

**ELSBERRY R-II SCHOOL  
DISTRICT**



**ATHLETIC HANDBOOK  
2017-2018**

June/2017

Dear Parents:

The purpose of this handbook is to help you to better understand the objectives of our athletic program. The ultimate objective is to provide educational and recreational experiences which help to make a better person of each athlete and of each student spectator.

We believe that the experience of good athletic training will aid athletes to develop into better persons. For athletes to develop to their full potential, training rules must be followed. This handbook outlines the rules for the Elsberry R-II School Athletic Program. Athletes are subject to these rules.

Your support will help us to provide even better educational experiences for our athletes and students through our athletic program. After reading the Athletic Handbook, if you desire your son's or daughter's participation in our athletic program, please sign below, and return this form to the coach.

I have read the Athletic Handbook and will abide by the rules and regulations established by the Elsberry R-II School District.

\_\_\_\_\_  
Athlete's Signature      Date

\_\_\_\_\_  
Parent's Signature      Date

\_\_\_\_\_  
Print Students Name

Elsberry R-II School District  
Elsberry, Missouri  
**Interscholastic Athletics**

Inter-scholastic athletics is recognized as an integral part of the school's total educational program. The responsibility for the control and regulation of the school's athletic program rests with the Board of Education. The responsibility for administering the athletic program of the school, however, is delegated to the Principals and Athletic Director.

Elsberry R-II is committed to the belief that participation in interscholastic sports is a PRIVILEGE, not a right, that requires individual responsibility by the athlete to the team, school, and community. Elsberry R-II is a member of the Missouri State High School Activities Association (MSHSAA) and shall be regulated by the code of this association, which has been established by a vote of all member schools.

Athletic standards, rules and policies will start at the beginning of the sports calendar year and end the last day of school or the completion of spring sport season, whichever comes later.

Student athletes are subject to the Elsberry R-II District's discipline policy, as outlined in the Student Handbook, as well as specific rules in this Athletic Handbook. Athletes will be required to follow other specific rules established by individual coaches.

## **EXPECTATIONS OF ATHLETES**

The purpose of this section of the Athletic Handbook is to familiarize the student athlete with some of the responsibilities associated with interscholastic athletics at Elsberry. This section is intended to serve as a source of information and guide for athletes and their parents.

### **Participant Responsibilities:**

As a student you are in school to secure the best education that you are capable of achieving. Deciding to take advantage of the other half of education, by participating in school related activities and athletics, plays a significant part in your total educational development. However, with this decision comes certain responsibilities, if the value of extra-curricular activities is to be achieved, namely:

1. Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their capabilities.
2. Maintaining academic, residence, and citizenship standards as established by the MSHSAA and the Elsberry R-II School District, along with related state and national associations.
- 2A. MSHSAA By-Law 201 – “Students who represent a school in inter-scholastic activities must be creditable citizens and judged so by the proper school authority certifying a list of students for competition. Those students whose character or conduct is such as to reflect discredit upon themselves or their school are not considered “creditible citizens”. Conduct shall be satisfactory in accord with the standards of good discipline.”
3. Learning the spirit of hard work and sacrifice.
4. Learning to attain physical fitness through good health habits.

5. Desire to excel to the limits of your potential.
6. Showing respect for both authority and property.
7. Be willing to accept the leadership role that is instilled through the extra-curricular program.
8. Follow the Chain of Communication
  - a. Athlete to Coach
  - b. Parent to Coach
  - c. Parent to Athletic Director
  - d. Parent to Administration

9. Communication Issues

Things that are appropriate for discussion :

- a. Treatment of your child mentally and physically
- b. Ways to help your child improve,
- c. concerns about your child's behavior.

Inappropriate for Discussion:

- a. Playing time
- b. Strategy
- c. Play Calling
- d. Other Student Athletes
- e. Speaking for "other" adults.

Keep in mind that you are in the PUBLIC EYE and that your personal conduct must be above reproach! You have an obligation to create a favorable image and gain the respect of your fellow participants and teammates, the entire student body, and the entire R-II community.

**Basic Guidelines for Participation:**

Following is a list of basic participation guidelines that will be required of the participant. It is important for the participant to observe and abide by these requests.

1. Make the selection of the activity or sport in which you wish to participate.

2. If you quit one sport, you will not be allowed to go out for another sport during the same season unless permission is granted by the head coach of the sport you quit and the new sport in which you wish to participate.
3. No student will be allowed to practice or participate as a member of a sport or activity until he/she has fulfilled all obligation of the preceding sport or activity (All uniforms and materials must be accounted for prior to allowing the individual to act as a member of another activity). Equipment includes any uniforms or clothing which is issued by the coach for the purpose of participation in a particular sport.
4. All students will be transported to and from their respective activity and athletic event by school transportation. The only exception to this is when the parents contact the principal in advance of the contest or the coach immediately following the contest to sign a transportation release form for their child to ride with their parents. Any other arrangements must be approved in advance by the principal. In most cases students who drive themselves to an away activity will not be permitted to participate in that activity.
5. No student will be allowed to participate in an activity, athletic event, or practice unless he/she was in attendance for at least four hours of that school day, except in cases approved by the administration. This rule applies for the day prior to an event which comes on a weekend. It is important to be in attendance the full day following an event. Do not use activities or athletics as an excuse to miss school.
6. Absences from practice or event must be cleared with the head coach or sponsor before missing a scheduled activity. The coach may excuse the athlete from practice for legitimate reasons or absences. An unexcused absence from practice will result in disciplinary action by the coach. A second unexcused absence from practice could result in an athlete being dismissed from the team. Injured players are still expected to be at practice to keep up with strategies and teaching, unless it interferes with therapy or

Doctor's appointments. Coaches may conduct practices on Sunday's but they can not be mandatory and will not be held against the athlete in any way. Each case will be reviewed by the head coach to determine appropriate action.

7. **INSURANCE:** Students participating in inter-scholastic sports must be covered by some type of insurance. This must be verified by the form that Elsberry R-II School has available and is signed by the parents.
  
8. **MEDICAL EXAMINATION:** No student is to participate in a practice or game until he/she has been examined by a doctor and the coach and athletic director has received the physical examination. The physical examination must be administered on or after February 15<sup>th</sup>, of the previous school year to be valid. Students must obtain parental permission before being allowed to engage in inter-scholastic competition.
  
9. **ATHLETIC INJURIES AND THEIR CARE:** All injuries must be reported to the supervising coach immediately. An insurance claim form must be picked up the next day from the office, or as soon as the student is able to return to school. (This applies only if you have school insurance.) Please notify the coach if it is necessary to consult a physician.
  
10. **CONDITIONING:** Usually, the physical condition of an athlete affects the outcome of athletic competition. An athlete must be in good condition to perform at his/her maximum potential. Proper diet and rest are essential to the conditioning of an athlete.
  
11. Coaches have the final authority to determine at what level (Varsity and Junior Varsity) that any team member will participate.

12. **ALCOHOL/DRUGS:** Possession and or use of alcohol or illegal drugs in any form at any time, on or off school property, by a team member will result in:

**FIRST OFFENSE:**

- A. Parents or Guardian notified by Head Coach.
- B. Appropriate law enforcement agency shall be contacted if deemed necessary by the Principal.
- C. Suspension from athletic competition for a competitive 2 week period or (4) competitions, whichever comes first. Athletes will be required to practice during their suspension.

These infractions will be cumulative for the student from the time they enter 7<sup>th</sup> grade until they graduate.

**SECOND OFFENSE:**

- A. Parents or Guardian notified by Head Coach.
- B. Appropriate law enforcement agency shall be contacted if deemed necessary by the Principal.
- C. Suspension from all school sports for a 365 day period.

14. **TOBACCO:** Possession and/or use of tobacco or tobacco like product on or off school grounds or while representing the school by a team member or use of tobacco off school grounds while a member of an athletic team will result in:

**FIRST OFFENSE:**

- A. Tobacco confiscated on school grounds.
- B. Parents or Guardian notified by the Head Coach.
- C. Suspension from athletic competition for two (2)



weeks or four (4) competitions, whichever comes first. Athletes will be required to practice during their suspension.

**SECOND OFFENSE:**

- A. Tobacco confiscated on school grounds.
- B. Parents or Guardian notified by the Head Coach.
- C. Suspension from all school sports for the remainder of the school year.

15. **DEFACING OR DESTROYING PROPERTY:** Any athlete who defaces or destroys property of the Elsberry R-II School District, staff members of the Elsberry R-II District or property of an opposing school will be subject to the following actions:

**FIRST OFFENSE:**

- A. Parents or Guardian notified by the Principal.
- B. Depending on the nature and extent of the defacement or damages, athlete is subject to suspension or discipline by the coaches.
- C. Depending on the nature and the extent of the defacement or damages appropriate law enforcement agency shall be contacted if deemed necessary by the Principal.

**SECOND OFFENSE:**

- A. Parents or Guardian notified by the Principal.
  - B. Depending on the nature and extent of the defacement or damages, appropriate law enforcement agency shall be contacted if deemed necessary by the Principal.
  - C. Suspension from all sports for the remainder of the school year.
16. **CITIZENSHIP:** Athletes must be creditable school citizens. Creditable school citizens are those students whose conduct both in school and out of school, will not reflect discredit upon themselves or their school. Athletes who continually violate

school rules are subject to suspension from participating in sports. Those athletes who misbehave in such ways as to bring discredit to the school as part of the activities involved in athletic competition are subject to suspension from participating in sports. (Examples would be stealing from a restaurant when a team stops to eat, destroying property in a motel when a team stays over for competition.)

17. HAZING: Hazing in any form, including initiation which is degrading, is strictly forbidden. No student shall conspire to engage in hazing, participate in hazing or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace resulting in physical or mental harm to any fellow student or other person.

Students engaging in hazing that endangers the mental or physical health or safety of another will be subject to one or more of the following disciplinary actions:

- A. Conference with parent(s)/guardian(s)
  - B. Removal from the co-curricular activities
  - C. Suspension out-of-school for a period up to 10 days
  - D. Exclusion for the remainder of the school term
  - E. Referral to appropriate law enforcement agency
18. Students will be suspended from attending and/or participating in extra-curricular activities for the following reasons:
- A. Receiving a Semester F
  - B. Excessive misconduct's
  - C. Excessive absences and/or tardies
  - D. During suspension from school
19. UNSPORTSMANLIKE ACTS: Such acts which are malicious in nature during a contest resulting in ejection shall cause the athlete to be ineligible to represent the school for at least the next contest. An athlete who commits such an act, but is not ejected may also be subject to at least a one game restriction from representing the school. Each case of this type is to be

reviewed by the Head Coach, Athletic Director, and Principal before the final decision is reached.

20. DUE PROCESS: Any athlete who is found to have violated regulations has the right to due process. Following are procedures to ensure student athletes receive just treatment.
- A. The athlete shall be given oral or written notice of charges against him/her.
  - B. If the athlete denies the charges, he/she shall be given an oral or written explanation of the facts which form the basis of the disciplinary action.
  - C. The athlete shall be given an opportunity to present his/her version of the incident before judgment or disciplinary action is rendered. The athlete has the right to bring forward witnesses on his/her behalf.
  - D. Prompt notification will be given to the parent/guardian or others having custodial care of the athlete, of the administrators action and the reasons for such action.
  - E. The Athletic Director will make written documentation of events and proceedings for the parents or guardian and file a copy of the documentation in the athlete's folder.
  - F. If the athlete is dissatisfied with decision made by the Principal and Athletic Director, he/she has the right to appeal to the Superintendent of Schools and the Board of Education. Appeals are to be in writing and submitted within 10 days of the previous receipt of the appeal, establish a hearing date.

### **REQUIREMENTS FOR VARSITY LETTER ELSBERRY R-II HIGH SCHOOL**

#### **BASEBALL**

Participate in 50% of the games scheduled

#### **BASKETBALL**

Participate in 25% of total quarters scheduled

## **CHEERLEADING/POM PONS**

Participate in 90% of total activities scheduled

## **CROSS COUNTRY**

Participate in 50% of the meets scheduled or place in Conference, District or State Meet

## **GOLF**

Participate in 50% of total matches scheduled or qualify for the State Meet

## **SOCCER**

Participate in 50% of the games scheduled

## **SOFTBALL**

Participate in 50% of the games scheduled

## **TRACK**

Accumulate 10 points for the season or place in Conference, District or State Meet

## **NOTICE OF NON-DISCRIMINATION**

It is the policy of the Lincoln County R-II (Elsberry) School District not to discriminate on the basis of race, color, religion, gender, national origin, age or disability 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 American with Disabilities Act of 1990.

Any persons having inquiries concerning the Lincoln County R-II (Elsberry) School District's compliance with the regulations regarding the non-discrimination policies and inquiries or concerns regarding civil rights compliance by the school district should be directed to contact the District's Compliance Coordinator.

**Superintendent  
Lincoln County R-II School District  
P.O. Box 106  
Elsberry, MO 63343  
573-898-5554 – Ext 211**

Any persons having inquiries and complaints may also contact the Office for Civil Rights, U.S. Department of Education, Kansas City Office – 8930 Ward Parkway – Suite 2037 – Kansas City, Missouri 64114 – Telephone 816-268-0550 – Fax 816-823-1404 – TDD 877-521-2172 or call 1-800-421-3481.

### **MSHSAA Citizenship 212.0**

#### **A. 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. 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. Minor moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, accidents or injuries. 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.

#### **B. LOCAL SCHOOL:**

1. A student who violated above school policy is ineligible until completion of the prescribed school penalties.
2. The eligibility of a student who is serving detention or in-school suspension shall be determined by local authorities.
3. A student shall not be considered eligible while serving an out- of-school suspension.

4. A 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.
5. 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.
6. 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.
7. Each school shall diligently and completely investigate any issue that could affect student eligibility.

**C. 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.

**GENERAL ADMINISTRATION**

**Policy 1431  
(Regulation 1431)**

**School/Community Relations**

**Code of Conduct – Adults**

The Board of Education believes in and fosters a safe and orderly environment for all students, staff and visitors.

Therefore, the Board of Education has established a code of conduct for parents, patrons, and visitors on school premises and at school activities. All parents, patrons, and visitors will be expected to conduct themselves in a

manner reflective of a positive role model for children. Public displays contrary to this expectation as provided in Regulation 1431 will result in sanctions which will limit a person's access to school activities and school premises.

## **GENERAL ADMINISTRATION**

## **Regulation 1431**

### **School Community Relations**

#### **Code of Conduct – Adults**

In order to ensure a safe and orderly environment in which our students can maximize their educational and social development, the following regulations are enacted with respect to the conduct of adult visitors:

1. Verbally aggressive behavior, which would include, but not be limited to threats, intimidation, and profanity, will result in limited access to school premises and school activities for up to one(1) year. The length of the restriction will be determined by the Superintendent of Schools.
2. Physical or violent behavior will result in a ban by the Board of Education from school premises and activities and will be referred to law enforcement.
3. Failure to comply with the restricted access provided in these regulations will result in the filing of civil and/or criminal charges.

## **PRIORITY**

- 1. Games come before practices.**
- 2. Tournaments come before games.**
- 3. Districts come before games and tournaments**
- 4. State comes before all else.**

## **MULTI SPORT PARTICIPATION POLICY**

The Athletic Department wants to inform all students and parents in the High School of a new policy our department had adopted for the upcoming school year. The policy is in regards to students who wish to be “Multi Sport Athletes” during the upcoming school year. Our new policy allows students to participate in up to 3 sports/organization during the same season regardless of the sports being individual or team. In the past we have allowed students to do so, but have had nothing in writing and nothing to notify all involved. This policy will allow students, coaches and administrators to communicate better across the board.

If a student desires to participate in multiple sports this coming school year, they must do the following prior to any of the season starting:



1. Obtain permission from his/her parents to complete in multiple sports at the same time.
2. Request permission from coaches of the multiple sports he/she is hoping to compete in.
3. Complete the “Multi Sport Participation Contract” and return to the Athletic Director.

It is our goal to have continuous communication between student/athletes, coaching staff, and athletic department to avoid putting athletes in difficult situations. We are also aiming to hold student/athletes accountable for which sports take precedence over each other.

If you quit a primary sport, you will not be able to participate in any of the secondary sports from that point forward. If you quit a secondary sport you will only be able to participate in the primary sport from that point forward. Any questions, please contact Chad Twellman – Athletic Director

**ELSBERRY HIGH SCHOOL  
MULTI SPORT/ORGANIZATION PARTICIPATION CONTRACT**

I, \_\_\_\_\_ wish to participate in  
**(Student Athlete)**

\_\_\_\_\_, \_\_\_\_\_ and  
**(Sport/Organization) (Sport/Organization)**

\_\_\_\_\_ for the \_\_\_\_\_ season in the year \_\_\_\_\_.

1. To be considered for participation in multiple sports, the student/athlete’s Parent(s)/guardian(s) must give their approval and sign below.

\_\_\_\_\_  
**(Parent/Guardian) (Date)**

2. Each sport’s head coach must approve the student/athlete as a potential participant in that sport.

\_\_\_\_\_  
**(Sport/Organization) (Head Coach) (Date)**

\_\_\_\_\_

**(Sport/Organization)**

**(Head Coach)**

**(Date)**

\_\_\_\_\_  
**(Sport/Organization)**

\_\_\_\_\_  
**(Head Coach)**

\_\_\_\_\_  
**(Date)**

3. After #1 and #2 are completed, the student athlete must declare their order of priority. Priority and how it works is listed on the back side of this sheet.

#1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

4. The student athlete will meet with the Athletic Director for final approval for multi-sporting in the same season.

\_\_\_\_\_  
**(Athletic Director)**

\_\_\_\_\_  
**(Date)**

\_\_\_\_\_  
**(Student Athlete)**

\_\_\_\_\_  
**(Date)**