



High School District 214
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Arlington Heights, Illinois 60005
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PRACTICE/MEETING TIMES FOR ACTIVITIES/ATHLETICS/FINE AND PERFORMING ARTS

In order to provide some balance to the student school week, the following are protocols regarding the amount of time students are required to be at school participating in co-curricular activities.

General Guidelines

- Co-curricular activities should be held after school. In the event that it is necessary to schedule a practice, rehearsal or meeting before school due to scheduling and facility issues, nothing can begin before 6:15 a.m. and pre-approval must be granted by the assistant principal for student activities (APSA). No morning practices can occur on Thursdays.
- With approved exceptions, co-curricular activities cannot last longer than two hours without the pre-approval of the APSA with the exception of varsity athletics, which can last a maximum of two hours and forty-five minutes inclusive of practice time, film review, weights, etc.
- Regularly scheduled afterschool co-curricular practices, rehearsals or meetings will end by 7:30 p.m. Exceptions can be made with the approval of the APSA for unique situations like dress rehearsals the week of a play, athletic team tryouts or a similar situation. In the case of any exception, no practice/rehearsal will go later than 9:00 p.m.
- No team can practice both before school and after school on the same day. All students deserve an opportunity either before or after school to access school resources.
- Afterschool athletic practices will not begin prior to 3:30 p.m. on a regular basis. On occasion, weather and facility needs may require an athletic practice to begin prior to 3:30 p.m., but that would be an exception, not the norm.
- Practice for State competitions can receive special exceptions from the school administration.
- All practices that are 6 hours or longer on non-school days must include a 30-minute meal break within the time given.
- Programs can still host a “group” dinner outside the allotted two hour and forty-five minute time limit.
- Time does not include the setup or the strike of a competition/performance.