

**Program Evaluation**  
**Extra-Curricular and Co-Curricular Activities**  
**Southern Boone County R-1 Schools**  
**March 15, 2021**

**Why does our school support this area or program?**

The objective of the extracurricular/ co-curricular activities is to provide students with a range of choices of activities to participate in. The school district is trying to provide students additional learning opportunities through extracurricular activities. The variety of activities is considered an integral part of the total education program, which provides opportunities to help students develop physically, mentally, socially, and emotionally. Students who participate in extra-curricular or co-curricular activities tend to stay in school, get better grades, and complete their education.

**What occurs within this program?**

In middle school, there are 13 different sports and 12 co-curricular activities that are offered. In the high school, 21 different sports and 14 co-curricular activities are offered. 583 out of 925 of our students are involved in some type of extracurricular activity in middle school and/or high school. The extracurricular and co-curricular activities support the academic program in our district. In both middle school and high school, academic eligibility is determined by the counselors and athletic director. Students need to maintain a C average in order to be a part of our extracurricular activities. Students also have to pass at least 3 credits per semester in order to stay eligible for extracurricular activities. Students who do not maintain a C average can still practice with the team but may not participate in games or events, to give students added incentives to work towards that C average and make a roster at mid-term. Any athlete in middle school or high school can be placed in academic support if they are struggling in a class. They can be placed in academic support by the principal, counselor, or AD. We also have a mid-term option that allows a student that is not eligible at the start of the season to become eligible at mid-term. This gives a student extra motivation to get their grades up if they are ineligible at the beginning of the quarter.

**What data illustrate the effectiveness of this program?**

Growing numbers in all extracurricular and co-curricular activities and maintaining GPA necessary to participate have been measuring tools. Without judging on the basis of wins and losses in athletics, other methods must be used to assess the total program for student-athletes. There are six areas that are looked at to see if the sport or co-curricular activity is meeting our needs, including participation numbers, skills and rules, citizenship/sportsmanship, school spirit, competitive teams, and student confidence. This information is gathered from rosters, practice, and game observations, as well as feedback from student-athletes and coaches during their evaluations.

**What area has changed in this area or program since the previous review?**

The biggest addition to this program since the last report has been the addition of Middle school wrestling, girls wrestling, and Esports. They all have been a huge success. The girl's high school team just qualified their first girl wrestler to state and they took second at districts. Middle school wrestling has also been a big success this year and has created a stepping stone

to the high school program. In the first year of Middle school wrestling, there were 25 students that came out to compete for their school. We have also required all coaches to get certified in 3D coaching. This is a coaching course to give current and new coaches professional development for their coaching careers.

### **What are new trends or best practices in this field?**

Coaches are continuing to meet with their athletes to promote weight room and summer conditions. Last summer during the pandemic we had more students utilize the off-season program than ever before. The coaches are also learning new techniques and best practices from the 3D coaching tool to develop student-athletes. Coaches are holding exit interviews with their athletes to make sure they know their role and what they need to improve on after each season.

We keep making strides each year by uniting all the coaches and athletes (#One SBC). Showing support for all fellow students and athletes. We keep trying to get more students involved in extracurricular and co-curricular activities as well as, get more students in our lifting and condition program. Students seeing a united front by our coaches have had a big positive impact on our programs.

### **What are the strengths of the area of the program?**

Our strengths include hiring outstanding coaches and trying to retain them here as long as possible. We have outstanding participation rates in all activities. Our resources are improving and our facilities keep getting better. Students have been successful, as evidence shows how we have multiple students getting awards for high achievements through performance and academics. Examples include the FFA Chapter being a high-ranked chapter, music, and band receiving high ratings in contests, several All-Conference, All-District, and All-State athletes. We also have great numbers in quiz bowl and Esports. High collaboration and respect for each other exist among the coaching staff and teachers. In the past 5 years, we have been conference champs, district champs, state quarterfinalists, or played for a championship in almost every high school level at least once.

### **What are the next steps to serve our students?**

The biggest thing we need to do to serve our students is to keep improving our facilities. We need to look at getting a new football/soccer field and track. We also need to maintain as well as look for high-quality coaches in our district. The biggest improvement that we can make is hiring new teachers that want to be a part of our extracurricular and co-curricular programs. This shows our students that our teachers are invested in them in both their academics and extracurricular activities. This will drive our programs to achieve high levels and maintain high-quality expectations. It is also important to continue opportunities for our coaches and sponsors to attend professional development clinics to keep up with new trends. We also need a new fine arts auditorium to fill our needs as a school. Right now it lacks size and technology to fit our needs.