

COMMUNITY R-VI TROJANS



*EXTRA CURRICULAR
HANDBOOK*

2014-2015

- To create opportunities for students to develop self esteem.
- To effectively evaluate performance.
- To model appropriate behaviors.
- To develop teamwork and loyalty.
- To teach fundamental knowledge of activity.
- To share effective coaching methods.
- To teach responsibility; respect for others and property by developing teamwork and loyalty.

PROGRAM MANAGEMENT

- To promote involvement in activities and communicate effectively with parents, students, community, and media.
- To create high expectations for achievement in high school programs.
- To promote high standards of academic performance.
- To offer multi-levels of opportunity.
- To encourage student participation.
- To utilize staff and resources effectively.
- To develop effective practice, rehearsal, and schedules to maximize use of time.
- To encourage all participants to support other activities.
- To develop programs for care of injuries and promote overall well being.

INTERPERSONAL RELATIONSHIPS

- To promote a positive relationship among team members.
- To develop positive leadership qualities in students.
- To promote appreciation for and acceptance of the differences of others.
- To show respect for the total person on social and emotional levels.
- To promote good working relationships with the administrators.
- To promote a positive image of our programs.
- To develop an attitude of partnership, appreciation, and sportsmanship among coaches, parents, students, and community.
- To communicate with parents, community, and media regarding student programs.

PROFESSIONAL RESPONSIBILITIES

- To demonstrate a commitment to professional growth.
- To follow policies and procedures of the school district.

One of the main goals of the athletic/activities program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches and spectators.

Good sportsmanship includes showing courtesy and kindness toward your opponent as well as fellow team members. The contest is judged by the effort of the participants and not by putting down your opponent.

Winning is exciting, but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.

All MSHSAA sanctioned events are a reflection of our community and school. The conduct of the team is extended to parents and fans before, during, and after athletic events.

If a parent or fan is removed from a game or activity by an official, the person removed will be suspended from the next contest.

STUDENT RESPONSIBILITIES

As a student participant, you are in school to secure the best secondary education you are capable of achieving. Deciding to take advantage of this component plays a significant part in your total educational development. However, with this decision also come certain responsibilities, if the value of activities is to be achieved, namely:

- Striving to achieve sound citizenship and desirable social traits, including; control, honesty, cooperation, dependability, and respect for others and their abilities.
- Maintaining academic and eligibility standards as established by the Missouri State High School Activities Association and the Community R-VI School District.
- Learning the spirit of hard work and dedication.
- Attaining mental and physical fitness through good health habits.
- Excelling to the limits of your potential.
- Showing respect for both authority and property.
- Willing to accept the leadership role that is instilled through the activity program.

Athletes need to keep in mind that they are in the public eye and that their personal conduct always must be above reproach. Athletes have an obligation to create a favorable image and to gain the respect of their coach, teammates, student body, and community.

MIDDLE SCHOOL

Any student receiving a failing grade at the conclusion of the school day on Monday of that week is out of athletic competition until the following Monday. If he or she is passing the class at next check the student-athlete is again eligible. Coaches and parents remind student-athletes at or before the first practice of this requirement to participate so they keep grades at an acceptable level for participation. This rule is in addition to all MSHSAA requirements in order to participate.

ATTENDANCE ELIGIBILITY

~~According to MSHSAA By-Law 212.0, A student shall not be considered eligible~~ while under suspension, this would include in-school and out of school suspensions. The student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal. If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date.

In the event that a student is assigned an afternoon detention period as the result of a classroom problem, the detention must be served before the student can return to an extra-curricular activity. He/she is not allowed to use the excuse of "I have practice, so I can't stay." The classroom obligations always comes first.

CITIZENSHIP GUIDELINES FOR EXTRACURRICULAR PARTICIPATION

To be eligible to participate in school activities is a privilege, not an inherent right, and therefore requires certain behaviors and attitudes. More specifically, any student who represents his or her school in activities must be a credible citizen and be judged so by proper school authority certifying the list of students for participation.

A student whose character or conduct is such as to reflect discredit upon himself/herself or his/her school is not considered a creditable citizen. His/her conduct shall be satisfactory in accord with standards of good discipline. Students who participate in the activities, athletics, or performing arts programs, should remember the rewards, recognition, and notoriety that comes with involvement also carries a high degree of school, civic, and individual discipline and responsibility. The rewards are great! A student has much to gain, but also has much to lose for behavior which is inappropriate.

Besides the possibility of losing eligibility for inappropriate behavior, students involved in the extracurricular activities programs are also subject to the disciplinary consequences listed in the Student Handbook.

It is understood that citizenship eligibility cases are handled on an individual basis by the sponsor/coach/director/supervisor, principal, parents and student. However, it is also felt that system-wide guidelines will assist in the uniform handling of such cases.

ALCOHOLIC BEVERAGES

Students should not use, sell, abuse, or possess alcoholic beverages. Any student who has been seen drinking alcoholic beverages or in possession of during the season in which he or she is participating (seen by a coach, teacher, or administrator) or has been convicted, pleads guilty, or pleads no contest, for possession of alcohol will be suspended for 20 percent of the regular season games in the sport he/she is participating. Suspensions for the first violations will carryover from one school year to the next and from one season to the next. The athlete and parent/guardian must meet with the coach and athletic administrator before the athlete can return to participation. A student who is ineligible to represent his or her team may continue to practice.

Any student, who is convicted, pleads guilty, or pleads no contest, for driving under the influence, at any time, will be considered interscholastically ineligible for 365 days from the date of conviction or plea. If this occurs during the school year, all awards earned during the same school year will be forfeited.

A second violation for alcoholic beverages will result in immediate suspension from the team and all awards earned during the same school year will be forfeited. Suspensions for the second violation will carryover from one year to the next and from one season to the next. The athlete and parent/guardian must meet with the coach and athletic administrator before the athlete can return to participation.

TOBACCO PRODUCTS

Students should not use or be in possession of tobacco products. Any student who has been seen using or in possession of a tobacco product (seen by a coach, teacher, or administrator) will be suspended for 20 percent of the regular season games in the sport he/she is participating. Suspensions for the first violations will carryover from one season to the next. The athlete and parent/guardian must meet with the coach and athletic administrator before the athlete can return to participation. A student who is ineligible to represent his or her team may continue to practice.

COMMUNITY R-6 DRUG TESTING POLICY

- Anyone participating in district sponsored extracurricular and co-curricular activities is required to be involved in the random monthly test. The policy will be handed out in conjunction with the extra-curricular handbook both the consent form for the handbook and drug testing policy must be returned to ensure participation for a student.
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- The key component of this program is to open the lines of communication between students and parents about the serious matter of drug usage and abuse and to offer support for those who need it. The consequences and procedures are listed in this document if a test shows the use of illegal drugs what course of action will be taken. Please refer to the policy form for additional information on the program.

Consequences

Any student who tests positive in a drug test under this policy shall be subject to the following restrictions:

For the first offense, the participant shall be suspended from any and all participation in any and all activities for twenty (20) school days from when the test results were determined. The student may attend practice sessions but may not participate. The student will also need to attend (1) drug counseling session. A mandatory test must be taken by the student on the next random screening date or sooner. This will be at the expense of the student and parent/guardian. In order to resume participation after the 20-day suspension a follow up test must be negative. The lab testing facility must be pre-approved by the school district, must be a SAMSHA certified lab, and the test must include the substances tested for in the school testing program. After the student presents a non-negative test for illegal substances, he or she will be subject to non-random testing at the request of the administration. The student may be tested in this manner for 365 calendar days beginning from the date of the first non-negative results. Testing procedures will remain identical to the random testing procedures.

GENERAL PARTICIPATION GUIDELINES

The following is a general list of guidelines for extra-curricular activities. The list is intended for knowledge of expectations while participating in extra-curricular programs.

- Students are free to make their own selections as to activities and sports in which they wish to participate as defined by gender.
- Students are allowed to participate in multiple sports in the same season.
- Students are required to use school transportation to all contests unless the student has a written note signed by a parent/guardian and the student has received permission in advance from the high school principal. Students are required to use school transportation from contests unless their parents signs them off with the coach/sponsor releasing them to the parent. An advance written note from the parents and cleared in advance by the administration may be given to the coach granting permission for the student to ride home with another adult.
- Attendance at activities, practice, meetings, and games is required. No one is excused without prior permission of the coach/sponsor. extenuating circumstances such as emergencies are exceptions.
- It may be necessary for a student to be absent for a portion of a day in which an extracurricular activity takes place. In order to participate he/she must attend a minimum of four (4) class periods of the school day and have prior approval of the administration. Students are required to attend for the entire school day when prior approval is not sought. Exceptions to this standard may be made by the administration (funerals, emergencies, etc.).
- Suspended students are not eligible for participation on the days on which the suspension is served. This includes both in-school and out-of-school suspensions.
- Any disrespect for the administration, teachers, coaches, sponsors, or officials will not be tolerated at any time.
- Any student whose actions are detrimental to the proper framework of the intent of the activity will be dealt with on an individual basis.
- Participants will adhere to the guidelines set up by the school and by the coach/sponsor.

ATHLETIC AWARDS

An athletic award is a symbol of athletic accomplishment, good sportsmanship and observance of athletic policies. Student athletes, managers, and cheerleaders are eligible to earn awards. No student athlete may receive an award in a sport for which he/she is academically ineligible at the completion of the season or if under suspension for an athletic violation. Candidates must complete the season's play; however, this requirement may be waived in cases of physical injury. ~~No awards will be issued to an athlete until all equipment for his/her sport is~~ turned in to the coach.

ATHLETIC LETTERING REQUIREMENTS

- Athletes must meet all rules and regulations of the Missouri State High School Activities Association (and the Community R-VI School District).
- The Community R-VI coaching staff for each individual sport will determine lettering requirements for his/her sport.

STUDENT PARTICIPANT AGREEMENT

Individual and team/group success in sports and activities result from commitment. The extent to which young people are able to make such commitments reflects their dedication to family, friends, school and organization. Your coach/sponsor has made a similar commitment. You are asked to read and agree to the following pledge:

AS A STUDENT PARTICIPANT AT COMMUNITY R-VI, I PROMISE.....

1. To be a worthy representative of my fellow participants and coaches/sponsors, abiding by school and community expectations and reflecting my program's values of commitment and hard work.
2. To maintain my physical and emotional well-being by following the the rules described by the coach-sponsor.
3. To reflect the knowledge that a commitment to success is nothing without the commitment to hard work in practice.
4. To attend every practice or activity unless excused by the coach / sponsor.
5. To understand the merit and relationship of academics and participation.
6. To organize my time to satisfy family relationships and responsibilities.
7. To represent myself, peers, faculty and administration, and the Community in a fashion deserving respect and positive recognition.

THE PARENT PLEDGE

Cooperation among coaches/sponsors, participants, parents, and school personnel is essential to realize the values of extra-curricular participation. Like coaches/sponsors and participants, parents must make commitments to the activities program to assure such cooperation. We ask that you read the following pledge and, as needed, discuss your reactions with your child's coach/sponsor or the Athletic Director. Thank you for your support.

AS A PARENT OF A STUDENT PARTICIPANT AT COMMUNITY R-VI HIGH SCHOOL, I PROMISE.....

1. To accompany my child to as many orientation and informational meetings offered by the athletic department as my schedule will permit.
2. To work closely with all school personnel to assure an appropriate academic as well as activity experience for my child while they are in high school.
3. To assure that my child will attend all scheduled practices and events.
4. To require my child to abide by the activities department's guidelines with consideration to behavior, substance abuse, academic eligibility, and others as outlined.
5. To acknowledge the ultimate authority of the coach/sponsor to determine roles and approaches to the activity of responsibility.
6. To promote mature behavior from students and parents during events.
7. To work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program from Community R-VI High School.
8. To work closely with coaches/sponsors and other personnel to identify a reasonable and realistic future for my child as an activity participant.

Our expectations

Conversations with coach should be limited to:

1. Your student athlete not other team members.
2. The betterment of the team and how we can work together to achieve success.
3. Clarification of your child's role on the team and how that can be changed.

Coaches often need parents to tell them:

1. Any specific health concerns about your son/daughter expressed directly and informally to the head coach in a mutually convenient time.
2. Notification of any schedule conflicts well in advance.
3. Your commitment to the program, and how you plan to make a contribution in order for the team to reach their goals. For example, one way is to be sure your child gets enough rest and nutrition at home.
4. Strategies that have worked for you in dealing with your son/daughter being successful in the past.

If you have a concern to discuss with a coach, what procedure should you follow?

1. Make sure the athlete has met with the coach and discussed the issue.
2. Make an appointment with the coach. **Never** approach a coach after a game unless the coach requests this.
3. If the coach cannot be reached, call the Athletic Director to set up a meeting.
4. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be busy and emotional times for both the parent and the coach and this period will not promote objective analysis of the situation.

What should you do if the meeting with the coach does not result in a resolution to the problem?

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

COMMUNITY R-VI TROJANS



Athlete's Code of Conduct Contract

Any student who represents the Community R-VI School in interscholastic competition will be required to sign the following contract and deliver it to the coach or athletic director before participating in any interscholastic event.

I, _____, have read and understand the Community R-VI Interscholastic Manual. I will abide by those guidelines established in this manual and by those set down by the Missouri State High School Activities Association.

I also recognize that by violating these guidelines, I will seriously endanger my eligibility as a representative of Community R-VI. It is a privilege to represent my school and I will make decisions accordingly.

This contract is also to inform you of possible contact between your child and the sponsor of the activity he or she is involved in. If a text or phone call takes place to a student we would also like to send that message to you the parent for your benefit and ours. Communication between our staff and you the parent is critical in the success of our extracurricular activities. Please take the time to give us your phone number as well as your child's in the space provided below if you choose this line of communication.

Any student who feels that he or she has been treated unreasonably in regard to these guidelines, can appeal to an interscholastic eligibility committee comprised of the High School Principal, Athletic Director, and one faculty member. This committee will hear the complaint and decide whether an injustice has been done. Parents of the student are welcome to sit in during the session and express their viewpoint. In the event that the committee's decision is not acceptable to the student, he or she can appeal to the Superintendent and Community R-VI Board of Education, whose decision will be considered final.

Signature of Student Athlete Student Phone # Date

Signature of Parent/Guardian Student Phone # Date