

# BENEFITS OF PARTICIPATION IN EXTRACURRICULAR and CO-EXTRACURRICULAR ACTIVITIES

*-Information obtained from the UHSAA*

High school activities participants have higher grades, lower dropout rates and attend college more often than non-participants (Women's Sports Foundation Survey).	Student-athletes tend to focus more on long-term life accomplishments than short-term goals (University of Chicago).	Ninety-five percent of Fortune 500 corporate officers at the executive vice-president level or above participated in high school activities (USA Today).
Ninety-six percent of dropouts in 14 school districts in seven regions of the nation were not participating in activities programs (National Federation of State High School Associations).	The one yardstick that can be used to predict later success in life is achievement in school activities (American College Testing Service Survey).	Participation in activities promotes citizenship and sportsmanship.
The Washington County School District continues to closely monitor the amount of class time missed for extracurricular and co-curricular activities. District officials continue to track the number of students participating in activities, the number of teachers involved with activities, and class time missed by both teachers and students.		Student-athletes are more self-assured (University of Chicago).
Ninety-two percent of participants do not use drugs (University of Chicago).	Schools make a great effort in scheduling non-region competitions close to Washington County. The district has a policy stating that Freshmen, Sophomore, and Junior Varsity events must be scheduled within approximately 100 miles of their schools (unless the younger teams are traveling with the Varsity). All activities that require a team or group to travel beyond 150 miles (one way) are reported to the Board. Any student group traveling out of state (beyond Las Vegas, Nevada, and Page, Arizona), must be approved by the Board.	