

***NORTH LINN
LYNX***



***Activities Handbook
2026-2027***

NORTH LINN ACTIVITIES HANDBOOK TABLE OF CONTENTS

NORTH LINN - GENERAL INFORMATION

Lynx Pride

The Lynx Pride Booster Club provides significant support for student activities and programs through volunteer efforts and financial contributions. Strong partnerships between activity programs and the Lynx Pride Booster Club help enhance opportunities and experiences for all students. [MEMBERSHIP FORM](#)

Character

We really stress character and doing the right thing at North Linn. When out in public, even away from North Linn, we expect our athletes to demonstrate great character. We also stress the use of social media for positive representation of our student-athletes and programs. Using social media to be critical of any opponent or person will not be tolerated.

ATHLETIC AWARDS POLICY

Major Letters: will be awarded according to established qualifications.

MAJOR LETTER QUALIFICATIONS

In all sports the following qualifications must be met before the major award will be issued:

1. The athlete must have been a member in good standing at the finish of the season. This means the athlete did not quit the squad or finish the season under suspension. EXCEPTION: injury or illness
2. An automatic major letter is awarded to any senior who has been a member of a squad in any one sport for the full 4 (four) years of high school.
3. If the participant had been a varsity "starter" at the time an injury or illness prevented him/her from meeting playing time qualifications.
4. If the participant achieves the required number of quarters, games, team points, etc. to earn the award.

An athlete having served a Code of Conduct violation during the season may be eligible for a major letter at the coaches' discretion

Practices

Our practices at North Linn are closed to parents. Any certified coach that is cleared through our administration and has had a background check may be present at practices if the head coach approves. All practices will be conducted on campus unless permission has been granted to go off campus, in which case school transportation must be used.

- STUDENT-ATHLETES MUST BE IN SCHOOL ALL DAY TO PARTICIPATE IN PRACTICE. PLEASE MAKE SURE YOU HAVE THE ATTENDANCE LIST SHARED BY OUR SECRETARY AND CHECK IT PRIOR TO EACH PRACTICE!
- All student-athletes must be supervised until they have left school grounds.
 - **student-athletes should keep locker rooms clean**
- Players must wear appropriate attire (shirts, shoes, etc.)
- Early outs due to weather would have no practices, if there is no school, coaches will be notified around 11:00 a.m. if practices can be held or not. Any heat-related cancellations or alterations will now be determined by the [WBGT Guidelines](#)

Informational Websites for sports information, awards and player/coach recognition

Iowa High School Athletic Association (IHSAA) and Iowa Girls High School Athletic Union (IGHSAU)

These are two great resources for all athletic events and information. The boys website (IHSAA) is www.iahsaa.org and the girls website (IGHSAU) is www.ighsau.org. Both sites have many valuable resources for all sports. The girls union has now gone to 5 classes and the boys remain at 4 classes. These classes are based on the enrollment of 10th through 12th grade students in your school.

IOWA FOOTBALL COACHES ASSOCIATION <https://www.ifbca.us/>. This website is for football and has academic all-state awards and Iowa Shrine Bowl nomination forms.

IOWA BASKETBALL COACHES ASSOCIATION www.iowabca.com. This website is for boys and girls basketball and includes awards for all-district, all-state, all-state academic and senior all-star game nominations.

IOWA GIRLS COACHES ASSOCIATION <https://www.iagca.org/>. This website is for all girls sports, excluding track. This website includes awards for all-district, all-state, all-academic and senior all-star game nominations.

TRACK WRESTLING <https://www.trackwrestling.com/>. This website is where we input all of our wrestling matches throughout the year.

IOWA HIGH SCHOOL TRACK AND FIELD ASSOCIATION <https://www.iowarunjumpthrow.com/>. This website is for boys and girls track and cross country and includes awards for all-state, academic all-state and senior track and field championships.

IOWA BASEBALL COACHES ASSOCIATION <https://www.iowahsbca.net/>. This is a website specifically for baseball. The association does have awards for all-district, all-state, academic all-state and senior all-star game nominations.

IOWA PRINT SPORTS WRITERS ASSOCIATION <https://iowasportswriters.com/>. This is the newspaper writers throughout Iowa and they have all-state teams for football, boys and girls basketball and baseball. Coaches need to go to their website to nominate players in those sports.

Athletic Schedules

Conference events scheduled through our Conference Activities Director will take precedence over any non-conference events. The Activities Director will take suggestions at the end of each year for scheduling ideas from the head coach for both the junior high and high school levels. We will make up events whenever possible at the earliest open date. We will always do our best to play the maximum number of games allowable by the state associations if the coaches want to. It is our hope to get to a point in each activity to have a set schedule with very minimal changes from year to year.

All Activities Calendar

All schedules and activities are now on-line at www.gobound.com/ia/schools/northlinn/calendar If you click on “activities” and from there you can see your specific schedules. There are options for Varsity, JV, and Junior High if it applies to your sport or activity

IHSAA/IGHS AU STATE MANDATED REGULATIONS

FAMILY WEEK

There is a mandatory eight day period of no contact with athletes or fine arts participants at the end of each summer for students in grades 9-12. Use of school facilities is prohibited during this time. This week is from Sunday to Sunday each summer the week after state baseball and softball tournaments. There are no exceptions to this rule!

RECRUITING ATHLETES FROM OTHER SCHOOLS

It is a violation of both IGHS AU and IHSAA rules to recruit athletes from other schools. Coaches that violate this rule are subject to be suspended for one calendar year.

YOUTH PARTICIPATING WITH 7-12 ATHLETES

Any student younger than 7th grade is not permitted to participate in any school sponsored practices involving students in grades 7-12.

7TH AND 8TH GRADERS PARTICIPATING WITH 9-12 ATHLETES

Students in 7th and 8th grade are permitted to practice with and against student-athletes in grades 9-12 for boys and girls sports if allowed by local policy. North Linn will have a local policy that head coaches need to meet with the activities director prior to any season in which they wish to use junior high athletes to practice with the high school athletes. In that meeting, it will be determined if it is necessary and/or advantageous for North Linn to allow junior high athletes to practice with high school athletes for that sport. Also, with the passage of HF291, the state of Iowa now allows for 8th grade students to participate at the high school level. North Linn has adopted a local policy in accordance with the legislation and the process outlined in this policy will be followed when considering moving any 8th grade athletes to the high school level: [NORTH LINN 8TH GRADE PARTICIPATION](#)

ALUMNI PARTICIPATION IN PRACTICES

Alumni are not allowed to participate in practices in any way unless they have a coaching authorization or endorsement. It is best to let the alumni know that upfront. If they are volunteer coaching it must be approved through the North Linn Board of Education before they are able to do so.

PRE-SEASON MEETINGS

Each sport is allowed only one pre-season meeting per school year with their student athletes.

Exception: wrestling is allowed two additional meetings with an administrator present to discuss the body fat and hydration process.

RULES MEETING/CONCUSSION COURSES

Each head coach must take the on-line rules meeting to be eligible to coach that year. All coaches whether paid or volunteer must take the concussion course after July 1 each year.

HAZING

Coaches are mandatory reporters of any hazing incidents. This includes hazing of students physically, mentally or in any other capacity.

SCHOLARSHIP RULE

Semester grades determine eligibility for extracurricular activities. Anyone receiving an F in any class for the semester will have to sit for 20 calendar days. The activities director will make sure you know when those dates begin and end.

Multiple-Sport Athletes

We make every effort to keep student-athletes in multiple sports. Most coaches have a policy that allows for student-athletes to miss one time during their sport for an out of season sport as long as they are missing for an event that is evaluated by college level coaches. This varies from coach to coach depending on the situation. Additionally, specific information on how North Linn will handle any dual-sport athletes can be found in these documents: [FALL/WINTER DUAL SPORT](#) [SPRING DUAL SPORT](#)

MULTIPLE SPORT ATHLETES IN SEASON AT THE SAME TIME

1. Student-athletes involved in more than one sports season at the same time will be expected to attend practices for all sports involved when possible.
2. Coaches of one sport will not be allowed to place restrictions on what athletes can or cannot do at another sports practice. However, coaches should be willing to work together to ensure that elite athletes have the best opportunity to achieve success.
Example: A baseball coach should use common sense in baseball practice when he/she has a student-athlete that is likely to be a state participant in track. Maybe letting the athlete throw and hit, but not involve them in base-running, sliding, and/or live scrimmaging. The track coach can, and should let the baseball coach know who his/her better runners are, but under no circumstance should be telling an athlete what they will be permitted to do in baseball practice – that is the responsibility of the baseball coach.
3. The sport that has been in season the longest has priority as to practice times and the sport that is just beginning should try to schedule their practices around the practice times of the sport that has been in season longer. If a coach chooses to have practice at the same time as the first sport in season, athletes will be required to attend the practice of the sport that has been in season the longest first and then go to the other practice if time permits.
4. On competition days student-athletes should not be penalized for any missed practice time for another sport. **Example: A girls golfer has a meet at 4:00 p.m. and doesn't return home until 7:30 p.m. Softball practiced from 5:00 p.m. to 7:00 p.m. that particular night. The golfer will not be penalized for missing softball practice that night.**
5. Any athlete participating in a second outside of school sport during a school sports season will be required to attend the school sports season practices and games without interference from the second sport that is not school sponsored. The only exception would be if a coach approves of this absence. **Example: A boy is in a wooden bat league for baseball during the track season. That player cannot miss any track practices and/or meets due to the wooden bat league unless approved ahead of time by the head coach. Otherwise, the school sport always has priority!**

GOOD CONDUCT POLICY

ELIGIBILITY FOR PARTICIPATION IN CO-CURRICULAR ACTIVITIES

In order to participate in high-school co-curricular games, meets, or events, students must, on the day of the event, be in school the entire school day. This also includes eligibility for practices, open gyms and weight room activities. If a student must miss part of the day for physical therapy or medical appointments, a note from that office must be brought to the secretary as proof of absence in order to participate that day. Students participating in middle school events need to be present for half a school day to participate in co-curricular activities. Getting your license, funerals, etc. must have prior approval from the Activities Director in order for a student to participate that day if missing part of the school day. **Students are required to ride the provided school transportation to the event in order to participate on any given day.** Exceptions must be approved with the Activities Director well in advance of the event. In addition, any student who receives an in or out of school suspension, will not be allowed to participate in practices or games the day of the suspension. Coaches are able to go above and beyond this penalty at their discretion.

PROCEDURE FOR HANDLING ALLEGED VIOLATIONS OF CODES OF CONDUCT

1. Upon receiving the report of an alleged violation of any of the North Linn Community School District's Codes of Conduct, the Principal or Activities Director will seek information concerning the alleged violation.
2. The Principal or Activities Directors findings shall be based upon evidence presented by school personnel or information provided by the court or legal system. The Principal or Activities Director will then meet with the sponsors and/or coaches of the activities in which the student is involved.
3. A student found guilty may appeal the decision to the North Linn Board of Directors by petitioning the Superintendent within 5 school days after the decision.
4. In case of appeal, the penalty imposed shall be in force until such time that the School Board either affirms or overrules the decision.

RULES

Because it would be extremely difficult, if not impossible, to list all possible rule infractions, a sample of possible infractions is listed below.

- Possession, use, or purchase of tobacco products and/or vapes; alcohol beverages, including beer and wine ("use" includes having odor of alcohol on one's breath), and/or controlled substances regardless of the student's age.
- Misconduct in school: repeated infractions of school rules, disrespect to staff members, insubordination, hazing or harassment of others, and fighting.
- Misconduct at school sponsored events, either as participants or spectators. This includes home and away activities as well as infractions of transportation rules.
- Criminal offenses, such as theft, vandalism, etc. not including minor traffic citations.

If a student transfers in from another school district and the student had not yet completed a period of ineligibility for a violation of a Good Conduct Rule in the previous school district, the student shall be ineligible until the penalty for the violation has been served.

REDUCTION IN PENALTY

1. Evaluation and Treatment: A student who has a third violation of the good conduct code as it pertains to alcohol/tobacco may elect to seek an evaluation and treatment from a North Linn CSD approved substance abuse facility at the student's or parent/guardian's expense. If the student seeks the evaluation and treatment and agrees to waive confidentiality to allow the facility to report back to the school, the student MAY be eligible to receive a penalty reduction. Any reduction will be at the administrator's discretion and will be dealt with on a case by case basis. Evaluation and treatment does not in any way guarantee a reduction in penalty.
2. Admission of guilt/confession on the part of the student to the Principal and/or Activities Director before the commencement of an investigation of the charges may result in a reduction in penalty at the discretion of the Principal and/or Activities Director.

SEPARABILITY OF RULE INFRACTIONS AND PUNISHMENT

- Degree of punishment shall be determined, as far as first, second, or third, offenses are concerned by the number of infractions.
- **Coaches and Sponsors may implement consequences above and beyond those required by the Code of Conduct.**
- Admission of guilt or proof of guilt may result in immediate suspension from all activities.
- Punishments will be measured in full events and dates of competition only. Students will not serve fractions of games/events to fulfill their punishments.

NORTH LINN HONOR SOCIETY AND LIGHTHOUSE MEMBERS

FIRST OFFENSE – Probation from the North Linn Honor Society and/or Lighthouse Team for the remainder of the school year.

SECOND OFFENSE – Immediate expulsion from the North Linn Honor Society and/or Lighthouse Team.

Once expelled from the North Linn Honor Society and/or Lighthouse Team, a member can never be reinstated or considered for membership again.

ATHLETICS, CHEERLEADING, POMS, ROBOTICS

FIRST OFFENSE – Ineligible for 25% of the competition dates or games of a current athletic season or the next season a student-athlete participates in. If you are not able to serve the full 25% of that season due to the season ending the remaining percentage would carry over to your next sport or activity.

- Basketball, Baseball, Softball & Football: 25% of the scheduled games
- XC/Track, Golf, Wrestling, Volleyball, POMS, Robotics & Cheerleading: 25% of the scheduled competition dates

SECOND OFFENSE – Ineligible for 50% of the competition dates of the current athletic season or the next season a student-athlete participates in. If you are not able to serve the full 50% of that season due to the season ending the remaining percentage would carry over to your next sport or activity.

- Basketball, Baseball, Softball & Football: 50% of the schedule games
- XC/Track, Golf, Wrestling, Volleyball, POMS, Robotics & Cheerleading: 50% of the competition dates

THIRD OFFENSE – An expulsion period of twelve months from participating in any co-curricular activities.

The dates/competitions missed will be the next scheduled ones after the date of the offense. No consideration will be given to the opponent or structure of the game/competition. (i.e state or district tournaments, conference, etc)

SPEECH – INDIVIDUAL/LARGE GROUP

FIRST OFFENSE – Ineligible for 25% of the season or a minimum of 1 (one) next scheduled contest performance. If no contests remain for the speech season, resulting action may be no banquet performance and/or medal.

SECOND OFFENSE – Ineligible for 50% of the season or minimum of 2 (two) scheduled contest performances. If no contests remain for the speech season, resulting action will be no banquet performance and/or medal.

THIRD OFFENSE - An expulsion period of twelve months from participating in any co-curricular activity.

INSTRUMENTAL MUSIC, VOCAL MUSIC, FBLA, FFA, AND FCCLA

FIRST OFFENSE – Ineligible for 25% of all events that a student participates in from the fine arts. Ineligible for 25% of the events for all school clubs listed above.

SECOND OFFENSE – Ineligible for 50% of all events that a student participates in from the fine arts. Ineligible for 50% of the events for all school clubs listed above.

THIRD OFFENSE – An expulsion period of twelve months from participating in any co-curricular activities.

THE LYNX WAY

“Growing Greatness” one student-athlete at a time

At North Linn, we are more than a team—we are a community committed to building strong character, lasting respect, and a culture of support. **The Lynx Way** is our standard for how we show up as role models in our athletic programs.

We believe in cultivating an environment defined by **respect, communication, sportsmanship, and team-first support**. As a parent of a Lynx athlete, you play a vital role in shaping the experience of every player, coach, and official. Lynx fans are passionate, knowledgeable, and loyal. We ask you to:

- **Respect** every person involved in the game—your child, their teammates, coaches, opposing teams, and especially the officials. They are doing their best in a challenging role that makes competition possible.
- **Prioritize Communication** that is thoughtful, constructive, and appropriate. Trust our coaching staff, follow proper channels when concerns arise, and remember that emotional sideline reactions can impact athletes more than you realize.
- **Uphold Sportsmanship**, especially toward officials. In a time when our state is facing a ***critical shortage of game officials***, your example matters. Negative comments, criticism, or disrespectful behavior can discourage officials from returning—and without them, ***games at North Linn could be canceled***. Your voice can protect the future of Lynx sports.
- **Support the Team**, not just your child. Celebrate the successes and growth of all athletes. Encourage unity, value effort over outcome, and understand that we are all working toward a common goal: growth, learning, and team pride.

By following **The Lynx Way**, you help ensure that athletics at North Linn continue to thrive—for your child and for the generations that follow. Let’s stand together, lead by example, and keep building upon the positive culture that has been built at North Linn!



Parents Role

- The most important role a parent plays in their child's success during athletics is to provide a positive example and to be a support base for that child both when things go well and when they don't go well. Parents, coaches, and players should not openly discuss other players, parents, and/or coaches in a negative manner.
- We are a family during the season and should treat each other as such. Be a fan of the team, not just a fan of "your child".
- Please do not instruct your children before, during, or after a game. What you say may directly conflict with what your child is supposed to be doing. This includes yelling at your child or another player during a contest.
- Please reinforce our alcohol and drug free policies and refrain from the use of any controlled substance before and during athletic events.
- Remember that a ticket to a school event is a privilege to observe the contest, it does not give anyone the right to behave however they please.

Parent/Coach relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach

- Philosophy of the coach and expectations the coach has for your child as well as all the players on the squad
- Location and times of all practices and contests and procedure should your child be injured during participation
- Team requirements regarding fees, equipment, off-season conditioning, etc.
- Discipline that results in the denial of your child's participation and how playing time is determined

Communication coaches expect from parents

- Appropriate concerns expressed to the coach directly and an appointment set up to discuss concerns
- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coaches philosophy and expectations

Appropriate concerns to discuss with coaches

- The treatment of your child, mentally and/or physically
- Ways to help your child improve or concerns about your child's behavior

Issues not appropriate to discuss with coaches

- Team strategy, play calling, playing time, and other student-athletes

Procedure to follow if you have an appropriate concern to discuss with the coach (please address concern right away)

- Have your child and the coaching staff discuss the concern first to determine if an agreement can be reached.
- Call to set up an appointment with the coach and your child. E-mail is not always a good way to communicate a concern because the tone of the concern is hard to determine.
- Contact athletic director Brian Wheatley at bwheatley@northlinncsd.org to set up an appointment with the athletic director, coach, yourself, and your child.
- ***Please do not confront a coach before or after a contest or practice - use the 24 hour rule. Many times, emotions are high at the moment and can lead to regrettable actions***

NORTH LINN NON-DISCRIMINATORY POLICY

It is the goal of the board to develop a healthy social, intellectual, emotional, and physical self-concept in the students enrolled in the school district. Each student attending school will have the opportunity to use its education program and services as a means for self-improvement and individual growth. In so doing, the students are expected to conduct themselves in a manner that assures each student the same educational opportunity.

The North Linn Community School District does not discriminate in its educational programs, activities and employment practices on the basis of race, color, national origin, sex, disability, religion, creed, sexual orientation, age (for employment), actual or potential parental, family, or marital status (for programs), . The belief in equal educational opportunity serves as a guide for the board and employees in making decisions relating to school district facilities, employment, selection of educational materials, equipment, curriculum, and regulations affecting students. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the Equity Coordinator; Kaitlyn Stoll, 3033 Lynx Drive, Troy Mills, IA 52344, (319) 224-3291, kstoll@northlinncsd.org.

Board policies, rules and regulations affect students while they are on school district property or on property within the jurisdiction of the school district; while on school owned and/or operated school or chartered vehicles; while attending or engaged in school activities; and while away from school grounds if misconduct will directly affect the good order, efficient management and welfare of the school district.

The board requires all persons, agencies, vendors, contractors and other persons and organizations doing business with or performing services for the school district to subscribe to all applicable federal and state laws, executive orders, rules and regulations pertaining to contract compliance and equal opportunity.

Inquiries by students regarding compliance with equal educational opportunity laws and policies, including but not limited to complaints of discrimination, are directed to the Affirmative Action Coordinator by writing to the Affirmative Action Coordinator, Brendan Schott, 3033 Lynx Drive, Troy Mills, IA 52344, (319) 224-3291, bschott@northlinncsd.org.

Inquiries by students regarding compliance with equal educational opportunity laws and policies, including but not limited to complaints of discrimination, may also be directed in writing to the Director of the Office of Civil Rights, U.S. Department of Education, Cesar E. Chaves Memorial Building, 1244 Speer Boulevard, Suite 310, Denver, CO 80204-3582, (303)844-5695 FAX: (303) 844-4303, TDD: (800) 877-8339, Email: OCR.Denver@ed.gov, the Iowa Civil Rights Commissioner, 6200 Park Avenue, Suite 100, Des Moines, IA 50321-1270, <https://icrc.iowa.gov>, (515) 281-4121 or the Iowa Dept. of Education, Grimes State Office Bldg., Des Moines, IA 50319. (515) 281-5294. This inquiry or complaint to the federal or state office may be done instead of, or in addition to, an inquiry or complaint at the local level.

Legal Reference: 20 U.S.C. §§ 1221 et seq. (2004).

20 U.S.C. §§ 1681 et seq. (2004).

20 U.S.C. §§ 1701 et seq. (2004).

29 U.S.C. § 794 (2004).

42 U.S.C. §§ 12101 et seq. (2004).

34 C.F.R. Pt. 100 (2004).

34 C.F.R. Pt. 104 (2004).

Iowa Code §§ 216.9; 256.11, .11A; 280.3 (2007).

281 I.A.C. 12.

Cross Reference: 101 Educational Philosophy of the School District

401.01 Equal Employment Opportunity

500 Objectives for Equal Educational Opportunities for Students

506.01 Student Records