

**MATANUSKA-SUSITNA BOROUGH
SCHOOL DISTRICT**

***MIDDLE SCHOOL/JUNIOR
HIGH
EXTRA-CURRICULAR
PHILOSOPHY STATEMENT***

(Revised 03/07/2012)

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MATANUSKA SUSITNA BOROUGH SCHOOL DISTRICT
MIDDLE SCHOOL/JUNIOR HIGH
EXTRA-CURRICULAR PHILOSOPHY STATEMENT
(Revised 03/07/2012)

Students participating in extra-curricular activities will benefit from experiencing a broad-based program that is designed to give an exposure to a number of experiences that promotes healthy attitudes toward self and others. Programs are designed in an effort to capitalize upon an aligned curriculum, with extra-curricular being a natural outgrowth of concepts previously taught. Program design will offer extensions of material learned to provide a natural avenue for students to excel.

Emphasis of the extra-curricular programs will be placed on the process rather than the product. *Winning/losing will be a product that occurs from the process of learning skills, attitudes, rules, etc. Competition (winning/losing) is taught in the context of sportsmanship.*

As much as possible, a no-cut policy is established. Students, regardless of ability levels, are encouraged to participate in designed programs.

CHANGES TO MSBSD EXTRA-CURRICULAR GUIDELINES

A. Procedure to Change Middle School Athletic Rules.

1. Schools wishing to change rules will organize a meeting to discuss the proposed changes. Organization will include notifying all middle school/junior high athletic directors or their designee of the proposed changes, and the date and place of the meeting to discuss changes.
2. During the meeting the proposed changes will be discussed and a vote taken.
 - a. A majority vote of participating schools with one vote per school will determine change.
 - b. All changes should be sent to all district schools.

At a point that consensus cannot be reached, the final decision will be made by the principals.

GENERAL ACTIVITIES POLICIES FOR THE MSBSD

A. Sport Season Practice Rules. - Practice may begin, at anytime at the direction of the coach, with the cooperation of the school administration.

B. Program Development - *In the interest of building an athletic program, all schools are expected to fill varsity and JV teams first. C-teams are to be made up from the remaining interested students, if numbers allow.*

C. Out-of-District Participation Fees - Out of school district teams may be charged a fee for participation in activities. The host school has the option to charge or not. Host schools will not charge other in-district schools tournament or activity fees, except in the cases wherein an in-district school will not reciprocate as host school in a sport, in which case a fee equal to one-half the out-of-district fee may be charged. Additionally, when an in-district school participates in a C-Team contest, but does not intend to host one in return, they may be charged to cover the cost of refereeing for those contests.

The fee structure will be as follows:

Cross Country and Track: \$10 per athlete, \$300 maximum per school, per meet

Basketball and Volleyball: \$300 maximum per school, per tournament

Wrestling: \$15/wrestler, \$400 maximum per school, per tournament

STUDENT ELIGIBILITY

A. Parent/Student Responsibilities for Participation - The following items must be on file before a student may begin practice in any program.

1. Physician's clearance.

- a. A current physical form must be on file with the school. Physical must be less than a year from the last day of the season.

2. Permission form - A permission form signed by a parent/legal guardian must be on file with the Athletic Director and coach that:

- a. States student and parent/legal guardian knowledge of the eligibility rules and school activity code.
- b. Gives coaches/supervisor transportation authorization.
- c. Indicates parent/legal guardian responsibility for health/accident insurance and the continuance of health/accident insurance coverage.
- d. Gives coach/supervisor consent for emergency treatment.

3. Sports fee - A sports fee, \$60.00 per program, must be paid prior to the first day of practice for no-cut sports, or prior to the first contest for cut sports. The sports fee may be waived for managers. The sports fee may only be waived by the school administration. See School Board Policy 32.60 for information regarding free or reduced lunches.

4. Records - All records must be in order, and all forms must be on file before the student is eligible to begin practice in any program.

B. Student Requirements for Participation

1. Attendance - In order to participate in a school-sponsored activity (including practice), students must attend all classes on the day of the school activity or on the last regular day of the week for weekend activities unless otherwise excused by a pre-arranged absence or the school administrator.

2. School grade/team composition.

- a. Only students in the sixth, seventh, and eighth grades may participate.
- b. No player may participate on or suit up for more than one team on the same day or in the same tournament. Schools with an enrollment of less than three hundred students will use the six-quarter rule.
- c. Only students enrolled in your school may represent your school. District Correspondence students must participate in their attendance area school.
- d. At a point where consensus cannot be reached, the host site administrator has final decision regarding team composition.

3. Age

- a. A student who is fifteen years of age or younger may participate
- b. If a student becomes sixteen years of age after the first day of school, he/she will be eligible to participate throughout the year.

C. Student Scholastic Eligibility for Participation-- Individual schools will establish their own scholastic eligibility policy.

D. School Administration-- The final decision regarding eligibility will lie with the school administration.

PARTICIPATION GUIDELINES FOR ACTIVITIES

A. Training/Conduct Rules

1. **Basic training/conduct.** A student may be dismissed from participation for that sport/activity for the following reasons:
 - a. Tobacco-use or possession in any form
 - b. The use, possession, selling, and/or in the direct proximity of alcohol, drugs and/or drug paraphernalia during and after school hours. Proximity is described as being in the same car, house, party, etc. of the controlled substance.
 - c. Theft or vandalism
 - d. Hazing (Initiation)
2. **Suspension.-** Suspension from an activity for a period of time to be determined by the coach/principal may result from:
 - a. Violation of eligibility rules
 - b. Insubordination
 - c. Obscene gestures or swearing
 - d. Provocation
 - e. Unsportsman-like conduct, fighting.
 - f. Other disciplinary situations which may arise.

B. Dismissal Rules

1. **Discipline** - Any student who is cut from a school sponsored activity representing the individual school for disciplinary reasons will not be eligible to practice or play another sport/activity during the season of that sport/activity.

C. Uniforms/Equipment Rules

1. **Student responsibility** - Uniforms/equipment issued to a student are her/his responsibility for return or replacement.
2. **Penalty** - If the uniform/equipment are not returned, replaced, or paid for, additional equipment will not be issued to the participant for any activity or allowed to participate in any activity or allowed to participate in any other school activity until uniform/equipment is returned or paid for. This penalty is cumulative from year to year.

D. Participation Fee. A fee established by the school board policy will be charged for cross-country running, basketball, volleyball, wrestling, track, and cheerleading.

E. Additional Coach/Sponsor Rules

- 1. Additional rules.** - With administrative approval, coaches may establish additional training rules, schedules, curfews, etc. for each sport.
- 2. Rules on file** - All rules will be on file with the building administrator prior to the season start.
- 3. Holiday practices.** Extra-curricular activity practices shall not be held on the following Holidays: Thanksgiving Day, Christmas, Day, New Year's Day, and/or on any Sunday. Practices held on days that school is not in session surrounding these holidays should be sensitive to family considerations. Students and parents should realize that attendance/non- attendance during pre-scheduled vacation practices might impact the student's participation.
- 4. Special School-wide rules.** Special school wide rules affecting extra-curricular participation beyond the rules established by the MSBSD Middle School/Junior High Extra-curricular Activities Guidelines must be included in the individual school's student guidelines.

TOURNAMENTS

- A. Fees.** - MSBSD schools will not be charged a fee to participate in any tournaments, matches, games or meets held by another MSBSD School. Nominal fees may be charged to other schools from other school districts. The fee structure is described on page 3, **General Activities Policies for the MSBSD**, B. Out-of-District Participation Fees.
- B. Participation** -Tournaments should be designed to guarantee each participating team at least two matches or games.
- C. Format** - Is chosen by the host school. Possible formats include:
 - 1. Round Robin-** Each team plays every team in the tournament once. Team with the best record determines winner if a tie should occur; winner will be determined by the winner of head to head competition (winner of game when opponents first played each other during the tournament).
 - 2. Pool Play** - Pool play should be designed with the number one, four, five, and eight seed in one pool and number two, three, six and seven team in the other pool. The team with the best record from each pool should meet for the championship.
 - 3. Bracket** - Teams should be placed into the brackets in seeded order. A "double" elimination tournament, with winner and loser brackets, should be used as much as time and facilities allow. Each team participating should be guaranteed to play at least two games.
- D. Awards**
 - 1. Plaques/Trophies** should be awarded to the top three teams at the end of the season championships.
 - 2. All-Tournament Teams** can be chosen at the middle/junior high level at the school's discretion.

ACTIVITY RULES

CROSS-COUNTRY RUNNING (Boys & Girls)

A. Rules - National Federation of State High School Association Rules will govern all cross-country track meets.

B. Exception to Rules.

1. Each school may enter as many runners as they desire.
2. Finish placement of first seven runners from each school determines team score.

C. Classifications - Team classifications are boys and girls. Each team may be composed of sixth, seventh, and eighth grade students.

D. Individual Participation - Cross-Country will be a no-cut sport. All students will be allowed to participate if they have fulfilled eligibility requirements.

E. Championship -The last meet of the season shall be considered the championship.

F. Awards

Individual awards will be issued as follows:

10 places	6th grade girls
10 places	6th grade boys
10 places	7th grade girls
10 places	7th grade boys
10 places	8th grade girls
10 places	8th grade boys
10 places	Overall boys and girls.

Team awards will be issued for 1st, 2nd, and 3rd place girls, and 1st, 2nd, and 3rd place boys.

**Trophies will be presented at the end-of-the season championships.

G. Rosters - Rosters will be sent to the host school two days prior to a meet. Rosters must be in alphabetical order, male or female, and grade level. Substitutions may be made at the coaches meeting the day of the race.

H. Distance - The course distance will not exceed 3.1 miles or 5000 meters.

I. Equipment

1. **Shoes.** - Shoes must be worn. Spikes may be used.
2. **Uniforms** - Each athlete will wear a jersey/t-shirt with the school's name visible.

ACTIVITY RULES

6TH & C TEAM BASKETBALL (Girls and Boys)

A. Rules. National Federation of State High School Association Rules will govern all basketball games.

B. Exceptions to Rules

- 1. Length of Game** - Games will consist of two - fifteen minute halves with a running clock. The clock will be stopped the last minute of each half for fouls, violations, etc.
- 2. Time Out** - Each team will be allowed (one) 1-minute timeout per half.
- 3. Overtime** - If needed, overtime will be two minutes in length. The clock will be stopped the last minute of each overtime period. One additional time out is awarded to each team in each overtime period.
- 4. Defense** - Zone defenses are not permitted. A technical foul will be called for violation. Full court press is allowed only during the second half. If a team is ahead by 10 or more points they are not allowed to full court press.
- 5. Team size** - A team should consist of approximately 8-10 players.
- 6. Three Point Shot** - The three point shot will not be allowed.

C. Philosophy - The philosophy of sixth grade & C - team basketball is to teach the fundamental basketball rules. Traveling, three seconds in the key, over and back, free throw violations and fouls should be watched for and called.

D. Classifications - Team classifications are based on equal ability (heterogeneously grouped) teams.

E. Participation Limitation

1. No basketball player may play on or suit up for more than one team on the same day or in the same tournament, unless agreed by the two coaches from the opposing teams.
2. C-team rosters will consist of both 7th and 8th grade students not already on JV or varsity rosters. C-teams will be made up of players of equal ability and heterogeneously grouped.
3. *6th graders may participate on 6th grade teams only.*
[3. Academy Exception Rule: Academy middle school student population is 100 students or less. In order to field a JV and C team, Academy is allowed to include sixth graders in try outs and select to participate on a JV or C team, but not both. Rosters of teams will be made available. Sixth grade athletes who participate on the JV or C team will not participate during the 6th grade season.]

F. Team Selection - 6th grade & C - team basketball will be a no-cut sport. All students will be allowed to participate if they have fulfilled eligibility requirements.

G. Equipment.

1. All girls will use a 28.5-Inch "girls" ball.
2. All boys will use a "boys" ball.
3. Preferably all players will wear a uniform with numbers clearly visible on the front and back.

ACTIVITY RULES

BASKETBALL (7th and 8th Grade Boys and Girls)

A. Rules - National Federation of State High School Association Rules will govern all basketball play.

B. Exception to Rules.

1. A junior varsity game will consist of four, six minute quarters, not a running clock.
2. A varsity game will consist of four, six minute quarters, not a running clock.
3. The "Mercy Rule" (JV, V) shall be used once an established 30 or more point differential is reached at the end of the third (3rd) quarter or thereafter, a running clock will be used.

C. Classification - Classifications are junior varsity boys' and girls' teams and varsity boys' and girls' teams. Two teams, to be divided by ability, per classification per school.

D. Participation Limitations - No athlete may participate on or suit up for more than one team.

1. Schools with an enrollment of 400 or more will create Varsity rosters that consist of a minimum of eight 8th grade students. The remainder of the roster can be either 8th or 7th grade students. If a player is a seventh grader, they must be able to start and remain on varsity; no swinging. The intent of this rule is to even the playing field and allow for competition between athletes of comparable ability. If a school has only one team they need to publically declare their competition level prior to the first game of the season. If a school desires to change their status it must be done three weeks prior to the championship tournaments.

2. **The JV roster will consist of 7th grade students only; no 8th graders on JV.** This does not apply to schools with total enrollment of less than 400 students. For schools with total enrollment of less than 400 students, JV can consist of up to three 8th grade students.

3. *6th graders may participate on 6th grade teams only.*

[3. Academy Exception Rule: Academy middle school student population is 100 students or less. In order to field a JV and C team, Academy is allowed to include 6th graders in try outs and select to participate on a JV or C team, but not both. Rosters of teams will be made available. 6th grade athletes who participate on the JV or C team will not participate during the 6th grade season.]

4. JV and Varsity teams must be declared before the first game of the season. Any movement from one team to another must be "upward" and permanent.

5. C-team rosters will consist of both 7th and 8th graders not already on JV or Varsity rosters. C-team will be made up of players of equal ability and heterogeneously grouped. The C-team, JV and Varsity season is limited to 7th and 8th grade student athletes. *[Exception: Academy Charter 6th graders (see #3 above).]*

6. Student athletes will participate in one championship tournament per sport season.

ACTIVITY RULES

CHEERLEADING

Cheerleading will have a no-cut policy. Students participating will be able to participate during the regular basketball season.

Coaches may create a competitive (comp) team to participate at the state event. The comp team is not required and coaches may elect not to compete.

Eligibility will be established at individual schools.

Colony Middle School will be providing their comp-team squad rules.

ACTIVITY RULES

VOLLEYBALL (6th Grade Girls & C Team Girls)

A. Rules - National Federation of State High School Association Rules will govern all volleyball matches. This includes rally scoring.

B. Exceptions to Rules:

1. A match will consist of the best two out of three games, with a minimum of 30 minutes playing time and one time-out per game.
2. 6th grade teams will consist of 6th grade girls only. C - team will consist of 7th & 8th grade girls only.
3. The height of the net shall be 7' 4 1/2".
4. The serving line will be 30 ' from the net when the facility permits. Adjustments of no more than two feet for short courts will be marked and communicated to referees and coaches prior to the **match** or jamboree.
5. A team should consist of 8-12 players.
6. Substitution or rotation method of entering and exiting players into the game may be utilized with the exception that both coaches must agree on the same method. Efforts toward teaching players the substitution method should be utilized. Substitution only should be used at the End of Season Tournament.

C. Classification - Team classifications are based upon equal ability.

D. Participation Limitations - No volleyball player may participate or suit up for more than one team on the same day or in the same tournament unless agreed by both teams' coaches. The C-team, JV, and Varsity season is limited to 7th and 8th grade student athletes.

E. Team Selection - 6th Grade & C team volleyball will be a no-cut sport. All students will be allowed to participate if they have fulfilled eligibility requirements. The C-team, JV, and Varsity season is limited to 7th and 8th grade student athletes.

[E.Academy Exception Rule: Academy middle school student population is 100 students or less. In order to field a JV and C team, Academy is allowed to include sixth graders in try outs and select to participate on a JV or C team, but not both. Rosters of teams will be made available. Sixth grade athletes who participate on the JV or C team will not participate during the 6th grade season.]

F. Equipment - Preferably all players will wear a uniform with numbers clearly visible on the front and back.

ACTIVITY RULES

VOLLEYBALL (7th & 8th Grade Girls)

A. Rules - National Federation of State High School Association Rules will govern all volleyball matches. This includes rally scoring.

** The first two games will be played to 25 points. The third game will be played to 15 points given that time permits within the 30 minute timeframe.

B. Exceptions to Rules:

1. Junior Varsity and Varsity matches will consist of the best two out of three games. If the match is decided in two games and time allows, a third game may be played to give those on the bench a chance to participate.
2. No player may participate on or suit up for more than one team on the same day. Exception: Schools with junior/senior high combinations, and less than 300 students may play athletes on two teams if the coach of the opposing team has been notified prior to the day of the match and is in agreement.
3. The height of the net shall be 7' 4 1/2".
4. The serving line shall remain at 30'.

C. Classifications - Team classifications are a competitive Junior Varsity, and Varsity teams, one per school, per classification.

D. Participation Limitations. - No athlete may participate on or suit up for more than one team on the same day.

1. Varsity roster will consist of a minimum of eight 8th grade students. The remainder of the roster can be either 8th or 7th grade students. If a player is a seventh grader, they must be able to start and remain on varsity; no swinging. The intent of this rule is to even the playing field and allow for competition between athletes of comparable ability. If a school has only one team they need to publically declare their competition level prior to the first game of the season. If a school desires to change their status it must be done three weeks prior to the championship tournaments.

2. The JV roster will consist of 7th grade students only; no 8th graders on JV. This does not apply to schools with total enrollment of less than 400 students. For schools with total enrollment of less than 400 students, JV can consist of up to three 8th grade students.

3. *6th graders may participate on 6th grade teams only.*

[3. Academy Exception Rule: Academy middle school student population is 100 students or less. In order to field a JV and C team, Academy is allowed to include sixth graders in try outs and select to participate on a JV or C team, but not both. Rosters of teams will be made available. Sixth grade athletes who participate on the JV or C team will not participate during the 6th grade season.]

4. JV and Varsity teams must be declared before the first game of the season. Any movement from one team to another must be "upward" and permanent.

5. C-team rosters will consist of both 7th and 8th grade girls not already on JV or Varsity rosters. C-team will be made up of players of equal ability and heterogeneously grouped. The C-team, JV and Varsity season is limited to 7th and 8th grade student athletes. *[Exception: Academy Charter 6th graders (see #3 above).]*

6. Student athletes will participate in one championship tournament per season.

E. Equipment - Preferably all players will wear a uniform with numbers clearly visible on the front and back.

ACTIVITY RULES

WRESTLING (Boys & Girls)

A. Rules. National Federation of State High School Association Rules will govern all wrestling matches.

B. Exceptions to Rules:

1. A match will consist of three rounds. Rounds being (1, 1, 1) or (1, 2, 2) in duration.
2. This will be at the discretion of the host school and not to exceed the rulebook.

C. Classifications

1. Wrestlers will compete in the following weight divisions: 70, 77, 84, 91, 98, 105, 110, 114, 118, 122, 126, 132, 140, 148, 160, 174, 210, 275
2. For dual meets, **Varsity Squad** will consist of one wrestler per weight class, chosen by ability.
3. For dual meets, **Junior Varsity Squad** will have unlimited entry per weight class chosen by ability.
4. Wrestlers may only participate on one level, JV or Varsity, per tournament.

Varsity and J.V. Tournaments will consist of wrestlers according to their ability, not grade level.

D. Weigh-In

1. Weigh-ins will be held the day of competition for J.V at the individual home schools.
2. Varsity weigh-ins will be held at the discretion of the host school.
3. When possible, both genders (boys/girls) will be able to weigh in when their weight class is called.

E. Participation Limitation

1. Wrestling will be a no-cut sport. Varsity and J.V. wrestlers will be determined by intra-squad matches according to their ability, not grade level. **8th grade JV wrestlers will be presented at the seeding meeting for approval by the other tournament coaches.
2. An individual must have at least forty-five minutes rest between matches. Exceptions must be approved by the wrestling officials in accordance to rulebook.

F. Officials - Because of the potential for injury, all matches will be reffed by certified officials.

G. Equipment - Required equipment will be in accordance to the rulebook.

ACTIVITY RULES

TRACK AND FIELD (Girls and Boys)

A. Rules - National Federation of State High School Association Rules will govern all track meets.

B. Exceptions to Rules:

1. Entry Limitations.

Junior Varsity meets will be unlimited entry per school per event.

Varsity meets are limited to five entries per event from each school.

C. Order of Events -The Track and Field Events will be run in the following order:

- 1. Running:** 110 meter hurdles, (5 low hurdles, 30 inch, both boys and girls), 100 meter dash, 800 (4 x 200) meter relay, 1600 meter run, 400 (4 x 100) meter relay, 400 meter dash, 800 meter run, 200 meter dash, 1600 meter relay (4 x 400)

(hurdles-- S-60-H-60-H-60-H-60-H-60-H-60 10, 3/4-F)

Girls will run first.

- 2. Field:** Discus (women's), shot put (4 kilo), high jump, long jump, and triple jump.
With the exception of the high jump, boys' field events will be first.

D. Classifications - Team classifications are Junior Varsity and Varsity. Teams may be comprised of sixth, seventh, and eighth grade boys and sixth, seventh, and eighth grade girls. Grade level does not determine classification.

E. Participation Limitation

- 1. Varsity** athletes may participate in four events, of which no more than three are running events, including relays.

- 2. Junior Varsity** athletes are limited to participating in three events.

3. Tournament Participation

a. Students may participate in only one meet per week.

b. Students may participate in only one championship meet.

c. JV and Varsity teams need to be declared prior to the first meet and only participate in the respective meet.

d. Upward movement from JV to V is permanent.

- 4. Host Schools** will have discretion to invite out of district schools. Primary focus will remain on serving the MSBSD students first.

F. Scoring

- 1. Team** - Team scores will be kept for the Varsity Championship meet only. Team awards will be 1st, 2nd, and 3rd place boys and 1st, 2nd, and 3rd place girls.

Track and Field Scoring (cont.)

2. **Individual** - Ribbons will be awarded to those scoring team points for Varsity.

<u># of Teams Competing in the Meet</u>	<u>Individual Scoring</u>	<u>Relay Scoring</u>
4	6-4-3-2-1	6-4-2
5	8-6-4-2-1	8-6-4-2
6	10-8-6-4-2-1	10-8-6-4-2
7 or more	10-8-6-4-2-1	10-8-6-4-2-1

(1st place = 6 points; 2nd place = 4 points; 3rd place = 3 points; etc.)

3. **Dual/Tri-Meets.** - No ribbons will be awarded for dual meets.

4. **Junior Varsity Meets** - Ribbons will be given to each finisher in each heat up to 8th place and 10th place in field events. Participant ribbons may be given to all other participants.

5. **Varsity Meets** - Ribbons will be given to the top five finishers in each event. Team awards may be given.

G. **Starting Times** - Starting times will be determined by host school.

H. Equipment

1. **Shot Put** - The 4 kilo shot will be used for boys and girls Varsity and J. V. events. Participants will make three consecutive throws.

2. **Discus.** - The "women's" discus will be used for boys and girls Varsity and J.V. events. Participants will make three consecutive throws.

3. **High Jump** - Boys Varsity high jump will start at 4'6". Boys J. V. high jump will start at 4'. Each round will increase by 2" increments until the final two remaining contestants.

Girls Varsity high jump will start at 3'6". Girls J. V. high jump will start at 3'0". Each round will increase by 2" increments until there are only two contestants.

I. **Heats.** Heat sheets will be made for each running event ran in lanes. If multiple heats, the winner will be determined by fastest heat time. The first heat will be designated as the most competitive heat. The fastest runners from each school should be designated to run in the first heat.

J. **Events.** Events will be announced as 1st call; 2nd call; and "3rd & final call". Field event athletes should sign up with the event official.

K. **Non-participating athletes and/or students.** Athletes should be reminded to stay in the stands when not participating in an event. The infield needs to be kept clear of all athletes during the running events.

L. **Rosters.** Rosters should be sent to the host school two days prior to the meet. Scratches and substitutions may be made at the coaches meeting prior to the start of the meet.

M. **Uniforms.** Each athlete will wear a jersey or T-shirt with the school's name visible on it.