

## **STUDENTS**

## **Policy 2925**

### **Activities and Athletics**

#### **No Practice Days**

Sunday: Under normal conditions teams will not practice on weekends. However, if a team has a scheduled game on Monday or is preparing for a tournament during the upcoming week, a Sunday practice is permissible under the following conditions:

The principal/athletic director should be notified in advance.

Players cannot be required to attend and shall not be penalized if they choose not to attend or have other commitments.

Practices shall be held between the hours of 2:00 p.m. and 5:00 p.m.

Middle School Teams will not practice on Sunday unless a tournament is scheduled for the upcoming week.

Saturday: Saturday practices will not be held for middle school teams and are not to be held for high school teams without prior approval by the principal.

\*\*Middle school teams may practice on a weekend following two consecutive missed days of school due to inclement weather if they have a game scheduled on the following Monday with administrative approval.

\*\*Middle school teams may practice on a Saturday during the pre-season in order to comply with the minimum number of practices required for participation by the MSHSAA with administrative approval.

Holidays: Holiday practices are permissible but coaches will use their best judgment in setting and conducting them. Athletes who are out of town with their families should be excused and not penalized. While it is necessary to practice over the holidays, coaches recognize that this is often a time for family trips and other functions.

Wednesday: Wednesday is considered Family Night in the Central R-3 School District. When possible, Wednesdays will be avoided when scheduling competitions. This does not include tournaments or make-up games. Team practices scheduled on Wednesday will end no later than 6:00 p.m. and gyms, practice fields, weight room, etc. will be closed.

P.A.S.S.: P.A.S.S. is an after-school, tutoring program at the high school designed to give students extra help in their academics. P.A.S.S. is held on Monday, Tuesday, and Thursday. No high school practice or other organized extra-curricular activity may start on those days prior to 3:30 p.m.