

**MONETT HIGH SCHOOL**

**ACTIVITY HANDBOOK**

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## **PURPOSE**

The purpose of the extracurricular program is to provide experience which enables the student to progress toward established educational objectives. Outlined below are some of the desirable educational goals to be achieved through the competitive programs:

### **TO DEVELOP FOR THE STUDENT:**

1. Qualities of mental and physical strength, endurance, vitality, and neuro-muscular skills.
2. A program of activities that meets the needs, interests and capacities of the student.
3. Qualities of alertness, courage, resourcefulness, and good sportsmanship.
4. Proper emotional control and stability of character.

### **TO DEVELOP FOR THE SCHOOL:**

1. A program of extracurricular activities as an integral part of the school curriculum.
2. A high standard of school loyalty, student morale, and wholesome school spirit.
3. Student understanding of extracurricular activities so that he/she will be more intelligent and appreciative as spectators.

### **TO DEVELOP FOR THE COMMUNITY:**

An understanding that the extracurricular activities for students have been promoted under conditions which assure the participant and the public the best traditions in sportsmanship, citizenship, and wholesome school-community relationship

## **OBJECTIVES**

Extracurricular activities give the student tremendous opportunities to develop as a complete human being. Students who are goal-oriented and career pathway-directed need to aim toward specific objectives. The sponsors/coaches of these activities should dedicate themselves to reaching these objectives. When a student graduates from Monett High School, we want him/her to be able to do the following:

1. To work cooperatively with others.
2. To learn from constructive criticism.
3. To have self-confidence in stressful situations.
4. To discipline himself/herself.
5. To lead others.
6. To teach certain skills to younger participants.
7. To respect teamwork, organization and unity.
8. To appreciate the help given to them by parents, teachers, sponsors, coaches and administrators.
9. To evaluate his/her abilities realistically.
10. To have a positive learning attitude toward all tasks.
11. To value hard work and what it accomplishes.
12. To seek help from others when a problem arises.
13. To develop lasting relationships with others.

14. To be physically fit and healthy.
15. To praise others who do a good job.
16. To respect the rules and the officials who enforce them.
17. To feel good about himself/herself as a person.
18. To be dependable when given a job to do.

### **ADVANTAGES OF EXTRACURRICULAR PARTICIPATION**

1. Opportunity to participate in an activity which parallels many later life experiences.
2. Opportunity to develop physical, mental, and social powers to the fullest.
3. Develop responsiveness to group discipline.
4. Develop lasting relationships.
5. Develop self-confidence.
6. Develop respect for rules and duly constituted authority.
7. Opportunities for development of cooperation, resourcefulness, perseverance, sportsmanship, gameness, initiative, and unselfishness.
8. Travel opportunities to see other communities and get acquainted with other types of people.
9. Opportunities which make one more friendly, interesting, and human through competitive experiences.
10. Increase one's circle of friends and acquaintances.
11. Draw attention to oneself which may have a "business" value later on.
12. Successful participation opens the door to future vocational opportunities.
13. Gaining participation abilities which help many students through college.

### **DISADVANTAGES OF EXTRACURRICULAR PARTICIPATION**

1. One may practice and never make the "team."
2. Participation rules may cramp ones "social style."
3. After school practices occur throughout the school year.
4. Less study time is available, yet one must pass his/her subjects to be eligible.
5. Some activities require hard, tiresome, and sometimes monotonous repetition of certain activities.
6. In athletics, some physical injuries are possible.

### **NONDISCRIMINATION**

The Board of Education believes in the right of every student to receive equal opportunities in all educational programs and activities conducted by the school district. In keeping with the requirements of federal and state law, this school district strives to remove any vestige of discrimination in educational programs, offerings, services, and vocational opportunities offered to students; in the assignment of students to schools and classes; in student discipline; and in the location and use of facilities and educational materials.

## ACTIVITIES GUIDELINES

All students who participate in high school activities sponsored by the Monett R-I Board of Education shall meet and adhere to, as a minimum, the following criteria. Specific activities may demand more qualifications, but none may allow less.

## CITIZENSHIP STANDARDS

Participation in extracurricular student activities is a privilege and not a right. Students who represent Monett in an extracurricular activity are expected to be good citizens. A student who fails to exhibit good citizenship shall lose the privilege of participating in the student activity. These general and specific citizenship standards apply to students three hundred sixty-five (365) days a year, twenty-four hours a day - no matter where the student is located.

These citizenship violations will be dealt with individually, and the penalty may vary with the seriousness of the circumstances of the offense. The penalty for a general citizenship violation may range from a reprimand by the sponsor/coach to permanently barring the student from further participation in the School District's extracurricular activities program.

### A. General Citizenship Standards

A student may violate the school district's citizenship standards by conduct such as the following:

1. Repeated referrals for disciplinary action to the Principal, or other person having general responsibility for student discipline.
2. A single breach of good conduct, either in or out of school, whether such conduct would constitute a violation of the school district's disciplinary policies or not which is verified to the satisfaction of the administration
3. A violation, or alleged violation, of federal, state or local criminal law which results in a summons being issued to the student, or charges being filed in court against the student, juvenile proceeding being initiated against the student or conduct which is verified to the satisfaction of the administration.
4. Failure to follow the sportsmanship rules established by the school district, team, conference or MSHSAA in the opinion of the administration.
5. Violation of team or activity rules.
6. Single breach of the school district's disciplinary policies which the administration considers to be serious.
7. Being suspended from school.

In order to be of maximum effectiveness in serving and fostering the education of the students so entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our activities programs to;

1. Cultivate awareness that participation in athletics and activities is part of the total educational process and as such, the coach/sponsor should neither seek nor expect academic privilege for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants.
3. Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.
4. Recognize that the purpose of activities is to promote the physical, mental, moral, social and emotional well-being of the individual participants.
5. Avoid any practice or technique which would endanger the present or future welfare or safety of any participant.
6. Adhere to policies which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
7. Refuse to disparage an opponent, an official, an administrator or spectator in any aspect of the activity.
8. Strongly encourage the development of proper health habits: the non-use of chemicals, including alcohol, steroids, tobacco in any form and other mood-altering substances.
9. Exemplify proper self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials or judges.
10. Encourage all to judge the true success of the athletic and activities program on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

## B. Specific Citizenship Standards

### **Use or Possession of Alcoholic Beverages, Drugs or Tobacco**

Students are expected to refrain from possession or use of tobacco and alcoholic beverages. A student will violate the school district's citizenship standards if he or she uses, possesses, has ingested, has under his or her control, sells, manufactures, administers, dispenses, distributes or compounds:

1. Tobacco in any form.
2. Alcohol, intoxicating liquor as defined in Chapter 311, RSMo, or alcoholic beverages.
3. Controlled substances, counterfeit substances or imitation drugs as defined in Chapter 195, RSMo.
4. Solvent or toluol as defined in Chapter 578, RSMo.
5. Controlled substance analogue as defined by Chapter 195, RSMo, and any substance which has a chemical makeup similar to any controlled substance, as defined above, and which when ingested or otherwise used causes a condition such as intoxication, euphoria, dizziness, irrational behavior, stupefaction, or hallucination.
6. Anabolic steroid or other similar compound which is derived from testosterone or prepared synthetically.
7. Drug paraphernalia as defined in Chapter 195, RSMo
8. Prescription medications which are not prescribed to the student.
9. Prescription medications which are prescribed to the student, but only if the student sells, administers, dispenses or distributes the medication to others.

Possession shall be defined as visual or physical evidence which is substantiated by a school official or law enforcement officer, to the satisfaction of the administration. Violation of the alcohol/drug rules shall cause the student to receive the following citizenship penalty:

#### MSHSAA Activities:

**FIRST OFFENSE:** Suspension for 1/3 of contests/performances in participant's current or next activity season (or a combination). The student will be expected to practice and meet all group responsibilities, as outlined by the sponsor/coach, but will not participate in contests/performances. The student may, at his or her own expense, participate in an approved counseling program and have the suspension reduced to fifty percent of the original number of contests/performances.

**SECOND OFFENSE:** 365-day suspension from the activity program. The student may, at his or her own expense, participate in an approved counseling program and have the suspension reduced to fifty percent of the original number of contests/performances.

**THIRD OFFENSE:** Permanent removal from extra-curricular program.

Non-MSHSAA Activities and general student activities:

**FIRST OFFENSE:** The student will be prohibited from participating in or attending any school activities for the next 60 school days. The student may, at his or her own expense, participate in an approved counseling program and have the suspension reduced to 30 school days.

**SECOND OFFENSE:** The student will be prohibited from participating in or attending any school activities for the next 180 school days. The student may, at his or her own expense, participate in an approved counseling program and have the suspension reduced to 90 school days.

**THIRD OFFENSE:** The student will be permanently prohibited from participating in or attending any school activities.

Additionally, violation of the tobacco/alcohol/drug portion of this policy may result in the student losing eligibility for participation in the A+ program. Please see Board Policy JFCL for additional information.

These rules are considered by the sponsors to be twelve (12) month rules and will be treated as such. The rules in the handbook will apply to off-campus and on-campus incidents. The rules are set forth to help students participating in or attending school-sponsored activities be responsible citizens who are accountable for their actions at all times.

MSHSAA activities affected are academic team, all sports, band, choir, dance team, winter guard, and speech/debate.

Non-MSHSAA activities affected include, but are not limited to: Art Club, FFA, FCCLA, FBLA, FTA, Key Club, M-Club, NFL, Student Senate, Multicultural Leadership Club, Science Club, Thespians, VICA, all school dances, etc.

### **Acts of Theft and/or Vandalism**

Students are expected to refrain from acts of theft or vandalism. A student will violate the school district's citizenship standards if he or she engages in the following conduct:

1. Direct acts of theft or vandalism at school or elsewhere which are verified to the satisfaction of the administration.
2. Attempts to engage in theft of another person's property which are verified to the satisfaction of the administration.
3. Aiding or abetting another person who engages in acts of theft or vandalism at school or elsewhere which are verified to the satisfaction of the administration.
4. A violation, or alleged violation, of federal, state, or local criminal law which results in a summons being issued to the student, charges being filed in adult or juvenile court against the student, or conduct which is verified to the satisfaction of the administration.

Violation of the theft/vandalism rules shall cause the student to receive the following citizenship penalty:

CLASS I OFFENSE: Where the violation of the theft/vandalism rules constitute or allege to involve the theft of items, or damage valued by the administration at five hundred dollars (\$500.00) or more, the student shall receive a minimum 365-day citizenship suspension. The student may have the suspension reduced to 180 days with completion of 20 hours of approved community service.

CLASS II OFFENSE: Where the violation of the theft/vandalism rules constitute or allege to involve the theft of items or damage valued by the administration at less than five hundred dollars (\$500.00), the student shall receive a minimum 90-day citizenship suspension. The student may have the suspension reduced to 45 days with completion of 10 hours of approved community service.

### **Team or Activity Standards**

Students are expected to observe and obey the rules established by the coach or sponsor of the activity. The specific rules shall be communicated by each coach or sponsor to the student participants at the beginning of the activity. Violation of the team or activity rules shall constitute a violation of the school district's citizenship standards with the penalty to be determined by the coach or sponsor, athletic director, and Principal.

In addition, any student who leaves a sports team after the two-week tryout period without the advance permission of the head coach, athletic director, and Principal shall be subject to the following citizenship suspension:

*First Occasion:* Citizenship suspension for one-third (1/3) of the contests in the student's next sports season.

*Second Occasion:* Citizenship suspension for three hundred sixty-five (365) days.

The above specific citizenship standards and consequences listed under section B are in place for the four (4) years a student is in high school. For example, if a student violated the specific citizenship standards as a freshman and again as a senior, the violation would be considered a second offense or occasion.

## **ACADEMIC STANDARDS**

A student must be enrolled and attending Monett High School before he/she becomes eligible to participate in extracurricular activities. Any student who participates in activities must have passed seven (7) solid units the preceding semester and must be doing satisfactory work in the courses in which they are presently enrolled and must be making progress toward graduation. Participants' grades will be checked at each reporting period (three week updates, mid-semester, and semester). A participant with a failing grade in any class at a reporting period will be placed on probation. If at the next reporting period the participant has an "F" in any class, he/she will be ineligible to compete and/or perform for two weeks following the release of grades. Participant must provide verification of passing grades in all classes to regain eligibility.

## **ATTENDANCE**

A participant will have a good attendance record. HE/SHE MUST BE IN SCHOOL ALL DAY THE DAY OF AN EVENT OR WILL BE INELIGIBLE TO PARTICIPATE. In addition, students are not allowed to participate in any school activities (field trips, extra-curricular events, etc.) if they are absent for any part of the day of the activity unless a compelling reason is approved by the principal or designee **prior** to the absence.

STUDENTS ARE ALSO EXPECTED TO BE IN ATTENDANCE ALL DAY FOLLOWING AN ACTIVITY. Failure to comply with these responsibilities may result in missing the next event.

## **PRACTICE**

Students should expect to practice in preparation for most of their activities. Each activity sponsor will establish practice schedules that students must follow. Special arrangements to miss a practice or meeting must be made with the sponsor prior to the student's absence.

Practice times and schedules will vary depending on sports, facilities, time of season, etc. STUDENTS MUST BE PRESENT ALL DAY IN ORDER TO BE ELIGIBLE TO PRACTICE. Any unusual reason for an absence from school should be cleared with the high school principal or designee **in advance**. Coaches are cautioned not to practice students who are ill or who have missed school due to illness or injury.

## **SCHOOL RESPONSIBILITY CODE IN EFFECT**

Students are reminded that all school rules are in effect at all activities. Their behavior should be exemplary while attending all school activities and students must respect the authority of those in charge. Discipline at activities will duplicate discipline at school.

### **DETENTION**

Because each sport and season is quite different, students who miss practice and/or a contest due to detention time will be handled by each individual sponsor/coach. Students may not participate after detention unless accompanied to a contest by assigned school personnel.

### **TRYOUTS**

Tryouts are often held in various activities. The length of tryout is at the discretion of each sponsor/coach. In athletics, two weeks is the tryout period. After two weeks, participants must have the permission of the head coach of the sport they are leaving, the athletic director, and the high school principal before they may leave the sport with no penalty. Once a student has become a member of a team, it is expected that he/she will complete that season.

Any student who leaves a sport without permission will be subject to discipline. The first time a student "quits" a sport during his/her career without consent, he/she will be ineligible for 1/3 of the contests in his/her next sport season. Students may not leave a sport to go to a concurrent sport. A student who "quits" a second sport will be ineligible for 365 days.

Removal for other rules infractions will incur the disciplinary measures as outlined in these activities' guidelines.

It is the intent of the program to teach students that activities started should be completed.

### **APPEARANCE**

The student shall be neat and clean at all times and project a wholesome image. Grooming and appearance is at the discretion of the individual sponsor/coach.

### **ASSUMPTION OF RISK**

Some activities will involve physical activity in which students could mildly, moderately, or severely injure themselves. Catastrophic injuries resulting in death or permanent paralysis may occur during participation. Each student assumes this risk, as there is no absolute prevention against any potential injury.

## **MEDICAL ATTENTION**

Each athlete must have on file with the principal's office a health certificate signed by his/her doctor and parents. The procedure for handling injuries is as follows: If the injury occurs in practice and is of a serious nature, the athlete will be transported to the hospital emergency room. Parents will be notified by telephone immediately. If the injury is minor, a member of the coaching staff will take care of it and notify parents if deemed necessary. If, at any time, parents need information or have questions concerning injuries, please call any member of the coaching staff, and they will be happy to answer your questions.

## **TRANSPORTATION**

Students involved in school-sponsored activities will be transported to and from the competitive events by the school. Students are expected to travel with the group and not ask to transport themselves. Prior arrangements can be made to convenience the parents by contacting the high school principal when special transportation requests are desired. When these arrangements are made, a written notice must be hand delivered by the parent to the activity sponsor following the activity before the student will be released.

Appropriate dress for the activity will be announced by each sponsor/coach. A general rule is to be neat and clean.

## **ACTIVITY SPONSORS**

All activities that are recognized by Monett High School will have a faculty member assigned as the sponsor. No activity, meeting, or practice may occur without the sponsor being present.

## **BIG EIGHT CONFERENCE MEMBERSHIP**

Monett High School is also a member of the Big 8 Conference. Schools represented in the Big 8 Conference and their mascots are the following:

Aurora Houn' Dawgs  
Carl Junction Bulldogs  
Cassville Wildcats  
East Newton Patriots

Lamar Tigers  
McDonald County Mustangs  
Monett Cubs  
Mt Vernon Mountaineers  
Seneca Indians

## ATHLETIC PROGRAMS

The athletic program consists of the following sports: football, cheerleading, cross country, volleyball, basketball, wrestling, track, tennis, golf, baseball, softball, and soccer.

The following options are available to students:

### **Fall:**

Cross Country	Girls-Varsity, JV Boys-Varsity, JV
Football	Boys-Varsity, JV and freshman
Soccer	Boys-Varsity, JV
Softball	Girls-Varsity, JV
Swimming	Boys-Varsity, JV
Tennis	Girls-Varsity, JV
Volleyball	Girls-Varsity, JV

### **Fall / Winter:**

Cheerleading	Girls-Varsity, JV
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### **Winter:**

Basketball	Girls-Varsity, JV, and freshman Boys-Varsity, JV and freshman
Swimming	Girls-Varsity, JV
Wrestling	Boys-Varsity and JV

### **Spring:**

Baseball	Boys-Varsity, JV
Golf	Coed-Varsity, JV
Soccer	Girls-Varsity, JV
Tennis	Boys-Varsity, JV
Track	Girls-Varsity, JV Boys-Varsity, JV

## "BIG 8" SPORTSMAN'S CREED

### **THE SPECTATOR:**

Never boos a player or official.

Applauds a good play, no matter who makes it.

Knows the school gets the blame or the praise for his or her conduct.

Recognizes the need for more sportsmen and fewer "sports."

### **THE PLAYER:**

Lives clean, plays hard and for the love of the game.

Respects officials and accepts their decisions without question.

Never forgets that each one represents the school.

### **THE COACH:**

Inspires in the players a love for the game and the desire to win.

Teaches them that it is better to lose fairly than to win unfairly.

Leads players and spectators to respect officials by setting a good example. Is the sort of person the players are expected to become.

## **A CODE OF ETHICS FOR SPECTATORS**

**EXEMPLIFY** the highest moral character, behavior, and leadership so as to be a worthy example.

**MAINTAIN** and **EXHIBIT** poise, self-discipline, and restraint during and after the contest.

**CONDUCT** myself in such a manner that attention is drawn not to me but to the participants playing the game.

**REGULATE** my actions at all times so that I will be a credit to the team I support, knowing the school gets the praise or the blame for my conduct since I represent my school the same as does the participant.

**TREAT** the visiting team and spectators as guests, being courteous and fair.

**DISPLAY** good sportsmanship by being modest in victory and gracious in defeat.

**CONSIDER** it a privilege and duty to encourage everyone to live up to the spirit of the rules of fair play and sportsmanship

## **CONFLICT OF ACTIVITIES**

On occasion, two activities may conflict with each other. The student will be given the opportunity to choose one of the activities to attend with full confidence that no penalty will be incurred for missing the other activity. Many times special arrangements can be made that enable a student to participate in both activities. Check with your activity sponsors.

## **MSHSAA EVENTS HAVE PRECEDENCE**

Monett High School is a long-time member of the Missouri State High School Activities Association, and many of our competitive activities are sponsored by this organization. When two activities conflict, those sponsored by the MSHSAA will have precedence over those non-MSHSAA sponsored. Contact your activity sponsor to clarify sponsored activities. As a general rule, the priority of events will be 1) national; 2) state; 3) district or sub state; 4) conference; 5) interscholastic; 6) school performance; 7) required practice; then 8) regular practice.

## **AWARDS**

Awards may be earned in any activity. The determination of the criteria for awards or letters is the responsibility of the sponsor or coach.

## **NCAA CLEARINGHOUSE**

Students who anticipate athletic participation or athletic scholarships in college (NCAA) must be aware that the NCAA Clearinghouse must review classes and grades in advance. See your counselor for the application process. This is usually done following the junior year or at the beginning of the senior year.

## **DUE PROCESS**

Students or parents who have concerns about any activity and would want to question the established guidelines must follow these procedures:

First, contact the activity sponsor.

If not satisfied, contact the principal.

If satisfaction is still not obtained, contact the superintendent.

Finally, contact your Board of Education.