Festus R-VI

Grades 7-12

Student-Athletics & Activities Handbook

2025-2026

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FESTUS R-VI STUDENT-ATHLETE/ACTIVITIES HANDBOOK
INTRODUCTION

Interscholastic activities are an integral part of a student's education. Interscholastic activities complement the curricular program. The interscholastic activities program shall provide educational and social experiences for the students and the Festus school community that result in positive learner outcomes which contribute to the development of good citizenship, sportsmanship and equitable competition. Interscholastic activities provide experiences that help develop young men and women physically, mentally, socially, and emotionally. The Festus School District and the Missouri State High School Activities Association (MSHSAA) want to help ensure that you maintain your eligibility so that you may participate in and enjoy the benefits of interscholastic activities. Your years at Festus High School and Festus Middle School will be highlighted by your participation on one of your school's athletic or interscholastic teams. These will be some of the most enjoyable years of your life. In order to compete, you must be eligible and you must be a credible school citizen.

Eligibility to represent a school in interscholastic activities is a privilege and not a right. Eligibility is attained by meeting the standards of eligibility cooperatively set by the Missouri member schools of MSHSAA and additional standards established by the Festus School District. These eligibility criteria allow students to be able to participate and remain eligible. The privilege to participate in activities carries with it a responsibility to the school, to the activity or organization, to the student body, to the community, to your team, and to the individual student. We want you to enjoy the years you participate in interscholastic activities and support the spirit of citizenship within the Festus community. Information in this manual will acquaint you with the major rules and regulations you must follow in order to maintain and protect your school eligibility. This is not a complete list of Festus School District policies or MSHSAA eligibility requirements. You should check with the administrators at your school anytime you have questions or concerns, as they have a complete copy of all District policies, discipline codes, and MSHSAA eligibility requirements. Knowing, understanding, and following these requirements will enable you to maintain and protect your eligibility. It is important for you to know that all the requirements must be met, as no one requirement is more important than another.

This manual has been prepared by the Festus R-VI School District with the assistance of the Missouri State High School Activities Association to help students and parents in understanding our athletic/activities program and key eligibility issues. It does not replace or supersede Festus R-VI School Board policies or MSHSAA by-laws. Questions regarding eligibility should always be addressed to the FHS Athletic Director. Information regarding MSHSAA may be found at www.mshsaa.org

POLICY OF NON-DISCRIMINATION

It is the policy of the Festus R-VI School District not to discriminate on the basis of race, color, national origin, sex, disability, or age in its programs or employment practices as required by Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975 and Title II of the Americans with Disabilities Act of 1990.

Inquiries related to the Festus R-VI programs and to the location of District services, activities, and facilities that are accessible to and usable by persons with disabilities may be directed to Assistant Superintendent, Dr. Denise Funston (Title VI/Title IX/Section 504/ADA/Age Act), 1515 Mid-Meadow Lane, Festus, MO 63028, telephone 636.937., email: funstondenise@festusedu.com

Inquiries related to Festus R-VI employment practices may be directed to the Assistant Superintendent , Mr. Jonathan Earnhart at the Roy Burnside Administrative Building, Festus R-VI School District, 1515 Mid-Meadow Lane, Festus, MO 63028, telephone 636.937.4920, email: earnhartjonathan@festusedu.com

Anyone attending meeting of the Festus R-VI Board of Education who requires auxiliary aids or services should request such services no later than 48 hours prior to the meeting by contacting: Dr. Nicki Ruess, Festus R-VI Superintendent, 1515 Mid-Meadow Lane, Festus, MO 63028, telephone 636.937.4920, fax 636.937.8925, email: ruessnicki@festusedu.com

Inquiries or concerns regarding civil rights compliance may also be directed to the Office for Civil Rights, Kansas City Office, U.S. Department of Education, 8930 Ward Parkway, Suite 2037, Kansas City, MO 64114, telephone 816.268.0550, fax 816.823.1404, TDD 877.521.2172. Additional information regarding this and other Festus R-VI School District policies can be found online at www.festus.k12.mo.us.

FESTUS R-VI MISSION STATEMENT

The long-standing mission of the Festus School District is “Educating all children to meet tomorrow’s challenges.”

ATHLETICS AND ACTIVITIES ORGANIZATIONS

Missouri State High School Activities Association (MSHSAA)

Festus High School and Middle School are members of the MSHSAA, the organization that establishes regulations governing participation in activities in the state. These regulations are adopted by a vote of all member schools. It is the philosophy of the organization to guarantee that the focus of activities programs is educational in nature. The MSHSAA, through its member schools, establishes eligibility rules, individual sports rules, non-school competition standards, and athletic transfer policies, as well as organizing State Championships.

The purpose of this organization is to promote, develop, direct, protect, and regulate amateur interscholastic relationships between member schools and to stimulate fair play, friendly rivalry, and good sportsmanship among contestants, schools, and communities throughout the state.

Jefferson County Activities Association and Mississippi Area Football Conference

Festus High School is a member of the Jefferson County Activities Association (JCAA) and the Mississippi Area Football Conference (MAFC) which have been organized to stimulate and promote friendly rivalry and greater interest in local high school activities. The Conference recognizes championships and awards recipients in both men's and women's sports at the high school level

ATHLETICS AND ACTIVITIES OFFERED

Fall Season	**Winter Season**	**Spring Season**
Football *	Basketball (Boys) *	Baseball
Softball	Basketball (Girls) *	Golf (Boys)
Volleyball *	Wrestling	Soccer (Girls)
Cross Country (Boys) *		Track & Field (Girls) *
Cross Country (Girls) *		Track & Field (Boys) *
Soccer (Boys)		Tennis (Boys)
Tennis (Girls)		

Fall and Winter Season

Cheerleading *	Band *	Color Guard	Choir *
Pom-Pon/Dance	Scholar Bowl	Speech and Debate	

*** Denotes Middle School Activities Also**

ATHLETICS AND ACTIVITIES DEPARTMENT PHILOSOPHY

Education-based athletic and activity programs will provide an opportunity to empower participants to achieve their potential by cultivating a love of learning and competing in an environment of respect, accountability, responsibility, sportsmanship, and fair-play.

The Festus R-6 School District believes that interscholastic activities shall supplement the overall curricular program and become a vital part of a student's total educational experience.

These experiences contribute to the development of learning skills and emotional patterns that enable each student to make maximum use of their education. Student participation in any part of our program is a privilege not a right. This privilege carries with it responsibilities to the school, to the activity, to the student body, to the community and to the students themselves.

The **TEAM** concept will be the central theme of the activities program with the personal development of the individual a desired outcome. The team should never be sacrificed at the expense of the welfare of an individual. Rather, the development of both should be facilitated in such a way as to benefit all involved.

Athletics and activities are to be closely coordinated with the general instructional program and properly articulate with other departments of the school. Festus' programs are considered an integral part of the school's program of education that provides experiences that will help to develop participants physically, mentally, socially, and emotionally. The goal of the program is to promote positive competition while increasing levels of physical fitness and sports skills. This is in order to help prepare each individual for various lifetime goals, and to promote fitness and the enjoyment of each sport throughout an individual's life.

ACTIVITIES DEPARTMENT MISSION

The mission of the Festus Activities Program is to provide opportunities and experiences for all students to develop the following skills:

- Respect for self and others
- Ability to take positive risks
- Appreciation of one's talents and weaknesses
- Recognition of the value of physical, academic, and aesthetic pursuits
- Understanding of teamwork and sharing of common goals
- Realization of the importance of life skills
- Positively promote physical fitness
- Decrease negative risk behavior (drugs, alcohol, illegal substances)
- Awareness of the diversity in cultural backgrounds

Participants will also build the self-worth and integrity necessary to be able to cope with future successes and failures. Participants will also gain the qualities of realistic goal setting, positive interdependence, and moral judgment. Activities in the program create an avenue of enrichment, entertainment, and proud association for parents and community. A well-directed program will strive to enable students to contribute responsibly and ethically within society, now and in the future.

ACTIVITIES DEPARTMENT PURPOSE

- Promote academic excellence
- Promote school morale
- Develop a positive school and community relationships
- Provide an activity in which the participant may learn to compete at increasingly higher levels.
- Develop fitness and desirable habits of personal hygiene, health, and safety
- Develop discipline and teach the importance of self discipline.
- Providing opportunities to learn a violation of a rule of the game brings a penalty and that principle applies to everyday living.
- Develop an attitude that participation is a privilege.
- Provide the opportunity to make real and lasting friendships
- Contribute to the development of the student's pride in the school community.

PROGRAM GOALS

Instructional Process

- To teach the students to motivate themselves for excellence.
- To teach fundamental, social, emotional, and academic skills
- To create opportunities for students to develop self esteem
- To effectively evaluate performance
- To model appropriate behaviors
- To develop pride in the team, school, and community.
- 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 activities 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 MSHSAA, JCAA, MAFC, and the school district.
- To assume responsibilities outside of activities as related to school.
- To demonstrate a professional attitude and act with integrity.

Desired Program Outcomes

- Improvement of school spirit.
- Projection of a positive image to and for the community.
- Physical growth and development of participants.
- Development of a TEAM concept for participants.
- Development of self-discipline for participants
- A coordinated program with a unified purpose for grades 7-12 in each activity
- Development of K-6 programs that are directly associated with the 7-12 activity program.
- Opportunities for coaches to help youth grow and develop in a positive manner.
- Promote lifelong activities that are associated with a healthy lifestyle and not associated with the use of drugs and alcohol.
- An appreciation for the value of hard work and commitment.
- Respect for authority and the rights of others.
- Development of the value of fair-play and ethical standards.
- Provide an opportunity to compete and visit other communities.

ATHLETICS AND ACTIVITIES PACKET PROCESS

All participants and parents/guardians should read and be familiar with this entire handbook. Please read the handbook carefully to understand the expectations of participants, parents, and school and department policies, MSHSAA guidelines on eligibility, sportsmanship, and citizenship.

Athletic and Activities Packet Completion

1) Participants must complete an Athletic Packet before they will be allowed to participate. Regardless if a physical is one or two years, the rest of the packet must be completed each year.

2) Participants will complete and upload all documents to our online platform Privitt.

4) The packet includes:

a) MSHSAA pre-participation physical form (4 pages) in its entirety

including parental permission signature

b) Code of Conduct

c) Student/parent contracts

d) Emergency information sheet

PARTICIPANTS' RESPONSIBILITIES

As student athletes and activities participants, you are in school to secure the best secondary education you are capable of achieving. Deciding to take advantage of the athletic 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. **Code of Conduct**

Participants are expected to follow the "Code of Conduct" outlined in the Festus Student Handbook as well as in the Student-Athlete Handbook. The Festus R-VI School District is dedicated to its mission, vision, philosophy, and objectives. Whenever these purposes are threatened by student misconduct, appropriate disciplinary action must be taken

Grades 9-12 Participants' Responsibilities

- Striving to achieve sound citizenship and desirable social traits, including self-control, honesty, cooperation, dependability, and respect for others and their individual abilities and differences.
- Maintaining academic and eligibility standards as established by the Missouri State High School Activities Association and the Festus R-VI School District (see page 16).
- You must enter school the first eleven days of the semester.
- You cannot participate for any non-school teams in the same sport the same season you represent a school team.
- You must fill out an Athletic Packet and pass a physical examination before you can try out or participate.
- Regularly attending all classes and abiding by all school rules and policies.
- Understand and abide by all MSHSAA character and citizenship standards.
- Learning the spirit of hard work and dedication.
- You must have proof of medical insurance.
- Understanding the commitment you are making to your specific team. You must show this commitment by training out of season, practicing during the season, and participating in all competitions during the season. Many times this may mean sacrificing time with friends, canceling family trips, and any other conflicts that may get in the way of training and competition. You must be committed.
- Attaining mental and physical fitness through good health habits.
- To train properly and refrain from activities that are potentially harmful to your body (including: drugs, alcohol, and illegal substances).
- Excelling to the limits of your potential.
- Showing respect for both authority and property.
- Willingness to accept the leadership role that is instilled through the activity program.
- Making only positive remarks about the activity, team, coach, and teammates.
- Accepting decisions of others and abiding by them.

● Know, understand, and appreciate the rules of the contest. Respect the official's judgment and interpretation of the rules. Never argue or make gestures indicating a dislike for a decision.
● Accept both victory and defeat with pride and compassion.
● Realize that behavior, language, and appearance reflects not only on you, but also upon members of the team and the school.
● To be responsible to the younger students in the school system by providing an example to follow. Always remember that you are important role models to younger athletes.

Grades 7-8 Participants' Responsibilities

The following standards are requirements for participation on one of the middle school athletic teams. The Missouri State High School Activities Association establishes these standards. Additional local standards may exceed those required by MSHSAA.

● You must be a good school citizen by demonstrating good conduct in school and out of school.
● You must be enrolled in at least six classes.
● You must pass six classes during the previous quarter.
● You must have been promoted to a higher grade at the end of the previous year.
● You must enter school the first eleven days of the semester.
● You cannot participate for any non-school teams in the same sport the same season you represent a school team.
● You must fill out an Athletic Packet and pass a physical examination before you can try out or participate.
● You must have proof of medical insurance.

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

Parents' Responsibilities

- To give moral support to their son/daughter for their participation in athletics.
- To encourage the athlete to attend all practices, games, or meets and not to miss these events other than for illness or circumstances beyond their control.
- To furnish transportation to and from school for practices, games, and meets.
- To furnish the equipment which the school does not furnish.
- To work with the coach in identifying and correcting potential problems.
- To provide a physical and help in the identification and rehabilitation of injuries.
- To read, sign, and return all necessary forms and permission slips.
- To encourage the athlete to maintain passing grades in all subjects and to attend tutorials when necessary or scheduled due to unsatisfactory grade reports.

MSHSAA POLICIES AND BY-LAWS

Eligibility Information for Grades 7-12 (MSHSAA By-Laws Section 2 & 3)

Festus High School and Festus Middle School are members of the Missouri State High School Activities Association (MSHSAA). Festus High School, Festus Middle School and our participants/athletes must abide by the rules and guidelines set forth by MSHSAA in order to maintain their eligibility.

Knowing and following all these requirements will enable you to maintain and protect your eligibility. It is important for you to know that you must meet all the essential requirements in order to be eligible.

Bona Fide Student (MSHSAA By-Law 2.1.1)

Student Essential Eligibility Requirements for All Interscholastic Activities: Any student who represents his/her school in interscholastic activities shall be a bona fide student enrolled as an undergraduate student of the school (except as provided in By-Laws 2.3.4, 3.5.1, 3.5.3, and

3.10.3) and shall meet the following general standards of eligibility and the specific standards in By-Laws 3.3 through 4.1.6.

a. Bona fide student: In order to represent the school the individual must be a bona fide student and meet all eligibility requirements. A bona fide student is one who meets one of the following definitions:

1. A student who is enrolled in and regularly attending classes at the member school and who meets the minimum academic requirements in By-Law 2.3.2 through full-time attendance at the school as per By-Law 2.3.4.a.

2. A student who has established residency at the member school and whose official records and primary academic transcript is housed and maintained at the member school, and who is accumulating credits toward receiving a diploma from that member school, and meets the minimum academic requirements in By-law 2.3, but is attending classes at a non-member technical high school run by the member school's school district or accredited by DESE or a non-member alternative high school run or contracted by the member school's school district or accredited by DESE. Such students must meet all essential eligibility standards for participation.

3. A student who is recognized by the school as meeting the minimum academic requirements outlined in By-Law 2.3.2 through a non-traditional enrollment option as outlined in By-law 2.3.4.b and 2.3.4.c.

Citizenship (MSHSAA By-Law 2.2)

2.2.1 Citizenship

Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditable citizens." Conduct shall be satisfactory in accord with the standards of good discipline.

2.2.2 Law Enforcement

A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies.

After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. (Editor's Note: If a traffic offense is accompanied by an act covered in letter a above, such as property damage, bench warrant, etc., eligibility will be delayed per letter

2.2.3 Local School

a. A student who violates a local school policy is ineligible until completion of the prescribed school penalties.
b. The eligibility of a student who is serving detention or in-school suspension shall be determined by local school authorities.
c. A student shall not be considered eligible while serving an out-of-school suspension.
d. If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes.
e. Each individual school has the authority to set more restrictive citizenship standards and shall have the authority and responsibility to judge its students under those standards.
f. Each school shall diligently and completely investigate any issue that could affect student eligibility.

2.2.4 Expulsion

A student who is expelled from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion. An expulsion is prompt removal of a student from school following the conduct for which the student is under discipline, whereby the student is not allowed to return to school until either an appeals process reinstates the student or the duration is fulfilled. However, this period of ineligibility shall not apply to any student expulsion for conduct otherwise protected by law which does not materially and substantially interfere with the requirements of appropriate discipline in the operation of a school.

2.2.5 Student Responsibility

Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the Board of Directors. Editor's Note: See also By-Law 3.10.5, Eligible at Time of Transfer.

Academics (MSHSAA By-Law 2.3.1)

- You must have earned a minimum of 3.0 units of credit or passed six classes during the previous semester in order to be eligible.
- For your current semester, you must be enrolled in and regularly attending courses that offer 3.0 units of credit or six classes. There is no room for error at Festus High School. Participants should be enrolled in a course for credit all seven class periods and must pass six classes to be eligible for the following semester.
- **2.3.6 Grades 7 and 8 Requirements**:

A 7th or 8th grade student must meet the following requirements in order to be academically eligible to participate in interscholastic activities:

a. Grading Period Prior: A "grading period" is a period no less than six weeks and no greater than nine weeks where progress is determined and is reported to students/parents. A student must have been promoted to a higher grade or a higher level in special education at the close of the previous year. However, any such student who failed more than one scheduled subject, or failed to make standard progress in special education, shall be ineligible the following grading period regardless of promotion to the higher grade. (However, see also item c below).

b. Grading Period of Participation: The student shall be currently enrolled in and regularly attending the normal course for that grade or must have enrolled in a full course at his or her level in any public school special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent chronological age.

c. Entry into 7th or 9th Grade: This section shall not apply to students promoted for the first time into the 7th or into the 9th grade prior to the first day of classes.

- Credits earned or completed after the close of the semester will not fulfill this requirement. Summer high school courses for academic eligibility may count provided the course is necessary for graduation or promotion (<u>no electives</u>), and it is placed on the school transcript. No more than one credit in summer school shall be counted toward eligibility. Correspondence courses do not count.

- Students promoted for the first time into 9th grade are considered academically eligible for the first semester after promotion.

- You must be making satisfactory progress toward graduation as determined by your local school's policies.

- Do not drop courses *without first consulting with your school principal, athletic administrator* or counselor to determine whether it will affect your eligibility.

Residence Requirements (MSHSAA By-Law 3.1.0)

- A student may be eligible at the public or nonpublic school located in the district in which the student's parents (as defined in By-Law 3.10.1) reside. In case of a public multiple-school district, a student may be eligible at the school designated for the student to attend by the board of education.

Transferring Schools (MSHSAA By-Laws 3.10.4)

- If you transfer schools, you will be ineligible for 365 days - unless you meet one of the exceptions listed in the MSHSAA Residence and Transfer Rules. Make an appointment with the school's athletic administration to review these exceptions.

- If you move with your parents to your new school district, you will be eligible at your new school provided you were eligible in all other respects at your former school. A student shall not be eligible to represent two different schools in the MSHSAA state tournament series in the same sport during the same season.
- You and your parents must move to the new residence at the same time.
- *Always* check with your school principal **before** you transfer to determine whether it will affect your eligibility.
- Discipline follows the student to the new school. Transferring while under suspension will cause you to be ineligible for 365 days.
- A student may be eligible immediately at the school of his or her choice upon first entering when the student is promoted from the eighth grade into the ninth grade, provided the student is eligible in all other respects.

2.4 Semesters of Eligibility to Participate

2.4.1 Semesters - Grades 9-12

- A student shall not participate in more than four seasons in grades 9-12 in any interscholastic activity.
- A student shall have only eight consecutive semesters (four consecutive years) of eligibility in high school, in which he/she may participate in one season per year in an activity, and these eight consecutive semesters shall begin on the twentieth (20th) day of the first semester a student enters the 9th grade or the first interscholastic contest in which the student participates, whichever occurs first.
- A student who participates in any part of an interscholastic event or contest shall count such as a season of participation.
- A student who applies for, is granted, and leaves school any time after the junior year to take advantage of an early release program shall no longer be eligible for interscholastic competition even though he or she later returns to school. Editor's Note: Exception - Baseball and softball have two seasons per year in which a student may participate as listed in By-Law 3.28. Page 48 2017-18 MSHSAA OFFICIAL HANDBOOK

2.4.2 Semesters -

- Grade 7 and 8: A student is eligible for only TWO SEMESTERS in each the 7th and 8th grade beginning with the first semester of entrance in each grade. A student who is repeating a grade is not eligible.

Entering School (MSHSAA By-Law 2.5)

- You must enter school within the first 11 days of the semester in order to be eligible.

Awards (MSHSAA By-Law 3.6.2)

A student may accept an award for participation in an athletic contest, or for athletic honors or recognition of athletic achievements in the interscholastic program. Awards presented to students shall meet the following criteria.

a. A student may receive the following symbolic awards: unattached school letters or emblems, medals, ribbons, trophies, certificates, etc.

b. A student shall not have accepted or competed for the following types of awards: services, cash or gift certificates.

c. A student may receive an award of merchandise items (one or more) which together do not exceed a total value of $250.00. The total value of all items shall be calculated using the manufacturer's suggested retail price for each item.

d. A student may receive an award of commemorative jewelry of a value greater than the merchandise award limit in recognition of achievements in the school athletic program only if purchased and awarded by the school.

e. A banquet sponsored by other than the school shall not constitute a violation if arranged with approval of the school administrator.

f. An award presented to a student in recognition of achievements in the school athletic program by a non-school organization or individual shall be approved in advance by the school administration. Editor's Note: No award presented shall contain artwork or sponsorship contrary to the standards of the interscholastic program.

g. This standard shall not prevent a student from signing an agreement which binds him or her to play only for a particular team or an athletic letter-of-intent with a university or college.

h. A student who wins only an Olympic medal and receives specified funds only from the National Governing Body for the sport for the Olympic placement in competition, may continue or return to interscholastic sports without jeopardizing his/ her secondary school eligibility.

i. Awards in the form of high school scholarships or concessions on tuition because of athletic ability shall cause the student to become ineligible for future competition in all interscholastic sports.

j. A certificate of compliance with this provision along with a report of the system(s) of financial assistance available to students in each school shall be filed with the MSHSAA office no later than Monday of Standardized Calendar Week Seven by all schools with students receiving scholarships or tuition concessions and approved by the Board of Directors annually.

Age Limits (MSHSAA By-Law 3.5)

- If you reach 19 years of age prior to July 1, you will be ineligible the next school year.
- Over-aged eighth graders should be moved up to the senior high team to have eight semesters of eligibility.
- In order to participate on or against teams made up of only ninth-graders, you must not have reached 16 years of age prior to July 1 preceding the opening of school. However, you may participate with the next higher grade when you no longer meet the age limit for your grade.

Playing Under a False Name (MSHSAA By-Law 2.8)

- If you compete under an assumed or false name, you immediately become ineligible for up to 365 days.

Graduated Students (MSHSAA By-Laws 2.10.1)

- You will be ineligible to participate after graduation from a senior high school. Students who are granted an early release after their junior year are ineligible for further participation. *(NOTE: You are eligible to participate in state-level events which extend beyond the date of your school's graduation at the end of the spring semester of your senior year.)*

Non School Competition (MSHSAA By-Law 3.13)

- You may not practice for or participate with a nonschool team or in any organized non school athletic competition and for your school team *in the same sport* during the

same season of the school team. Swimming and diving has a special exception. Contact your school's athletic director for specific details.

- You may participate on a school team and a nonschool team in *different* sports during the same season; *however*, you may not practice for the non school team or participate in organized non school athletic competition *on the same day* that you practice with or participate for the school team *without prior approval of your school administrator.*
- You must receive approval in advance from your school principal in order to miss school time to practice for, travel to or compete in organized non school athletic competition(**The attendance committee will not approve this type of absence).**
- You will become ineligible in any sport in which you play as a member of a junior college, college or university team.
- You may participate in international competition during the school year, however, the competition must meet the established criteria published in the MSHSAA Official Handbook and must be approved in advance by the MSHSAA Board of Directors.
- Before you join a non school team or enter any non school competitive athletic event, your school principal or athletic administrator should be consulted to make certain these standards are met.

College Auditions and Tryouts (MSHSAA By-Law 3.13 & 3.14)

- You may participate in a college tryout, audition or evaluation event for a specific sport *outside* the school season of the sport concerned (MSHSAA By-Law 242).
- You may not miss school time to travel or participate in the event unless your absence is approved *in advance* by the school administrator.
- You may not miss an MSHSAA-sponsored postseason athletic event to participate in or travel to and from the event.
- You may only attend one evaluation event **by invitation** per sport per year. You may attend any number of "open" evaluations (anyone may register) with no limit on college sponsored tryouts.
- ***See your Athletic Director before signing up to attend any such events.***

All-Star Games (MSHSAA By-Law 3.14.5)

- An all-star event is one in which an individual is invited to participate due to his or her high school achievements.
- You may not compete in an all-star game or contest before you complete your eligibility in each high school sport. Participation in an all-star game or contest before ending your high school eligibility will result in you becoming ineligible to participate in any high school sport.
- A senior with no high school eligibility remaining for a specific sport may participate in one All-Star game for that sport prior to summer. *See your administrator before agreeing to play.*

Recruiting of Athletes (MSHSAA By-Law 2.6)

- You will be ineligible for your career at a school if you are influenced by a person or persons to attend upon promotion or transfer schools for athletic or activities purposes.

You may, however, return to your original school and be ineligible for no more than 365 days.

Transfer for Athletic Reasons (MSHSAA By-Law 2.6.2 & 2.6.3)

- You shall become ineligible for 365 days if you transfer to another school for athletic reasons.

Sports Camps and Clinics (MSHSAA By-Laws 3.15.7 & 3.15.8)

- You may attend a specialized summer athletic camp(s)/clinic(s) *where you receive instruction or coaching from a member of your school's coaching staff* for a maximum of two calendar weeks in any one sport. A calendar week for any sports camp is defined as any seven consecutive days and any consecutive grouping of days shall be counted as one calendar week.
- You may attend a non-school sponsored summer specialized sports camp(s) or group instruction for as long as you wish where you *do not* receive instruction or coaching from a member of your school's coaching staff.
- Fall Sports: No summer specialized sports camp involving a fall season sport shall be attended after July 31.
- During the school year outside of the school sport season, you may attend a non school sponsored specialized sports camp(s) or group instruction, provided: it does not result in any loss of school time, attendance does not occur within 14 days of the start of the school sport season for the sport concerned, it is not a team camp, no competition occurs other than limited scrimmaging, and no member of the coaching staff of the school you attend (or will attend) is involved in any way.
- During the school sport season, you may attend a non school-sponsored specialized sports camp(s) or group instruction provided a school coach attends with you, camp attendance does not result in any loss of school time, it is not a team camp, there is no competition other than limited scrimmaging, and a school administrator approves your participation.
- If an individual sport skills camp is sponsored by a school, a) you may attend any camp of your choice up to and including the summer preceding your entry into the 8th grade or b) after you enter the 8th grade, you may only attend a school-sponsored sports camp at the school you are enrolled to attend (for graduation) in grades 9-12 (unless a transfer in grades 9-12 occurs).
- You or your parents must pay all camp/clinic fees, tuition and other related expenses. A scholarship, waiver of fees or a payment of travel expenses shall result in the loss of your eligibility.
- You may attend one sport camp per sport per year by special invitation. You may attend any number of "open" sport camps where anyone may register.
- No school-owned uniforms or player equipment shall be used in any camp, clinic or group sport lesson other than team camps where the school coach is present as one of the two weeks of school camp. Member schools may not rent, sell, lease or loan their uniforms or player equipment for use in non-school sponsored camps, clinics or contests.
- *Before attending any specialized athletic camp or group sport instruction, you should consult with your athletic administrator to make sure it meets the criteria published in the MSHSAA Official Handbook.*

<u>Physical Exams</u> (MSHSAA By-Laws 4.5.6 & 3.8.1)

3.8.1 Physical: The school shall require of each student participating in athletics a certificate of an issued physical signed and authorized by a physician, advanced nurse practitioner in written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring physician stating that the individual is physically able to participate in athletic

practices and contests of his/her school. A student shall not be permitted to practice or compete for a school until a complete, signed certificate is on file at the school. The medical certificate is valid for two years (730 days) from the date of issue for the purpose of this rule.

(Regardless if the students physical is good for 730 days, EACH YEAR, the athlete MUST fill out the remainder of the Festus Athletic Packet (Pre-participation documents (4 pages), Tiger Oath, Code of Conduct, Student Activities Contract, Parental Activities Contract and Emergency Information annually)

Sportsmanship (MSHSAA By-Laws 5.5)

- If you should commit an unsportsmanlike act while participating in an event, you could become ineligible.
- If your conduct as a spectator is found to be unsportsmanlike, you could be barred from attending any further high school athletic contests.
- The unsportsmanlike conduct of any spectator — regardless of age — could cause that spectator to be barred from attending school athletic contests.

Foreign Student Eligibility (MSHSAA By-Law 3.10.4)

- You are eligible for varsity competition for one year only (senior year), provided you are participating in an exchange program listed by Council on Standards for International Educational Travel CSIET.
- No person associated with the school may be involved in your selection.
- No member of the school's coaching staff shall serve as a host family.
- You must meet the age requirement of not reaching age 19 prior to July 1.
- You must possess a current and valid visa.
- You must have enrolled within the first 11 days of the semester.
- You must meet all other general student-eligibility requirements.
- If you meet all standards of eligibility except a CSIET program, you are a transfer student and the school must submit a transfer request for eligibility.

PARTICIPATION POLICIES AND RULES

Pre-Season Mandatory Informational Meeting

Any Festus school student who participates on an athletic team and some activities is required to attend a pre-season rules and informational meeting each year. These meetings are required for parents as well.

- Fall Sports Meeting will be determined by the coaches.
- Winter Sports Meeting will be determined by the coaches.
- Spring Sports Meeting will be determined by the coaches

Attendance and Tardies for Participation

- A student must attend school all day to participate in practice, a contest, or an event.
- If a student is 15 minutes or more late to the first hour, they will be considered absent in regards to participation. No practice or participation in a contest or event will be allowed on that day unless approved by the Athletic Director.

ISS (in school) or OSS (out-of-school) Discipline

- A student in ISS (in-school) or who is OSS (out of school) suspended will not be allowed to participate in any practice, contest, or event during the period of suspension. A student who is serving ISS will be reinstated at midnight of the last day of suspension. If this student's ISS ends Friday they will become eligible after 11:59 that night.

PE Class Participation

- All participants are required to dress out and participate in their Physical Education classes on a regular basis.
- Participants who do not participate in their Physical Education classes due to an injury cannot actively participate in practice or competition after school.

Equipment, Fines and Obligations

- All equipment from previous activities or events must be turned in before a student will be allowed to participate in the next activity.
- All school fines and obligations must be met before a student will be allowed to participate in a practice, contest or event.

Dismissal or Quitting

- A student who is dismissed or willingly quits an activity or event will not be allowed to participate in another activity until the conclusion of that season or event without prior approval from the Athletic Director.

Open Gym

- Students must have prior approval from an in-season coach before attending an open gym of another sport.
- Students must have a physical that is after February first of the previous school year to participate in an open gym.

Dismissal for Athletic Events during the School Day

- Students leaving for an athletic event during the school day must be academically eligible and meet the attendance policy as stated in the Festus Student Handbook.
- Students must be on the coach's dismissal list which is submitted in advance of leave.
- Students are responsible for handing in all assignments before they leave. ● Students will be dismissed 10 minutes prior to bus departure time.

Doctor's Excuse Procedures

- A doctor's appointment must be approved by the Athletic Director or secretary before leaving school.
- Upon returning to school, the student must show documentation on the doctor's office stationery of the arrival time and the departure time.
- Documentation must be turned in to the attendance office before a student is eligible for practice or participate in a game or competition.

- An appointment that is scheduled in the morning that causes a student to miss their first hour class must be approved by the Athletic Director or secretary before the start of the school day
- It is the coach's responsibility to make sure all students are eligible to participate.

Risk of Injuries

An unfortunate aspect of athletics is that injuries do happen and these injuries can sometimes be serious. The majority of students will suffer no injuries at all, a few will suffer minor injuries, and very few will suffer serious injury. Strict adherence to the rules of the sport and the utilization of proper techniques as taught by the coaches can often prevent injuries.

CITIZENSHIP

The Tiger Golden Rule

Participants should never do anything that will have an adverse effect on their ability to perform. Never do anything to embarrass or create an unfavorable impression of yourself, your team, your community, your family, or your school.

Remember that the conduct of an athlete is closely observed in many areas of life; on the field, in the classroom and in the community. Take pride in yourself, your team, and your school. You should always project a positive image. Winning or losing is not as impor-tant as your reaction to winning or losing. Your reaction is what people will remember, not the final score. You should be gracious in defeat and modest in victory.

Citizenship Requirements

- Eligibility to participate in school activities is a privilege--not an inherent right. Any student who represents Festus High School or Festus Middle School in activities must be a creditable citizen and be judged so by proper school officials certifying the list of students for participation.
- A student whose character or conduct is such as to reflect discredit upon themselves or their school is not considered a credible citizen. Their conduct shall be satisfactory in accord with the standards of good discipline.
- Students who participate in athletic and activities 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.
- A student has much to gain by participating in athletics, 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 Festus High School and Festus Middle School Student Handbooks.
- It is understood that citizenship eligibility cases are handled on an individual basis by the coach, athletic director, principal, parents, and student. However, it is also felt that system-wide guidelines will assist in the uniform handling of such cases. Cases will be investigated when police records are available, a district employee has firsthand knowledge, and/or there is student admission.

MSHSAA REQUIRES SUSPENSION IN FOLLOWING CIRCUMSTANCES

Citizenship Students whose character or conduct is such as to reflect discredit upon themselves or their school is NOT considered a “credible citizen”. This includes violations of public law and/or school policy.

Use or Possession of alcoholic beverages, tobacco, or banned performance enhancing drugs by student-participants is prohibited.

Use or Possession of drugs, narcotics, or hallucinating agents by program participants is prohibited.

Possession/Use/Distribution of Alcohol, Tobacco, Non-Prescribed Drugs or Drug Paraphernalia:

Students who participate in school-sponsored activities covered by this policy shall not use, possess, or distribute alcoholic beverages, prescription drugs that are not specifically prescribed for the student, drug paraphernalia, or tobacco at any time. Violations of this policy will be dealt with on an individual basis, depending on the nature, severity, and frequency of the conduct.

Consequences for violations will be consistent with the Festus R-VI School District Student

Code of Conduct and Board of Education policies, and the requirements set forth in the

MSHSAA Handbook. Consequences will range from suspension to termination of participation privileges.

In accordance with MSHSAA requirements, a student who participates in MSHSAA-sanctioned activities must be a “creditable citizen.” The requirements below, together with the Student Code of Conduct and Board of Education policies, establish the criteria by which that determination will be made. However, it is important to remember that the consequences below may be enhanced in the event of multiple violations, or if an offense is especially serious. Factors that may result in enhanced consequences related to the conduct prohibited by this policy include, but are not limited to, physical or emotional harm caused to others, damage to property, distribution of prohibited substances to others, and/or creating a situation that poses immediate danger to others

VIOLATION PROCEDURES

Violations Procedures During Season – Student Currently Participating

- **1st Violation**—The student will be suspended from 10 percent (or 2 games, whichever is greater) of the remaining MSHSAA competitions in that season. The suspension shall be served immediately and will begin with the first MSHSAA competition following the imposition of the suspension. If the then-current season ends before the suspension is fully-served, the suspension shall continue into the next season in which the student participates.

- **2nd violation**—The student will lose eligibility up to 180 school days. The consequence may be reduced to 90 days upon satisfactory completion of a student assistance program or other program approved by the District. The administration shall determine whether the student has satisfactorily completed such program.

Violations Procedures Out of Season – Student Not Currently Participating

- **1st Violation**—The student will be suspended from 10 percent (or 2 games, whichever is greater) of scheduled MSHSAA competitions in the next season in which the student participates. The suspension shall begin with the first MSHSAA competition in the season in which the student participates following the imposition of the suspension.
- **2nd Violation**—The student will lose eligibility up to 180 school days. The consequence may be reduced to 90 days upon satisfactory completion of services from a student assistance program or other program approved by the District. The administration shall determine whether the student has satisfactorily completed such a program.

Reporting Violations

- Violations are deemed verified based upon a report by an authorized adult who has direct personal knowledge of and/or who has personally observed the conduct underlying the violation, or by admission of the student.
- For purposes of this policy, an authorized adult shall include a coach, sponsor, administrator, teacher, law enforcement officer, or the student's parent or guardian. ● Students in activities who violate the school district's rules and regulations regarding drug, tobacco, or alcohol, or drug paraphernalia use or possession are also subject to the established procedures and consequences of the school district's discipline policy.

**Repeat offenders during subsequent years in a student's high school tenure may be cumulative.

APPEAL PROCESS

Although participation in student activities is a privilege, and not a right, the school district wants to avoid mistaken decisions and provide the students with an opportunity to explain their version of events when a student is removed from eligibility to participate in activities. Therefore, students will have the opportunity to explain their side of any incident that results in such removal.

Communication Ladder

If the student is dissatisfied with a decision regarding consequences under this policy, he/she may appeal through the following chain of authority:

- Athletic Director
- Principal

- Superintendent
- Board of Education – However, the Board shall not be required to conduct a hearing. The Board may, in its judgment and at its sole discretion, decide without a hearing to (1) uphold the decision of the superintendent; or (2) modify or reverse the decision of the superintendent. If a hearing is conducted, the Board shall determine the procedures to be used. The presence of attorneys shall not be permitted at any level of the appeal process.
- This appeal process shall apply only to removal from eligibility to participate in contests and other specific activities. It shall not apply to decisions regarding playing time, assignment to specific positions or responsibilities, or other decisions that are within a coach or sponsor's discretion.

GOOD SPORTSMANSHIP CONDUCT

The following policy statement from the **National Federation of State High School Associations** expresses the concept of sportsmanship as follows:

> *"The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. Good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and a genuine concern for others. Participants must have an awareness of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity."*

One of the main goals of the Festus 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 of our program. Negative treatment of any participant is outside the spirit and interest of the contest and will not be acceptable.

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

Festus High School and Festus Middle School have behavior expectations for all spectators, including students, parents, and community members. Poor behavior and sportsmanship reflects negatively on our school and community. Plus, as adults, we are responsible role models for our students.

GOOD SPORTSMANSHIP GUIDELINES WHEN ATTENDING GAMES/CONTESTS

- Know and demonstrate the fundamentals of good sportsmanship.
- Respect school property and authority.
- Admittance is a privilege to observe a contest.
- Remember that participation on an athletic court or field is an opportunity for learning experiences, similar to a classroom, and mistakes can and will be made. Do NOT be critical or jeer athletes who make mistakes. Mistakes are part of the learning experience.
- Show respect for the officials, opposing players, coaches, spectators and support groups (refrain from booing).
- Respect the integrity and judgment of game officials. Do not question an official's call. Even if a mistake was made, questioning the official will not help our team.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Respect the judgment and strategy of the coach (even if you disagree).
- Refrain from being critical of players, coaches, or officials for a loss.
- Respect, cooperate, and respond to cheerleaders.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from heckling, jeering, or distracting opponents.
- Refrain from throwing objects on the playing area or in the bleachers.
- Show respect for players who are injured.
- Do not use profane or abusive language.
- Refrain from the use of controlled substances (alcohol, drugs, etc.) before, during and after school competitions on or near the site of the event.

UNSPORTSMANLIKE CONDUCT

- Any act that is in the realm of unsportsmanlike conduct with regard to officials, coaches, game personnel and general attendance of a school activity is considered an incident.
- An incident is at the discretion of the Festus Administration.
- Depending on the severity of the incident the Festus R-VI School District has the right to waive this policy and take further action.

Athletes During an Event

Team members who commit an unsportsmanlike act while attending a Festus game could be suspended from play or become ineligible.

- A display of unsportsmanlike conduct, the use of profanity, insubordination, or other behavior unbecoming an athlete during practice or contest will result in disciplinary action.

- The Coach and Athletic Director have the responsibility and the authority to take action that will result in what is best for the individual, the team, and the school.
- Disciplinary action may range from a verbal warning, counseling, various other consequences, or suspension.
- Dismissal from the team may result after the coach has made a recommendation to the Athletic Director.

Festus Student Spectators

- Festus students, who as spectators commit unsportsmanlike behavior, will be asked to leave the contest, may receive discipline as per the Student Handbook, and may be barred from attending any future Festus athletic contest.

Other Spectators

- Any spectator, regardless of age, who is found to be unsportsmanlike, may be asked to leave, and could be barred from attending any future Festus athletic contest.
- A second offense will be cause for a 365 day ban from all extra-curricular activities.
- The individual is responsible for setting up a meeting with the Superintendent to meet with the Board of Education to become reinstated. The second offense will be reported to the authorities.

HAZING

- Student hazing is expressly prohibited.
- Hazing is defined as any activity, on or off school grounds, that a reasonable person believes would negatively impact the mental or physical health or safety of a student or put the student in a ridiculous, humiliating, stressful or disconcerting position for the purposes of initiation, affiliation, admission, membership or maintenance of membership in any group, class, organization, club or athletic team including, but not limited to, a grade level, student organization or school-sponsored activity.
- Students found to have violated this policy will be subject to suspension/expulsion from school and from athletic participation depending on the severity of the misconduct.
- Any student reporting an act of hazing to a staff member shall remain anonymous.
- If hazing occurs, coaches must report the incident to school administration immediately.

COMMUNICATION PROCESS

The district's expectations of coaches include open communication and positive relations.

- The participant is expected to communicate with their head coach or sponsor. The communication process is essential for successful participation.
- The participant should give a coach advance warning when there will be a conflict.

- If a participant will miss a practice or competition due to other circumstances (illness, family emergency, etc.) they must contact the head coach directly as soon as possible.
- If the participant cannot reach the head coach, they should contact the assistant coach or athletic director.
- If a student-athlete or their parents has any issue or problem with their athletic experience, the student-athlete is expected to address the coach in a scheduled meeting.
- Athletes are also encouraged to talk with the coach about any issue in their personal or academic lives.

Communication Parents/Athletes Should Expect from the Coach

- Philosophy of the coach and program.
- Expectations the coach has for your student as well as for all the students involved in the activity.
- Location and times of all practices and contests.
- Team requirements, (fees, special equipment, off-season conditioning).
- Procedure your student should follow if injured during participation.
- Discipline policies for the school and program.

Communication that the Coaching Staff Expects from Parents

- Concerns should be expressed directly to the head coach.
- Notification of any schedule conflicts should be shared well in advance.
- An appointment should be scheduled to discuss any specific concern in regard to a coach's philosophy and/or expectations if there is ever a question.

Parents and coaches should help their students learn that success is achieved in the development of a skill and should make student-participants feel good about themselves regardless of the outcome of any contest. As students become involved in programs at Festus, they will experience some of the most rewarding moments of their lives.

It is important to understand that there also may be times when things do not go the way you or your student wishes. If you, as a parent, have a concern, take time to talk with coaches in an appropriate manner, including proper time and place, being sure to follow the designated communication ladder. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with the Coach

- The treatment of your student mentally and/or physically.
- Ways to help your student improve, to possibly see more playing time.
- Playing time
- Concerns about your student's behavior. ● Concerns about academics.

Concerns Not Appropriate to Discuss with the Coaches

- Team strategy
- Play calling

- Other student-athletes/participants

Communication Protocol

Sometimes it is very difficult to accept your student not playing as much as you may hope. Our coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your student's head coach.

There are situations, however, that may require a conference between the coaching staff and the parent.

- These conferences are encouraged.
- It is important that both parties involved have a clear understanding of the other's position.
- Everyone involved is expected to be respectful, to recognize and show appreciation of the other's role, and to reinforce the policies and procedures of the Festus School District. ● Please also note that the student will attend all conferences if scheduled.
- When a parent or members of the coaching staff feel a conference is necessary, we ask that both parties keep in mind our Chain of Authority policy which is stated below.
- **Parents should NEVER approach a coach before or after a game**.
- **Parents who try to discuss issues with a coach as they are walking off the game or practice field would be an example of circumvention of this process and is not acceptable.**

Chain of Authority

The Communication Ladder is expected to be followed at all times, starting with the athlete coach meeting which is a mandatory first step in the communication process.

- **Athlete – Coach Meeting (Mandatory Step 1)**
  - The student-participant is expected to address the coach in a scheduled meeting if a player or their parent has any issue or problem with their athletic experience.
  - Participants are also encouraged to talk with the coach about any issue in their personal or academic lives.
  - The district's expectations of coaches include open communication and positive relations. Coaches have been trained on communication and counseling skills.
- **Athlete – Parent – Coach Meeting (Step 2).**
  - The student-participant should set up an appointment at the coach's discretion.
  - The parent or player should define the purpose of the session when the appointment is set.

○ If there is a meeting between coaches and parents, the student-participant must be in attendance, unless the coach agrees to meet without the student-participant.
○ The appointment will not be permitted at the conclusion of a competition.

- **Athlete – Parent – Coach – Administrator Meeting (Step 3)**
  - ○ This step may be initiated by any party.
  - ○ Using the same process as above, an appointment is set and all parties define the purpose of the meeting.
  - ○ The student-participant should be in attendance, but there may be cases where it is appropriate for an athlete not to be present.
  - ○ This is to be discussed and determined prior to the appointment.

COMPETITIONS

Attendance at Practices and Competitions

Students are expected to attend every practice, meeting, and competition. Practices are typically Monday through Friday, although practices and games are frequently conducted on weekends depending on the schedule. Students need to notify coaches in advance if it is absolutely impossible to attend a practice or game.

Excused absences for sickness, emergencies, family obligations, and academic conflicts may occur. However, excessive absences may result in loss of playing time or dismissal from the team. Unexcused absences may result in loss of playing time and dismissal from the team.

Missing practice for a game for a club sport is not considered an excused absence. This could result in missed playing time, up to and including removal from the team.

Levels of Competition

VARSITY LEVEL: Top level of competition. The teams usually consist of upperclassmen (seniors and juniors). But, sophomores and freshmen can compete at the varsity level if their skill level allows them to do so.

JV LEVEL: The teams are made up of athletes in a particular sport that are not playing on the varsity team. The teams can consist of juniors, sophomores, although freshmen are eligible to compete if skill level allows them to do so.

FRESHMAN: Teams are made up of freshmen only.

Letter Award Policy

The letter award policy at Festus High School is similar to policies practiced by most other high schools locally. Athletes will earn a variety of letters, patches, and pins by completing the entire season for their activity. The criteria for earning an award is established by each coach, and as

a result may vary considerably from sport to sport. Athletes should ask coaches to define their criteria for earning an award at the beginning of the season.

Participants should be honored for their dedication and proudly display their letters and awards.

Recipients should properly display their letter awards on Festus letterman jackets and sweaters. These athletic awards symbolize skill, sacrifice, commitment, pride, achievement, and dedication.

Awards Ceremony

There will be an awards ceremony held after the conclusion of each season. This ceremony is held to recognize the teams, award recipients, and deliver special awards. Team members are highly encouraged to attend. Parents, friends, and special guests will also be invited. Check with the head coach or sponsor for dates, times, and locations of these ceremonies.

Student-Athlete Awards

The primary purpose of a student at Festus should be to receive a quality education. For many students, athletics are an integral part of a quality education. The athletic department emphasizes education and encourages high achievement and knows that the student that attempts to excel in both academic and athletic competition will be receiving the best education possible. Participating in sports at Festus is one way to make the most of your high school experience.

There are many rewards for those who participate in athletics on the high school level. Some awards include the following:

- Athlete of the Month
- Scholar-Athlete
- JCAA All-Academic
- Post-Dispatch Scholar-Athlete
- JCAA All Conference
- MAFC All Conference
- All-District
- All-State

Care of Equipment

In order to give athletes a sense of responsibility and an appreciation of their equipment, squad members are to be held accountable for the abuse or loss of it. Participants must always put away and check in their equipment after games and practices. Do not exchange any equipment (practice or game); if it is necessary to make an adjustment, this must be done through the head coach.

Participants must understand that any member of the coaching staff, teaching staff, principals, or the athletic director has the prerogative to command proper use of school equipment and/or facilities at any time.

Any equipment lost by an athlete must be paid for by the athlete. Any loss of equipment should be immediately reported to the head coach rather than waiting until the end of the season.

All equipment should be turned in within one week of the completion of the activities season.

** All equipment from a sport must be turned in and all debts or fines must be paid before an athlete is permitted to practice or compete in another sport.*

Weight Room/Training Room

The weight room and training room is available to all athletes. Participants are offered a wide variety of strength and conditioning equipment to meet the demands of athletic competition, as well as treatment options for injuries.

The following are guidelines to be followed when using the facilities:

- Students are not permitted without a coach or trainer.
- Only student-athletes using the facility are allowed in this area.
- Wear appropriate clothing.
- Must have a shirt on in the facility.
- Use equipment properly following all safety and spotting regulations.
- Return equipment to its proper storage area (rack weights). ● No horseplay--act like a professional.

Locker Room

- Students must provide their own lock.
- Lockers assigned for athletics may be used during the current season only. Use of the locker beyond the season is not permitted.
- Avoid keeping valuables (such as money, cell phones, I-pods, jewelry) in your locker if at all possible.
- Cameras and cell-phones with cameras or video-cameras must not be used or be in plain sight in the locker room.
- Students found violating locker procedures and expectations will lose locker room privileges.
- If you have a problem with a locker, notify your coach or a member of the athletic staff immediately.

Transportation

All students will be transported to and from extra-curricular activities using district transportation, unless prior arrangements have been made. It is expected that all participants ride to and home from away games unless an athlete's parent requests that an athlete ride home with them.

If a student-athlete has a special circumstance requiring them to be transported to or from a contest by a parent, they should obtain advanced approval from the Activities Director. The participant, at least one day prior to the away game, should get a Travel Release Form from the coach. The parent must sign the Travel Release Form and return to the coach for approval. No athlete should drive to a contest..

It is a Festus R-VI policy that anyone who is not a faculty member or a Festus High/Middle School student is not allowed to ride a school bus to an event. The following bus policies will be enforced by the coaching staff: Coaches are expected to make sure the bus is clean before it departs.

- Remain seated with arms inside windows at all times
- Maintain order and ensure proper conduct
- Keep feet off seats
- Ensure windows are up and bus is clean when exiting

Training Rules

Each coach will determine their program's specific training rules. Training rules may include consequences for inappropriate behavior or breaking team policies. Team policies, such as curfew, game dress, attitude, training habits, attendance at private parties, and citizenship may be addressed in the program's training rules.

Changing/Quitting Teams

A student who begins a sport (is on the team at the time of the first competition) but who does not finish the season in that sport, will not be eligible to start practicing for another sport before the end of the competition in the sport that was dropped. If the coaches of both sports and the athletic director give their consent the student may start earlier.

Photographing & Videotaping

By participating in athletics at Festus, the student-athlete and parents/guardians give the Festus R-VI School District implied consent to photograph, permit other persons to photograph, videotape, film, or use photographs or negatives provided by the student-athlete for the intent of promoting Festus Athletics. The name and likeness of the student-athlete may also be used by the Athletic Department.

Cheerleaders

The Cheerleading Squads are a very important part of the overall program. They provide enthusiasm, promote school spirit and sportsmanship. They cheer at contests, assemblies, and pep rallies. Cheerleading tryouts are held every spring. To be eligible to try out, you must meet MSHSAA eligibility, sportsmanship, and citizenship requirements, as well as have a current physical on file. Participants, parents, and fans should participate and applaud the Cheerleaders as they perform.

Pom-Pon/Dance

The Pom-Pon/Dance Squad provides a great deal of entertainment for many of our contests and assemblies. Pom-Pon tryouts are held every spring. To be eligible to try out, you must meet MSHSAA eligibility, sportsmanship, and citizenship requirements, as well as have a current physical on file. Participants, parents, and fans should participate and applaud the PomPon/Dance squad as they perform.

Digital Citizenship Policy

Digital Citizenship is a way to prepare students for a society full of appropriate and responsible technology use. It includes the understanding and practicing of safe and ethical online behavior and technology use. It is vital that students stay safe and make good choices online.

It is our belief that by supporting students to develop as successful digital citizens, we are providing the best framework for learning the values, behaviors, and skills required to contribute meaningfully in an increasingly online world. Ensuring students have the knowledge and ability to successfully manage the inevitable challenges of the internet.

Being a Good Digital Citizen

BE POSITIVE ONLINE

When you go to post online, think before you put something negative out there about someone. Many people find it easier to be negative because they are online. Take the time to be positive to other people and have good interactions.

REMEMBER - There is always another face on the other side of that screen.

Liking, Sharing, Re-tweeting, etc. even if you didn't write it, can feel just as bad as the original post!

SHARE IDEAS AND MATERIALS CORRECTLY ONLINE

When you are online it is very easy to copy words or content that you find. Once shared, they become your words, and or a reflection of you.

PUTTING SOMETHING ONLINE IS PERMANENT

When you send a text, post a status, tweet, picture, snap, etc., you need to realize that all of these can be saved on other people's devices. If you delete them, that information still stays with the other person. Make sure you are sharing something you wouldn't mind if everyone saw. This applies, EVEN IF YOU THINK YOU ARE ONLY SHARING WITH ONE OR TWO PEOPLE.

Always think about what you post and act as if everyone could see what you send.

PASSWORDS ARE PRIVATE

Passwords should not be shared with others. You don't want others to have access to your accounts. You should also have secure passwords that are not easily guessed by others.

Use lower and upper-case letters, numbers and special characters (*&$@#).

(Parents/Guardians, should be the only ones that you could share your password

with)

Why Should I Participate in Athletics and Activities?

Participation in Athletics and Extra-Curricular Activities extends educational opportunities so students can compete in a manner that promotes personal development, fosters teamwork, and teaches important life skills necessary for becoming a valued member of society.

Personal Development

- Physical development prep, conditioning, strength.
- Develop individual skills in their sport.
- Promote a healthy lifestyle.
- Drive to your personal best.
- Personal discipline and accepting responsibility for actions.

Teamwork

- Promote a sense of community.
- Being a part of a big picture / commitment to a cause.
- Promote learning of a team.
- Responsibility to the team.
- Teach cooperation.
- Promote the importance of team winning versus individual scoring.

Life Skills

- Teach young people how to compete.

- Reinforce classroom learning and academic achievement directly.
- Develop character.
- Teach life skills of hard work, dealing with success and failure.
- Coach as counselor.
- Tolerating others faults and shortcomings while appreciating their strengths.
- Leadership and following.
- Teaching tolerance.
- Teach sportsmanship.
- Social growth.
- Handling conflict.

Understanding the Risks of Participation in Athletics/Activities

It is very important that everyone involved in both individual and team sports understand the risks that are involved in participating in athletics and activities. Participation in competitive athletics brings a potential of physical injury. At all times coaches and sponsors must take reasonable precautions to prevent injury. Student-athletes and parents should read the following information and understand the inherent risks associated with participation.

Athletics and activities have multiple risks associated with participation. You should understand the dangers and risks that may occur when playing or practicing a contact or non-contact sport. Injuries in these sports are as follows, but not limited to:

- Death
- Serious neck and spinal injuries which may result in complete or partial paralysis
- Brain damage
- Injury to all internal organs, bones, joints, ligaments, muscles, and tendons
- Other serious injury

When participating in sports, the student-athlete needs to recognize the importance of following the coach's instructions in playing technique, training, and other team rules to limit the risks involved in the activity.

All injuries that occur as a result of participation in athletics at Festus must be reported to the Athletic Director or coach immediately. If an injury requires medical attention by a medical professional, it will be necessary to have a medical note to release the athlete to allow participation.

Development Levels

At Festus we offer a wide variety of athletic activities at many different levels. Many of our athletic programs start in 7th grade. We believe the goals of each of these levels to be individualized.

MIDDLE SCHOOL

The purpose of Middle school sports is development and participation. Our goal is to introduce athletes to a sport or enhance their skills from playing at a younger age. Kids at this age all develop at different times and rates so one of our main goals is skill development. Teaching skills and team concepts to all is vital. Team concepts such as winning and sacrifice must still be

taught. Playing time is determined by a combination of what is best for the team and the individual, but the focus is not winning at all cost.

Freshman/ JV

At this level many of our athletes have competed on our teams in MS. There are some exceptions like golf, tennis or soccer where it may be their first introduction to the sport. At this age kids are still maturing and the focus must remain on skill development. Many of the athletes at this level hope to become Varsity team members. Winning and losing becomes more of a focus but individual development is still a key theme. At this level players must start to understand their roles within the team and what positions they may play at a higher level.

Varsity

This level is a culmination of all the previous levels. The very best players and athletes are on this team. What is best for the team matters above all else in these circumstances. Decisions are made solely based on what gives the team the best chance of success. At this level players must understand their roles and be willing to play that role to the best of their ability. If they are not playing it is because the coach thinks another player gives the team a better chance of success. Players at this level have typically all played a high level of sports and competition for playing time and accolades is high. Some players at this level may even have the chance to compete in college.

Athletic Trainer

The Athletic Trainer or medical professional(s), will determine if participation is appropriate for student athletes in the event of an injury. The Athletic Trainer or medical professional who makes the determinations must be approved by school administration based on their credentials/training. The Athletic Trainer may continue to hold out an athlete that has not been cleared by a doctor when such action will result in a faster/safer return to full competition. ***Any athlete unable to complete a practice/contest due to injury will be required to obtain clearance from the trainer or a physician before returning to play.*** Parental permission to return to play may also be required. When present, the Athletic Trainer will provide for the initial assessment, first aid, and any other decisions regarding return to play, and parent contact if needed, for all athletic injuries. All such injuries should be reported to the Athletic Trainer and Activities Office as soon as possible. **If an athlete has a concussion they must be cleared by our trainer before returning to play.**

10 Commandments for Parents of Athletes

1. Make sure your children know that win or lose, you appreciate their efforts and are not disappointed in them.

2. Be honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.

3. Be helpful, but don't coach them. It is tough not to, but it is tougher for the child to be inundated with advice, pep talks and critical instruction.

4. Try not to live your athletic life through your children in a way that creates pressure. Don't pressure them because of your pride.

5. Don't compete with the coach. They are the head of the program, support the coach.

6. Don't compare the skills, courage, or attitudes of your child with other team members.

7. Get to know the coach so you can be assured the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under their leadership.

8. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.

9. Understand courage, and that it is relative. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.

10. Always remember "It's just a game" and try to encourage your child to have **FUN!**

College-Bound Student-Athlete Information

High school student-athletes have a dream to continue competing in athletics at the intercollegiate level. Earning an athletic scholarship is a very competitive process that includes the evaluation of a student-athlete's athletic ability, skill, academic history, citizenship, and sportsmanship. We encourage our student-athletes to strive for athletic scholarships at the college level. Student-athletes should consider the college initial academic requirements upon entering high school to ensure they meet college freshman eligibility standards. Your grades as a high school freshman can determine if you are eligible to compete as a college freshman.

Most organizations require an ACT or SAT score. Student-athletes are encouraged to sign up for these tests as a freshman and take them at least once a year while in high school. You can register for the ACT at www.actstudent.org/regist/nextdates.html. Please contact your guidance counselor at the beginning of your freshman year to declare you are in pursuit of qualifying for NCAA eligibility to ensure you are on the right academic path. All seniors should consult their head coach to determine the need to register with the NCAA Clearinghouse.

A brief list of eligibility requirements are listed below for various organizations.

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION ELIGIBILITY REGULATIONS (www.ncaa.org)

To practice and play as a freshman at an NCAA Division I or II college or university, the student-athlete must satisfy the requirements of NCAA bylaw 14.3, commonly known as Proposition 48. In order to be eligible, a student-athlete must:

- Graduate from high school.
- Attain a GPA (grade point average) of 2.0 in a successfully completed core curriculum of at least 16 core courses for DI and 14 core courses for DII.
- Achieve a minimum S.A.T. (Scholastic Aptitude Test) combined score of 700 or a minimum of 18 composite on the A.C.T. (American College Test).
- File a release form with the NCAA clearinghouse at the beginning of the senior year. (information on the web at www.ncaaclearinghouse.net/ncaa/NCAA)

NATIONAL ASSOCIATION of INTERCOLLEGIATE ATHLETICS ELIGIBILITY REGULATIONS (www.naia.org)

To be eligible to participate at an NAIA college, a freshman must meet two of the following three entry-level requirements:

- Score 18 on the ACT or 700 on the SAT, or
- Achieve an overall high school G.P.A. of 2.0, or
- Graduate in the top half of their high school's graduating class.

JUNIOR COLLEGE ELIGIBILITY (www.njcaa.org)

Junior Colleges vary widely on their requirements. Contact the school's registrar for specific requirements. Most junior colleges require that a student-athlete graduates from high school and earns a minimum GPA to be eligible to participate as a freshman.

Accepting the Challenge The TIGER Oath

I have read the athletic handbook and understand the policies of the Festus Athletic/Activities Program. I agree to follow all rules and guidelines expressed in this handbook. I am ready to make the sacrifices and provide the effort necessary to make myself and the Festus Athletic Program the best we can be.

I will strive to follow the following guidelines that exemplify the TIGER behavior:

1. I will follow all Festus and MSHSAA rules and policies, including eligibility.
2. I will be a leader and handle all of my academic responsibilities.
3. I will have respect for myself, my teammates, and those in authority.
4. I will not lie, cheat, or steal.
5. I will not use alcohol, illegal drugs, tobacco, or other harmful substances.
6. I will give my best effort at all times and strive to improve daily.
7. I will not use profanity and refrain from negative comments.
8. I realize the importance of practice, and I will personally strive to participate in 100% of the workouts.

I will be on time and mentally and physically ready to participate.

9. I will never be out-worked or out-competed.
10. I will always put the interests of the team above my individual interests.
11. I will treat the facilities and locker-room as if it were my home away from home. I will keep it neat and always pick up after myself.
12. I realize the terms and consequences of quitting.
13. I will be coachable and ask for help when needed.
14. I have read and understand the components of the digital citizenship policy.

Printed Student Name: _____ Date: _____

Student Signature: _____

Parent Signature(s): _____

_____

FESTUS R-VI SCHOOL DISTRICT
EXTRA-CURRICULAR AND CO-CURRICULAR CODE OF CONDUCT

Student's Name:_____ Sport or Activity:_____

Printed Name:_____

Year in School (Please Circle) 7th, 8th, FR, SO, JR, SR Date:_____

We acknowledge receipt and have studied and understand the Festus R-IV School District Extra/Co-Curricular Code of Conduct

Signature of

Student/Guardian:_____Print Name:_____

Signature of

Parent/Guardian_____Print Name:_____

Signature of

Parent/Guardian:_____ Print Name:_____

If only one parent signs, it is understood that the Student-Athletics & Activities Handbook has been discussed with all parties involved. This sheet must be turned into the Athletic Director Office.