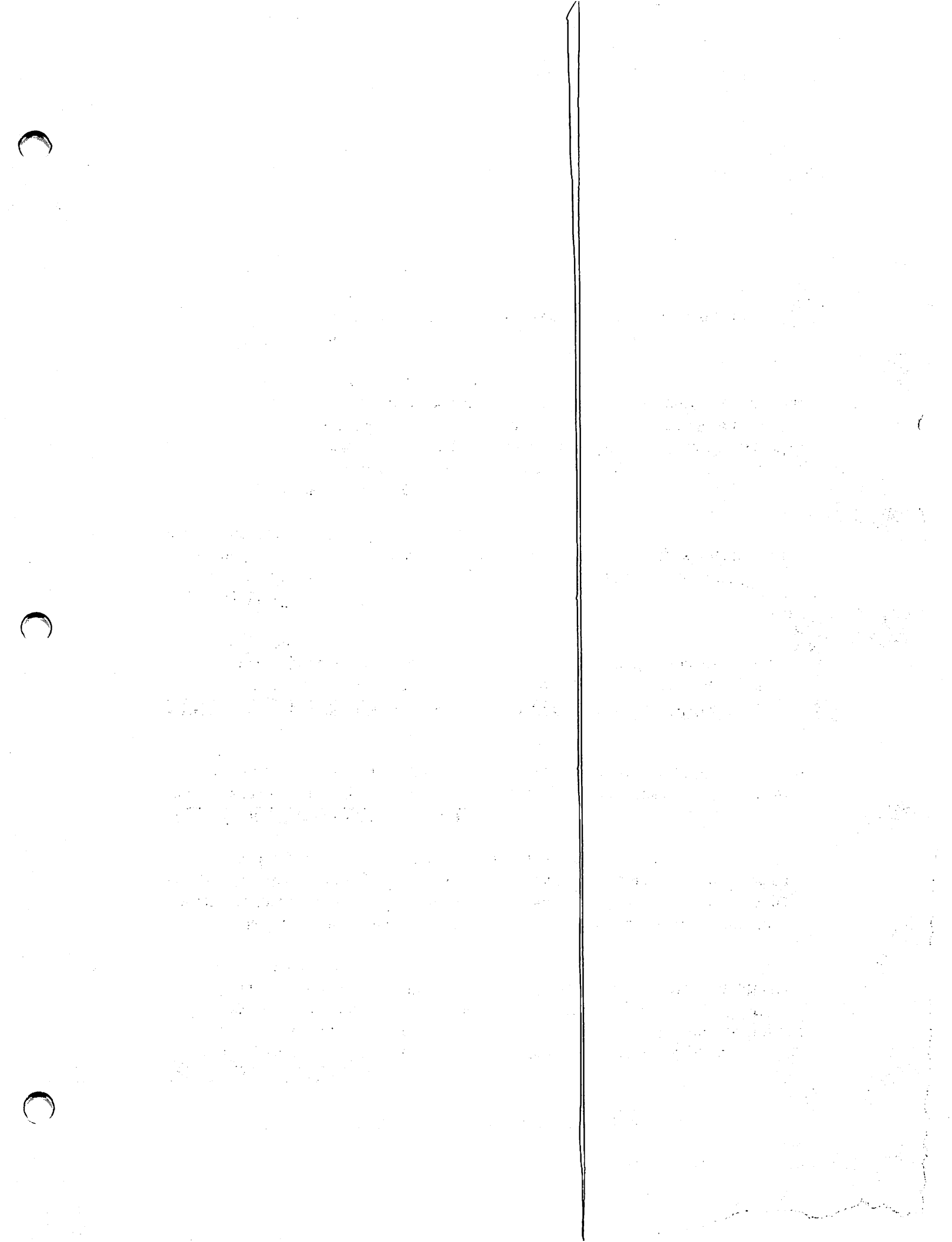
### **REGIONAL/CONFERENCE/DISTRICT/INVITATIONAL COMPETITION**

For competition outside our district it is even more important to emphasize great preparation and good sportsmanship as we represent our schools, villages and district in other communities.

### **STATE COMPETITION**

State competition is a special opportunity. Those individuals and/or teams who are placed on this stage are our elite. They have achieved great accomplishments already and should exhibit this quality of a champion.

- Individual/Team Expectations
  - Those attending are the best BSSD has to offer in a particular event. They are representing all of the BSSD. The trip is not only a reward for their achievement, it is a continuing opportunity to excel and the expectation is that all state competitors will continue to prepare and compete at their highest level.
- Preparation
  - Practice and set-up for State events is important for superior results.



○ Nutrition

- Nutrition is an important part of all competition. We understand that it is fun to have all the options our larger cities offer. At the same time state competitors must be ready to make good nutrition choices. Pre-competition meals should be eaten together and be arranged far enough ahead of the activity to allow for good digestion. Pre-competition meal menus can be very personal. General suggestions are a high-carbohydrate, easily digestible meal with plenty of fluids. Pancakes, waffles, pasta are all good choices. Water is still the best choice for hydration; avoid sugary drinks. Save the fried foods, meat and fast food for after the competition.
- Good hydration before, during, and after strenuous activity is important. Drinking **before** you're thirsty is critical to maintaining performance. **Electrolyte drinks or water are important. Have them available. It will improve performance.**

○ Rest

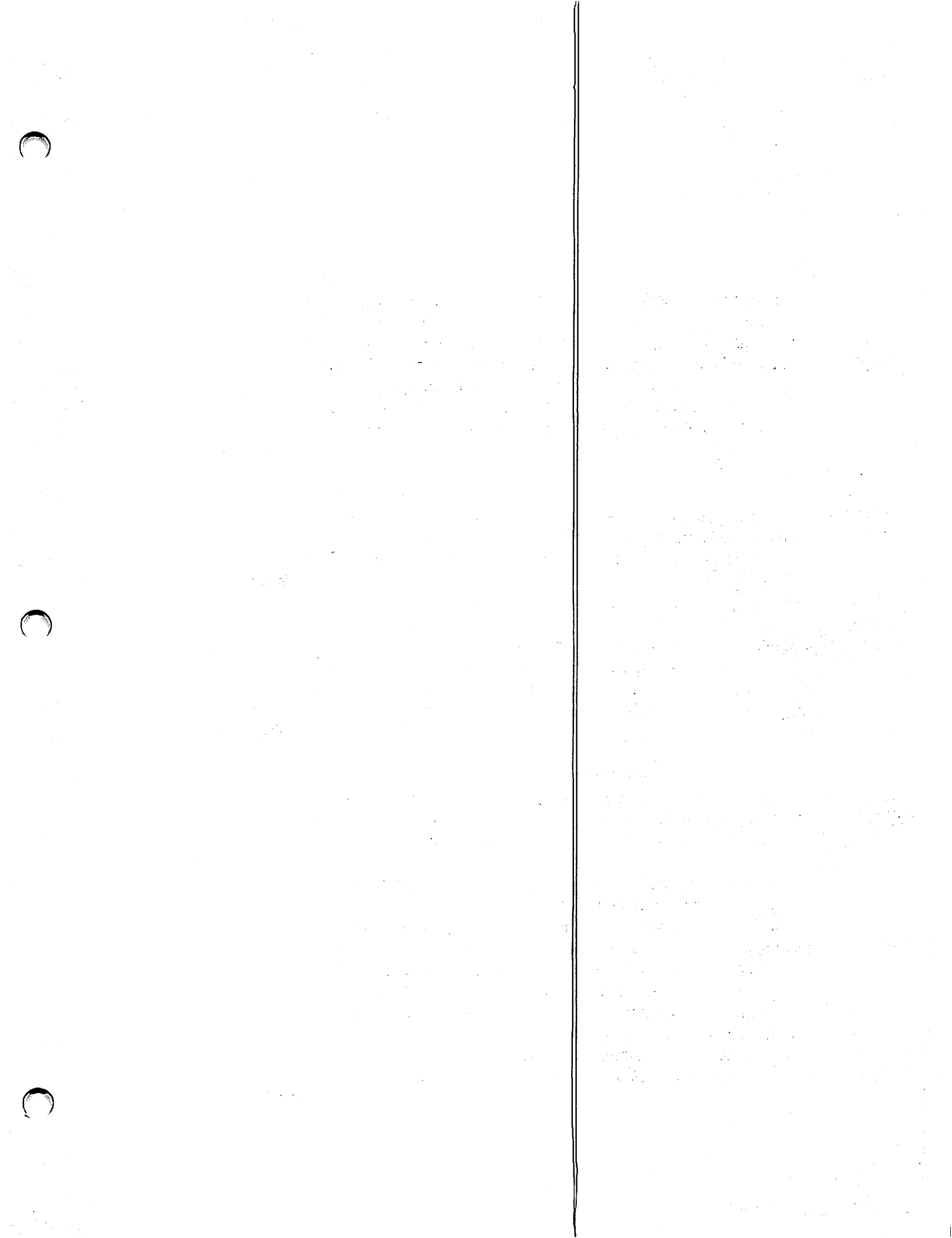
- Good rest is essential and requires a level of discipline. Most of the time we do not send enough chaperones/coaches to be present in every hotel room. Students must exercise self-control and go to bed at an appropriate time to get the rest needed to compete at their maximum level.

○ Dress

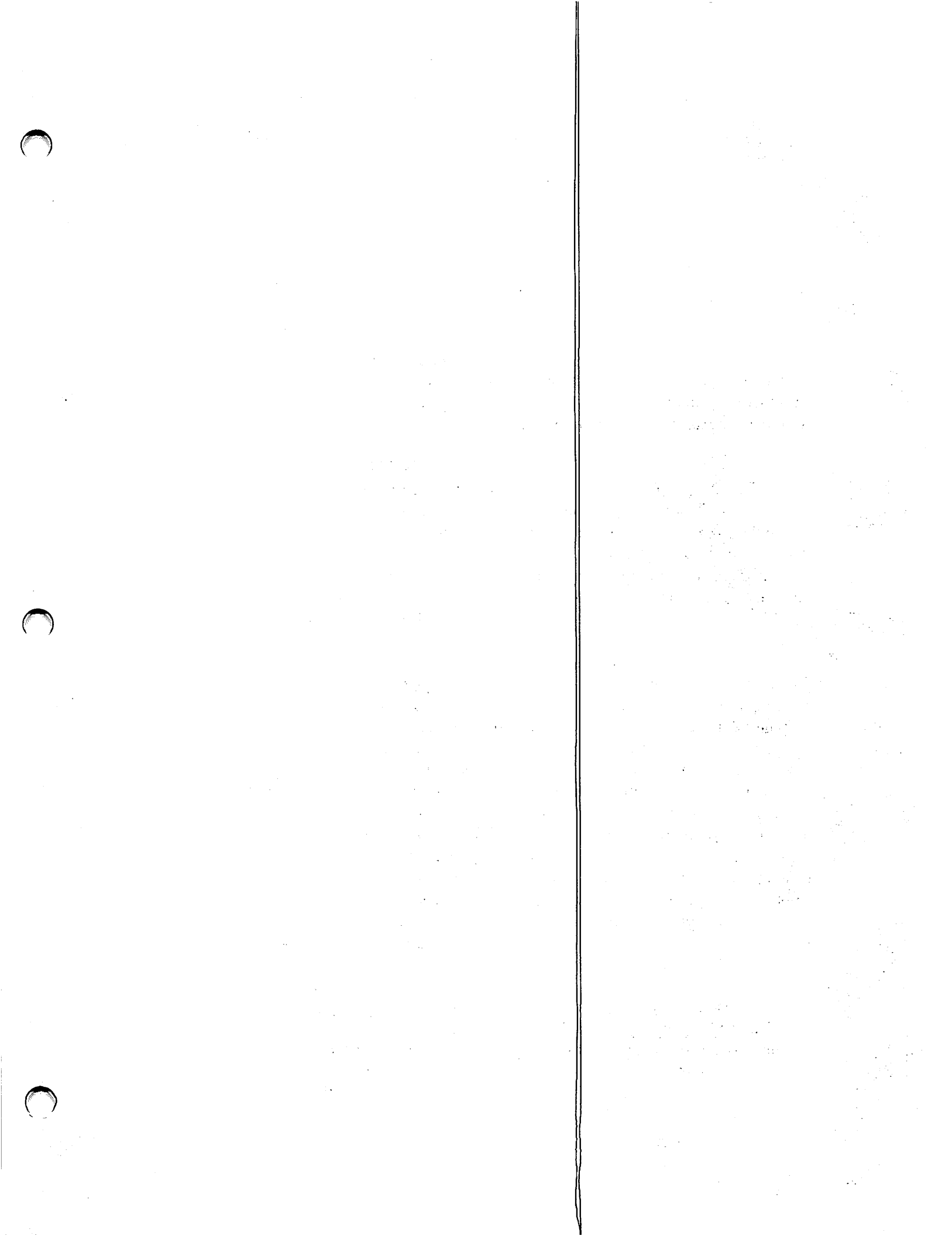
- Appropriate dress is a visual indicator of a team's level of discipline. We do not require certain items of clothing, but suggest clean clothes without potentially offensive graphics or overly provocative styling.

○ Competition

- Good preparation for actual competition involves gathering as much information as possible about the event and the individual(s)/team(s) involved. To this end it is important to manage your schedule to allow for watching potential opponents games. This is best accomplished as a team, where discussion and instruction can take place. Make sure that there are food options available in case the students need to eat but plan to scout potential opponents.



- Coach/Chaperone Expectations
  - Liability issues have never been more prominent and coaches/chaperones are the key to our ability to avoid potential trouble. Coaches and chaperones must be absolutely clear on BSSD policy and prepared to enforce and abide by those guidelines.
  - 24 hour coverage
    - Coaches/Chaperones must maintain some kind of supervision the entire time the team is away from their site. They must make a nightly bed check to ensure that students are accounted for and sleeping. **This bed check should be at some time after the established “lights out” time.** It is impossible to expect that the coach/chaperone will be in physical or even visual contact of all kids, all the time. However, when shopping or in other entertainment venues please make sure that students are in groups of at least 2 and that they are prepared to meet at regularly appointed times. Cell phones are common, so it is mandatory that coaches/chaperones collect all available numbers, including those of anyone checking a student out.
  - Check Out policy
    - A student may only be checked out by an adult 21 years or older who has been authorized by their parent or legal guardian by filling out the “Trip Check-Out Form” (SA-7). Students **may not** be checked out during times of team meals or functions (such as when “scouting” potential opponents). **Students must be back with the group 2 hours prior to any competition.**
    - Coaches/chaperones are **not** obligated to allow a student to be checked out at all. They should base their decisions on what is best for the student in his/her role as a competitor and as a member of the team.



- Hotel/Motel amenities
  - Movies and video games will be turned off to student's rooms. If a student wishes to purchase video game time or non-R rated movies they may have their coach or chaperone pay at the front desk. No student may make this purchase on his/her own.
  - Internet service in the rooms will also be limited to appropriate waking hours. There is almost no way to completely shut down wireless access, but coaches are authorized to collect phones and other devices if they become an issue at times when they should be offline.

### **Mandatory items**

1. Teams must be together 2 hours prior to any competition at a minimum.
2. A coach/chaperone must make an "after lights-out" room check nightly. This will be made by the chaperone of the same sex.
3. Persons who are authorized by parents or legal guardians to check out specific students must be 21 years old.
4. Students must have lights out and remain in rooms after the designated "lights out" time.

**A coach/chaperone can always strengthen these guidelines to fit the needs of his/her team. He/She may choose to eliminate all checkouts and will set the "light's out" time for his/her team. We have hired and approved the coach/chaperone and must trust him/her to make the appropriate decision. These trips are not an entitlement; they are an honor and a privilege.**

