



Stoutland High School Athletic/Activities Handbook 2017-2018

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ROAR

Respectful * On Task * Assertive * Responsible

Dear Parent/Guardian and Student/Athlete,

Please take a few moments to read this letter. Hopefully, this will make you understand how a competitive program is conducted and what comprises our expectations and philosophy.

In each program, a coach and/or coaches are hired by the school district to be responsible for the team level selection. The head coach establishes criteria for subjective process. Team selection, practices and decisions regarding game situation are the responsibility of the coaching staff. If you have questions regarding the process, please feel free to address these questions directly to the head coach. Please call the coach to make an appointment during school hours. If you have further questions that the coach was not able to answer, contact the Athletic Director.

Participation in athletic programs is highly competitive. Both you and your child should be prepared to accept placement at any team level. It is disturbing to have a student/athlete try out for a team and then quit because they were not placed where they think they should be. By doing this, they have let down their team, coach, and themselves. Normally, coaches have a very short amount of time to make team selections. They try to do the very best they can in filling positions for play and appropriately placing student/athletes on the proper team. They are under a good deal of pressure to assemble the most competitive team possible. We believe it is the coach's responsibility and right to select the team with whom they will work for the entire season.

In order to make a varsity team, a player must be outstanding and also play a position the team needs. Underclass student/athletes possessing these qualities have the same opportunity to make a team as an upperclassman does.

A main goal of a competitive athletic program is to put the most talented members of the team in competition to win the contest. Starting positions and playing time are not guaranteed to anyone. Each member of a team is very valuable to the team's overall progress. Some members may play a great deal of time in a contest while others may not see what a parent would consider "significant" playing time. Each student/athlete should have personal improvement as one of his/her goals.

There is an athletic fee to play sports at Stoutland High School. The fee is \$25.00 for one child, \$45.00 for two children, and \$60.00 for three or more children.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: **citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.**

We sincerely hope this helps you to understand the goals and philosophies of the sports/activities program at Stoutland High School. Please feel free to contact the school if you have any questions regarding any aspect.

Introduction

Stoutland High School encourages you to take advantage of as many programs as your time and talent will permit. Good luck to you as you strive to grow emotionally, mentally, socially, and physically through athletics/activities.

Philosophy

We believe that interscholastic activities shall supplement the secondary curricular program, and as such 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 the student to make maximum use of his/her education.

Sportsmanship

Stoutland High School is a member of the Frisco League Conference and the Missouri State High School Activities Association (MSHSAA). As members of these groups, we adhere to policies set down for the display of good sportsmanship by athletes, participants, students, fans, parents, and patrons. Member schools are to enforce sportsmanship rules for our own school, players, and spectators. Violation of rules can result in the following consequences: written reprimand, probation, suspension, ejection, or permanent removal from events. Consequences are in force for players, coaches, students, parents, and fans. All school discipline policies and rules apply to the Stoutland High School students at school activities regardless whether they are held on school property or away from school.

Good Sportsmanship Code

For players, coaches, parents, and fans:

1. Maintain pride in self and school.
2. Strive to keep high standards of conduct.
3. Cheering is always encouraged for one's own team.
4. No taunts, noises, cheers, jeers, songs, profanity, signs, or motions directed to the opposing team, coach, school, or officials. Treat everyone with respect.
5. Positive signs may be displayed for one's own team.
6. No disrespect will be shown to the opposing team during introductions.
7. Refrain from using noisemakers.
8. Refrain from continuous standing.
9. Abide by the decisions of the officials.
10. Accept victory or defeat graciously.
11. Refrain from stomping on bleachers.

Responsibilities

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

1. Striving to achieve sound citizenship and desirable social traits, including self-control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintaining academic and eligibility standards as established by MSHSAA and Stoutland High School.
3. Learning the spirit of hard work and dedication.
4. Learning to attain mental and physical fitness through good health habits.
5. Desiring 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 activity program.

Keep in mind that you are in the public eye and your personal conduct always must be above reproach. You have an obligation to create a favorable image and gain the respect of your teammates, the student body, and the community.

Basic Guidelines for Participation

Students are free to make their own selections as to the sports/activities in which they wish to participate. It is Stoutland High School's policy that students facing a conflict between two school-sponsored activities will be given a choice of which to attend. Certain school activities (to be determined by the Principal) may have priority. Students are not to be penalized by the coach/sponsor of the contest not attended.

If it is necessary to be absent from practice, the student is expected to obtain permission from the head coach prior to the scheduled practice. **Students must be in attendance for the entire school day to participate in any athletic contest or on the Friday before a weekend game.** Exceptions are granted with **administrative approval only (Superintendent, Principal, and/or Athletic Director).**

In the event that truancy or suspension by a student takes place, the student will not be eligible for participation until he/she has fulfilled the disciplinary requirements established by the administration.

Hazing of any participant will not be tolerated. Violations may subject the individual to suspension or exclusion from school and participation depending on the severity of the misconduct.

In the event that a student is assigned a Friday Night Detention as the result of a classroom problem, he/she is not allowed to use the excuse of “I have practice or a game, so I can’t stay.” **THE CLASSROOM OBLIGATION ALWAYS COMES FIRST.**

Code of Ethical Behavior and Student Conduct

The Stoutland R-II School District’s sports/activities are designed to provide a positive, healthy, drug-free atmosphere for the student. This is why we have put in place a drug testing policy.

Student Drug Testing

Participation in extracurricular activities, as well as parking on campus, is a privilege and carries with it the responsibility to adhere to high standards of conduct, including refraining from the use of illegal drugs, performance-enhancing drugs, and alcohol. The Stoutland R-II Board of Education would like to give students another reason to say “no” to drugs. To assist students in making healthy and safe choices, the district will conduct random drug testing of students in grades 9-12 as a condition of participation in covered activities. Covered activities are activities regulated by the Missouri State High School Activities Association (MSHSAA) and parking on campus. A student using drugs is a danger to themselves as well as other students. All students in the district who choose to participate in extracurricular and/or co-curricular MSHSAA activities or park on campus are entitled to do so in a drug free environment. The goal is not to levy discipline, but rather to aid in the discovery and prevention of possible drug related problems.

Students who test positive through this random testing program will be excluded from participation in covered extracurricular activities as follows:

First Offense - Exclusion from all covered activities for a minimum of 30 days and must pass a drug test administered by the district prior to participating in covered activities again.

Second Offense - Exclusion from all covered activities for a minimum of 90 days and must pass a drug test administered by the district prior to participating in covered activities again.

Third Offense - Excluded from all covered activities for the rest of the student’s enrollment in the district.

The consequences will be reduced when the student participates in drug or alcohol counseling and additional testing will be required. A positive test through this random testing program will not result in suspension from school or academic sanctions. The district will not report results to law enforcement.

As a condition of participating in extracurricular and/or co-curricular MSHSAA activities and/or who park on campus, students and their parents are consenting to random drug testing of the students as defined in this policy and administrative procedure. Suspicion based drug testing, unlike random drug testing, may only be used when there is reasonable suspicion that the student is under the influence of or has recently consumed alcohol or any drug prohibited by district policy. Students testing positive will be disciplined in accordance with the district's discipline policy and may also be excluded from extracurricular activities as determined by the district. A student who refuses to submit to testing may still be disciplined under the district's discipline code for being under the influence of alcohol or drugs.

The student/athlete is encouraged to achieve academic success, become involved in a variety of sports and be an ambassador of the school. It is fundamental that the student realizes that it is a privilege to represent his/her school and that he/she is expected to do his/her best to contribute to the success of the athletic program. Students are in the public eye and their personal conduct always must be above approach. They have an obligation to create a favorable image and gain the respect of teammates, the student body and the community.

Student/Athlete Expectations

The student/athlete is expected to demonstrate good sportsmanship and good citizenship at all times, both in and outside of school. As a representative for his/her school and competing in our athletic program, the student is expected to fulfill certain responsibilities that include:

1. Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintaining a lifestyle free of tobacco products, illicit drugs, and alcoholic beverages.
3. Maintaining academic and eligibility standards as established by MSHSAA and Stoutland R-II School District.
4. Adhering to public laws and school policies.
5. Showing respect for both authority and property.

6. Learning the spirit of hard work and dedication, desiring to excel to the limits of each student's potential.

School Rules

Team Rules - Each coach will establish team rules. Team rules will be distributed and discussed with participants prior to the beginning of the athletic program. The student is expected to comply with team rules and might forfeit his/her eligibility through noncompliance.

School Attendance - The student must attend all seven hours of classes on the day of practice and athletic contest to be eligible to participate on that day. The coach may make exceptions to this standard with the approval of administration.

Detention - A student assigned detention by teachers and/or administrators must report to the detention instead of practice. The coach will determine any additional action to be taken if necessary or required.

Suspension - A student suspended from school will not be permitted to participate in any extracurricular activities while on suspension. He/she may become eligible once his/her suspension is completed.

Expulsion - A student who is expelled or who withdraws from school because of disciplinary action shall not be considered eligible for extracurricular activities for 365 days from the date of expulsion/withdrawal.

Ejection from a Contest - A student ejected from an activity/athletic event because of unsportsmanlike action will not be eligible to participate in the next scheduled activity/athletic event per MSHSAA regulations. Coaches may require additional athletic suspensions at his/her discretion.

Student Handbook - Each student/athlete will be held accountable for all rules, regulations, and policies of the Stoutland High School student handbook.

Lunch/Breakfast Bill Policy - The student breakfast/lunch bill will be checked at each progress report and end of each quarter. If the breakfast/lunch bill is over \$50.00, your child will not be able to participate in the activity. Once the bill is paid, your child will automatically become eligible.

Procedure and Appeals

The coach, in consultation with the athletic director and principal, may suspend a student from activities after having given his/her the right to be heard. The suspension decision may be appealed to the superintendent. The superintendent's decision will be final. The student/athlete and/or his/her parent/guardian may appeal actions taken pursuant to this policy. The school administration will send a written decision to the parent/guardian within two days of the appeal hearing.

Participant's Pledge

A student who participates in athletics must sign the "Participant's Pledge" as a precondition of his/her participation. The student's signature of the pledge signifies the commitment to abide by the conditions of the Stoutland R-II School District's Code of Ethical Behavior and Student Conduct Policies, to remain free of alcohol, tobacco, and illegal drugs and to be a "creditable citizen." The parent's signature on the pledge signifies that the parent has read and understood the pledge.

Care of Equipment

In order to give the student a sense of responsibility and an appreciation of his/her equipment, each student will be held accountable for the abuse and loss of it. ANY EQUIPMENT, LOST OR STOLEN, MUST BE PAID FOR BY THE STUDENTS IN WHOSE NAME IT WAS CHECKED OUT.

The following guidelines, if adhered to, will reduce the chances for lost or stolen equipment:

1. Do not exchange or loan any equipment checked out to you to another teammate.
2. Any loss of equipment should be reported immediately to the head coach, rather than waiting until the end of the season.
3. Any protective equipment that does not fit properly or that has any defective parts should be reported to a coach immediately. Do not wear the equipment until the necessary adjustments have been made. This is for your protection.
4. At the end of the sports season, all equipment must be turned into the coach that issued the equipment.

Protect Your Eligibility

MSHSAA, of which Stoutland High School is a member, is a voluntary, nonprofit, educational association of junior and senior high schools established for the purpose of working cooperatively in adopting standards for supervising and regulating interscholastic activities and contests. One of the primary functions of MSHSAA is to

establish standards that must be met by all students to attain privilege of representing their school in interscholastic activities.

Eligibility is a **privilege** to be granted by the school to a student which allows that student to participate in interscholastic activities. **Eligibility is not a student's right by law.** Precedent setting legal cases have determined that eligibility is a privilege to be granted only if the student meets all standards adopted by the school, which enables the school to grant the student such a privilege.

Listed below is information to acquaint you with the major rules and regulations you must follow in order to protect your eligibility:

1. You must be a creditable school citizen. Creditable school citizens are those students whose conduct, both in and out of school, will not reflect discredit upon themselves or their schools.

Athletic By-Law 212 (Citizenship Requirements) in the MSHSAA handbook states: "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 "creditible citizens." Conduct shall be satisfactory in accord with the standards of good discipline.

- 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. 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. 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:
 - i. A student who violates a local school policy is ineligible until completion of the prescribed school penalties.

- ii. The eligibility of a student who is serving detention shall be determined by local school authorities.
 - iii. A student shall not be considered eligible while serving an out-of-school suspension.
 - iv. 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.
 - v. 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.
 - vi. 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.
 - vii. Each school shall diligently and completely investigate any issue that could affect 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 365 days from discovery. Pending review by the Board of Directors.

2. Academics

- a. You must be enrolled in courses offering 3.00 units of credit. (This is normally six courses).
- b. You must have earned 3.00 units of credit the preceding semester.
- c. No "F's" are allowed at progress report/grade check. **If a student/athlete receives an "F" at this time, he/she will be ineligible until the next progress report/grade check. The grade check/progress reports will take place on the following dates for the 2016-2017 school year:**

First Quarter

September 1, 2017

September 22, 2017

October 13, 2017 (End of 1st Quarter)

Second Quarter

November 2, 2017

November 21, 2017

December 15, 2017 (End of 1st Semester)

Third Quarter

January 19, 2018

February 9, 2018

March 2, 2018 (End of 3rd Quarter)

Fourth Quarter

March 23, 2018

April 20, 2018

May 11, 2018 (End of 2nd Semester)

Athletic By-Law 213 (Academic Requirements) in the MSHSAA handbook states: “Statement of Philosophy - Participation in high school activities is a valuable educational experience and should not be looked upon as a reward for academic success. Students with low academic ability need the educational development provided through participation in activities as much as students with average or above average ability. Activity participation should be for all students making appropriate progress toward graduation and otherwise in good standing. Each local board of education is encouraged to establish criteria to ensure that students who are participating in MSHSAA activities are satisfactorily progressing toward meeting the local graduation requirements.

Students/Athletes in grades 9-12 - A student in grades 9-12 must meet the following requirements in order to be academically eligible to participate in interscholastic activities:

1. Semester Prior to Participation: The student/athlete shall have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which a student can be enrolled in the semester, whichever is greater, or a student must have made standard progress for his/her level the preceding semester in a special education program for the handicapped approved by the Missouri Department of Elementary and Secondary Education which, though ungraded, enrolls pupils of equivalent age.

2. **Semester of Participation:** The student/athlete shall currently be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater, or a student must be enrolled in a full course at his/her level in a special education program for the handicapped approved by the Missouri Department of Elementary and Secondary Education which, though ungraded, enrolls pupils of equivalent age.
3. **Entry into 9th Grade:** A beginning ninth grade student shall have been promoted from the eighth grade to the ninth grade for first semester eligibility.
4. A student must be making satisfactory progress towards graduation as determined by local district policies.
5. **Dual-Enrollment in College Classes:**
 - a. **For High School Credit:** A student/athlete who is dual enrolled in college classes being taken off campus with credit being placed on the high school transcript and high school classes may only count up to one full credit earned from the college classes toward academic eligibility and must be enrolled in and regularly attending the remainder of classes at the high school.
 - b. **No High School Credit:** A student who is dual enrolled in college and high school classes but who does not receive high school credit on his/her high school transcript for the college work, may have college hours earned during a regular semester count up to a maximum of one (1) unit of credit toward determining high school eligibility as follows: 1/2 unit of high school credit for a three hour college credit class; one unit of high school credit for a five hour college credit class.
6. **Missouri Virtual Instructional Program (MoVIP):** In order to be considered academically eligible for participation in interscholastic activities at a member school, a student that is enrolled in MoVIP:
 - a. Shall meet the requirements listed in above; these minimums may be met through a combination of MoVIP courses and those taken at the member school.
 - b. Shall, during the semester of participation, be enrolled in two or more classes for credit at a member school. If there is a class associated with the activity, the student must be enrolled in that course in order to participate.
 - c. Must complete MoVIP courses by the close of the semester for the member school in order for those credits to be considered towards activity eligibility.

2017-2018 Academic Requirements

Academic Schedule	2016-2017 School Year: Credits earned from the Spring 2016 semester must equal 3.0 or 80%, whichever is greater.
Six-Period Day (.5 each)	Must pass 6 of 6 (3.0)
Seven-Period Day (.5 each)	Must pass 6 of 7 (3.0)
Eight-Period Day (.5 each)	Must pass 7 of 8 (3.5)
Eight-Block Schedule (.5 each)	Must pass 7 of 8 (3.5)
Four-Block Schedule (1.0 each)	Must pass 4 of 4 (4.0)
Ten-Block Schedule (.5 each)	Must pass 8 of 10 (4.0)

Transferring Schools

If you transfer schools and your parents do not move to your new school district, you will be ineligible for 365 days, unless you meet one of the exceptions to the transfer or promotion rules.

If you move with your parents to your new school district, you will be eligible immediately.

Participation Limits

You are eligible to participate in any sport for a maximum of four seasons. Any part of a game played during a season counts as a season of participation.

Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for the first eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.

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

If you reach the age of 19 prior to July 1, you are ineligible for interscholastic competition for the next school year.

Awards Standards

You may not receive cash, merchandise, or gift certificates for participating in an athletic contest.

You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc., for participating in a school athletic program. These awards may be received only from your school, from a school hosting an event, or from MSHSAA.

You may accept awards for participating in non-school sponsored athletic competitions only if the awards are symbolic in nature, such as medals, trophies, ribbons, plaques, etc.

Non-School Competitions

You must not participate in any organized non-school athletic competition and your school team **in the same sport** during the same season.

You may participate on a school team and a non-school team in different sports during the same season; however, you may not participate or compete in non-school organized athletic competition **on the same day** that your practice or compete with your school team without approval from the administrator.

Before you join any non-school team or enter any non-school competition involving athletics, check with the Athletic Director to make certain these standards are being met.

You may participate in an “audition” or “tryout” for a college team only after you have completed your last season of eligibility in the sport for which you wish to tryout.

Any individual receiving information concerning colleges for scholarship opportunities for our students/athletes will be distributed by the specific coaches.

You may not compete in an all-star game or contest before you complete your eligibility in all high school sports.

Sports Camps/Clinics

You may attend a non-school sponsored summer specialized sports camp for as long as you wish, where you do not receive instruction or coaching from a member or your school's coaching staff.

You may not attend a specialized athletic camp during the school year.

You may attend a camp or clinic where your school's coaching staff instructs or coaches for a period of no longer than two weeks in duration.

REMINDER: Any questions pertaining to eligibility that is not answered above should be brought to the attention of the athletic director.

Conditioning and the Prevention of Injuries

Proper sports conditioning will improve the power, speed, and endurance of the athlete on the field or in the gymnasium. It will also help strengthen muscles and joints, increase flexibility, and maximize agility through the channeling of aerobic as well as anaerobic power. In addition to the benefit of increased performance, statistics indicate that sports conditioning will assist in preventing injury. Year-round conditioning can increase athletic performance considerably. Training, unfortunately, is easily reversible and that is why year-round conditioning is so important. Opportunities are provided for athletes in the Stoutland R-II School District to be involved in year-round conditioning. It is strongly recommended that all athletes not involved in a sport during an off season be participating in the conditioning program. Naturally, the best course of action is to stay involved in a competitive program each season, where conditioning is build into the sport. All athletes want to perform to the best of their ability, yet often a sprained ankle, an injured knee, or a pulled muscle will prevent one from doing the best he/she can. Though there is no guarantee these injuries will not occur, the frequency and seriousness can be reduced through simple measures - such as the year round conditioning mentioned above, training techniques, and good sportsmanship such as behavior and an awareness of the injury patterns in your chosen sport. Lastly, make certain to consult with the coach(s) immediately if an injury does occur.

Physical Exams and Insurance Requirements

Athletic By-Law 309 (Physical Exams and Insurance) (a) in the MSHSAA Handbook states: "The school shall require 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 in 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 school. The medical certificate is valid for the purpose of this rule if issued on or after February 1 of the previous school year."

Athletic By-Law 309 (b) in the above handbook states: "A student shall not be permitted to practice or compete for a school until it has verification that he/she has basic athletic insurance coverage.

Policy Regarding Off-Campus Running

Statement of Concern:

1. In order to condition athletes for certain sports, it is imperative that some off-campus running will be required.
2. It is our duty, as coaches, to maintain a program that considers the safety of our athletes at all times, especially when involved in any off-campus activities.

Procedures for Off-Campus Running

1. The coach and runner must always be alert to traffic and weather conditions.
2. Runners should always use sidewalks when available.
3. Runners should always face traffic, unless running on sidewalks or wide shoulders.
4. Most of the off-campus running should be done in daylight hours. If early morning running is necessary, a reflective running vest should be worn.
5. Off-campus running in the afternoon should not begin until students and bus transportation have cleared the area.
6. No off-campus running should take place when weather conditions hamper visibility making it difficult to see runners or when the road conditions create hazardous driving.
7. Runners should not cut through or run on a patron's property.
8. Runners should be especially alert at intersections and obey all traffic laws. A runner should not block intersections.

Fundraising for Sports/Activities

In the event that an athletic program intends to conduct a fundraising event, they must first have the approval of the principal. Once approval for the fundraising activity is achieved, the coach must assume full responsibility for the fundraising activity. All funds made from fundraising are to be immediately turned into the school secretary for

placement in the athletic account. During the fundraising activity, it is required that at least one coach or appropriate sponsor be present at all times. Athletes participating in any fundraising activity will be required to sign a record sheet for the given merchandise they may be selling so as to monitor sales and uphold accountability. The athletes are responsible for all products that they may have in their possession.

Code of Conduct for Behavior in Sports/ Activities

When observing improper behavior or problems with individual team/squad members, the best solutions are ones which address a problem at the time it is observed or occurs.

Two-step method:

1. Talk to the person (one-on-one) about what he/she is doing and why it should be stopped.
2. Tell the coach. This, of course, brings any rules, codes, or consequences into effect.

Every conflict resolution should begin with Step 1. It is best to stop the problem immediately by handling it informally on a person-to-person level while it is still a small matter. Do not let unresolved problems turn into a clash that will harm team unity. Rather, use it to enhance the bond within the team by emphasizing positive, high expectations for the people around you and, of course, yourself.

Code of Ethics for Sports/Activities

It is the duty of all concerned with school athletics:

1. To emphasize the proper ideal of sportsmanship, ethical conduct, and fairness.
2. To eliminate all possibilities, which tend to destroy the best values of the activity, i.e., hazing and initiations are not acceptable or condoned.
3. To stress the values derived from participating fairly.
4. To show cordial courtesy to coaches/sponsors, visitors, and each other.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sponsors, judges, and officials.
7. To achieve a thorough understanding and acceptance of the rules and expectations of the activity and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the participants in the activity.
9. To recognize that the purpose of activities is to promote the physical, mental, moral, social, and emotional well being of the individual participants.

10. To promote good school citizenship standards and use them as a barometer for participation.

Supervision Policy

No individual student or team shall be permitted to participate in contests without being accompanied and supervised by a representative of the school faculty or administrative staff. Coaches are responsible for supervision of groups while on the bus traveling to and from events, while at the event, and until the student's ride arrives. Contests may not occur without school representative supervision. This includes, but is not exclusive to, practices, meetings, contests, and bus transportation.

Parent-Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, everyone is better able to accept the actions of the other and provide greater benefits to students. As parents, when your student becomes involved in a program, you have the right to understand expectations are placed on your student. This begins with clear communication from the coach of your student's program. Coaches and parents are expected to encourage and praise students in their attempt to improve themselves as students, athletes, and citizens. Parents can facilitate this by gaining an understanding and appreciation of all aspects of the sport and the expectations placed on your student.

Communication: What Coaches Expect from Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.
4. Conversation will ONLY consist of concerns/comments about your child; other teammates will not be discussed.

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

Communication: What You Should Expect From Your Student/Athlete's Coach

1. Philosophy of the coach.
2. Expectations the coach has for your student, as well as all the players on the squad.
3. Location and time of all practices and contests.
4. Team requirements, i.e., fees, special equipment, off-season conditioning.
5. Procedures should your student/athlete be injured during participation.
6. Discipline that result in the denial of your student/athlete's participation.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your student/athlete mentally and physically.
2. Way to help your student improve.
3. Concerns about your student/athlete's behavior.

Issues Not Appropriate to Discuss with Coaches

1. Playing time
2. Team strategy
3. Play calling
4. Other student/athlete participation

There are situations that may require a conference between the coach and parent. These are encouraged. It is important that both parties involved have a clear understanding of the other position. Everyone involved is expected to be respectful, recognize and show appreciation for the other's role, and to reinforce the school's Code of Conduct for Behavior in Athletics, and policies and procedures as outlined in this handbook. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

If You Have a Concern To Discuss With a Coach - The following procedure should be followed:

1. Call to schedule an appointment with the coach.
2. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

What Can a Parent Do If the Meeting With the Coach Did Not Provide a Satisfactory Resolution?

1. Call and set up an appointment with the Athletic Director or, in the event the coach is the Athletic Director, the appointment will be with the Principal. Should the Principal be the coach, the secondary meeting will be with the Superintendent.
2. At this meeting, the appropriate next step can be determined.

Stoutland High School

Athletic/Activities Commitment Pledge

Participant's Name (Print)

Grade

Prior to participating in any practice or tryout session for any interscholastic sport, each athlete must:

1. Successfully pass a physical examination to participate in athletics, by a licensed physician and the copy of such examination must be on file in the office of the building athletic director. Physical exam is valid if issued on or after February 1 of the previous school year.
2. Return this Athletic Commitment Pledge Form with the student and parent(s) signature(s).
3. Student will demonstrate proof of health insurance and will update the Stoutland R-II School District of any insurance changes during the school year.

As a school's student/athlete voluntarily participating in athletics, I acknowledge that:

1. I have read this Student Athletic/Activities Handbook and understand what the Stoutland R-II School District expects from me in regard to the expectations set forth in this handbook and to sportsmanship, citizenship, scholastics, and staying free from drug, alcohol, and tobacco use while enrolled in this school. I understand the consequences for violating school policy and I will not do so while a Stoutland High School student/athlete participant.
2. I will be responsible for all equipment issued to me throughout the season, will return such equipment at the conclusion of the season and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
3. I have been properly advised, cautioned, and warned by administrative and coaching personnel, of the Stoutland R-II School District, that I am exposing myself to the risk of injury which may include, but is not limited to, the risk of sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial, or complete impairment in the use of my limbs, brain damage, paralysis, or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury and with full consent of my parent/guardian.
4. I, along with my parents, certify that I have read and understand all the Stoutland R-II School District athletic/activities policies in this handbook. In order to be eligible for participation, I understand I must comply with all requirements listed.

Student's Signature

Date

Parent/Guardian's Signature

Date

REMOVE THIS PAGE AND RETURN TO YOUR COACH

