

Holden R-III School District



Activities Handbook

2015-2016

Introduction

Welcome to Holden R-III School District's activities programs. Hopefully your decision to take advantage of our extracurricular programs will be educational, rewarding, and challenging. We encourage you to take advantage of as many programs as your time and talents will permit. We do not encourage specialization in any one activity, but rather we encourage you to experience a variety of activities. This handbook is given to you so that you might be aware of:

1. The programs available to you.
2. The responsibilities with participation in activities.

Naturally due to conflicts during seasons, practice times, schedules, etc... some choices will have to be made by you. Good luck to you as you strive to grow through these activities.

Activities

Fall Sports

HS Football, HS Volleyball, HS Cross Country, HS Softball
MS Football, MS Volleyball, MS Cross Country

Winter Sports

HS Boys' Basketball, HS Girls' Basketball, HS Wrestling
MS Boys' Basketball, MS Girls' Basketball, MS Wrestling

Spring Sports

HS Baseball, HS Boys' Track, HS Girls' Track
MS Boys' Track, MS Girls' Track

Extracurricular Activities

HS Cheerleading, MS Cheerleading
HS Scholar Bowl, MS Scholar Bowl
HS Student Ambassadors, MS Student Ambassadors
HS Fellowship of Christian Athletes

Co-Curricular Activities

HS Band, HS Choir, HS Color Guard, HS Drama, HS Science Olympiad, HS Math Team, HS Student Council,
HS National Honor Society, HS FBLA, HS FCCLA, HS FFA, HS Art Clubs, HS Yearbook, HS Foreign Language

MS Band, MS Choir, MS Science Olympiad, MS Math Relays, MS Student Council, MS Yearbook, MS
National Honor Society, MS Art Clubs, MS Homework Club

Activities Pledge Sheet

The Holden R-III School District activities department currently requires that all students and their parents/guardians review the activities handbook. Each parent/student prior to participation is required to electronically sign that they have read and understand the handbook. This handbook contains necessary information used to inform the participant and their parents/guardians of the rules, regulations, and procedures of the activities department.

Students are subject to the Holden R-III School District's discipline policy as outlined in the student handbook, as well as specific rules in the activities handbook and rules set by the coach/sponsor. Copies of the policy may be obtained in the Superintendent's office, school offices or from the coach/sponsor.

As a participant in the activities provided by Holden R-III School District, you are accepting standards that are over and above that of the nonparticipating student.

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 Holden community. Participation in our activities represent a privilege that is a year round commitment and will help develop the student physically, mentally, socially, and emotionally.

The activities department, under the direct supervision of the superintendent and the activities director, is responsible for the promotion and implementation of the activities programs.

Activities Philosophy

The ultimate purpose of extracurricular activities is to provide a maximum number of students an opportunity to grow as young adults within the structure and framework of organized and disciplined programs. Extracurricular activities are an integral part of the educational process. Extracurricular activities offer a positive and meaningful experience that will enhance the growth and development of all young men and women who participate. The Holden R-III School District is committed to the belief that participation in interscholastic activities is a PRIVILEGE, not a right.

It is our philosophy to take the best student participants and represent Holden High School to the highest degree. Successful, winning programs is a by-product of commitment, fundamental skills, preparation, training and strength of character. We will strive for success and to win by developing these traits.

Only those students who are eligible under the rules of the Missouri State High School Activities Association (MSHSAA), the Holden R-III School District policies, and who are capable of assuming the responsibilities of being official representatives of the high school through their manners, conduct, appearance, and sportsmanship shall be permitted to represent the school in an activities program.

Preparation for Sport & Strength Training

We believe there is a strong correlation between the quality of strength coaching, athletes' compliance with expectations, and the success of any team. We are committed to allocating resources to strength-training programs. All teams can be positively affected by improvements in strength, speed, and agility.

Preparation for sport is comprised of two distinct conditioning aspects: training and practice. Training refers to the process of enhancing the physical and mental condition of the athlete; practice refers to the process of perfecting the technical skills demanded by the particular sport. Both are equally important. Utilizing strength-endurance, traditional strength and explosive-power strength are all crucial training modalities that effectively create the best prepared high school athletes.

Summer & Off Season Training

We believe that the "summer" & "off season" sessions of strength training are crucial for programs to be competitive in sports demanding strength, speed, agility and conditioning. These sessions are an ideal time to work in aggressive, yet smart, off season volume and progression.

Conference Affiliation

The Holden R-III School District is a cooperating member of the Missouri River Valley Conference (MRVC). As a member, we are committed to adhere to the rules and regulations of the conference.

Presently, there are twelve members of the conference.

Higginsville	Knob Noster	Holden
Carrollton	Lexington	Richmond
Harrisonville	Oak Grove	Excelsior Springs
Grain Valley	Odessa	Pleasant Hill

As a member of the Missouri State High School Activities Association (MSHSAA), we are committed to abide by all rules, regulations, and policies established by the MSHSAA.

Participant Responsibility

As a student participant, it is the student’s responsibility to follow these principles: self-discipline, respect for others, and respect for authority, fair play, sportsmanship, teamwork, and good citizenship. We believe that it is a privilege to represent the school in activities and that privilege should be reserved for those students who meet these responsibilities. Only those students who are eligible and who are capable of assuming the responsibilities of being official representatives of the schools through their manners, conduct, appearance, and sportsmanship shall be permitted to represent the school in the activities programs.

Basic Guidelines for Participation

Following is a list of basic participation guidelines that will be required of the participant.

Attendance

No student will be allowed to participate in an activity, athletic event, or practice unless he/she was in attendance for all periods of that school day, except in cases of medical/dental appointments, family emergencies or prior approval by the administration. This rule also applies for the day prior to an event scheduled on a weekend. Furthermore, the student may not be certified eligible to participate on any subsequent date until the student attends a full day of classes. It is important to be in attendance the full day following an event. Do not use activities as an excuse to miss school.

A student assigned OSS cannot participate in extra or co-curricular activities on that date, nor are they allowed on school property without the permission of the administration. Friday Night School makes a student ineligible on Friday night, but does not affect eligibility on Saturday. ***A student assigned ISS can participate in practice or a concert (meeting a course requirement) on the same date, but not a contest. The student must complete the entire length of ISS before attending practice.***

Absence from practice or events must be cleared with the coach/sponsor before missing a practice or event. Classroom obligations and rules are to come first. After school detentions will be served as scheduled. Practices and events are not valid excuses for not serving detentions.

Commitment

If you quit one activity, you will not be allowed to go out for another activity during the same season unless permission is granted by the sponsor/coach of the activity you quit and the new activity sponsor/coach you wish to participate. No student will be allowed to practice or participate as a member of an activity until they have fulfilled all obligations of the preceding activity (all uniforms, equipment, and materials must be accounted for prior to allowing the individual to act as a member of another activity).

Transportation

All students are required to travel to each activity in school approved transportation. Students may be signed out after the event is over by the student's parent through the coach or sponsor. If an emergency arises and it becomes necessary that an adult other than the student's parent needs to sign them out after an event, a transportation release must be submitted for prior administrative approval from the parent or guardian of the student concerned. **A request must be made for each occurrence.** The coach or sponsor will make the final decision in these matters.

Dress/Hair Policy

Because the participant does represent the school and the student body while participating in interscholastic activities, a statement needs to be made regarding appearance of the student athlete. In general, hair should be groomed in a tasteful manner, with the safety of the student athlete, his/her teammates, and his opponents in mind.

Students participating in activities will not be permitted to wear clothing to school or school functions, which contain references to TOBACCO, ALCOHOL, DRUGS and SEX.

Social Media / Technology

To participate in extracurricular activities students must be a credible school citizen as defined in the MSHSAA and District policies. This applies both in school and out of school situations. Social networking sites such as Facebook and Myspace in addition to the use of Twitter and text messaging often publish or transmit text, pictures, and other information depicting students engaged in activity that does not represent responsible citizenship. **Students must understand that inappropriate material transmitted electronically and negative posts about the school district, its programs, and staff will not be tolerated and may result in a suspension or removal from the Holden R-III School District activities program.** Student participants shall refrain from posting photographs on any of the social websites that would include behavior unbecoming and in violation of the expectations of anyone involved in extracurricular activities.

Social networking sites can be important tools for users but they can also lead to serious problems and long lasting consequences. Participation in the Holden R-III School District's activities program is a privilege not a right; therefore participants must accept responsibility for responsible use of technology along with being a responsible citizen.

Academic Eligibility

Grades 9-12	Prior Semester: Earned 3.0 credits or 80% of maximum allowed classes a student can be enrolled in a semester, whichever is greater.	Current Semester: Enrolled in 3.0 credits or 80% of maximum allowed classes a student can be enrolled in a semester, whichever is greater.	Semester Eligibility: Students with two F's at the end of S1 and S2 will be ineligible for the entire next semester. Semester eligibility overrides term eligibility.	Term Eligibility: Students with two F's at the end of T1, T2, T4, or T5 will be ineligible for the entire next term.
Grade 7-8	Prior Grading Period: Students with two F's at the end of the prior grading period will ineligible for the entire next grading period.	Current Grading Period: Enrolled in the normal course load for their grade.	N/A	N/A

****Summer school courses may count towards maintaining an 8th graders academic eligibility for the FIRST grading period, provided some requirements are met.***

*****Summer school courses may count towards maintaining a 9-12th graders academic eligibility for FALL semester provided some requirements are met.***

******During academic suspension, students need to attend practices, games, concerts, go to team meetings, etc..., but they cannot represent the school in any contests. Students may not travel to away events. Students will be allowed to participate in a local concert, local marching band event, or a local pep band performance if it is tied to an academic class.***

*******Academic eligibility will start over for students who are promoted to the 7th or 9th grade prior to the first day of classes.***

Discipline

Inappropriate Behavior

Inappropriate behavior handicaps the student's ability and team's performance. The following acts will be considered inappropriate behavior:

- Any act which results in administrative discipline.
- Any act in which criminal charges are pending.
- A student whose character or conduct brings discredit to the school or to the student.
- Any act which will bring disrespect to an individual or team.

Disciplinary Procedures

The Missouri State High School Activities Association Official Handbook states: "In accord with the MSHSAA Board of Directors policy, a student who is found guilty of a law violation shall not be considered a creditable citizen as defined by By-Law 212.0 until he/she has served his/her fine and/or penalty... Once he/she has served the... sentence, it would be up to... the local school administration to determine whether or not he/she has met all local requirements for citizenship eligibility.

Sportsmanship

As an athlete or participant representing the Holden R-III School District, it is your responsibility to exhibit good sportsmanship at all times. We expect our student participants to compete to the very best of their abilities. When our athletes win, they should do so modestly and with respect for the other team. If they lose, they should do so with dignity and congratulate the other team.

All student participants as well as spectators are expected to display good sportsmanship at all levels of competition. Any spectator exhibiting behavior that is unacceptable may be asked to leave the competition and more severe consequences may be enforced.

Listed below are policies concerning violations of sportsmanship, as they are stated in the official handbook of the Missouri State High School Activities Association.

Student/Fans – Action regarding the misconduct of a student or fan shall range from a warning to being required to appear before the Board of Education to show reason why that person should not be prohibited from attending future games. Violent acts shall result in charges being brought against the individual or information being provided to the prosecuting attorney, who may bring charges under Missouri law.

Actions regarding all other acts of poor sportsmanship or misconduct will be referred to the administrators.



FIVE CORE VALUES

Instilling the values that build character so students, coaches and parents know, do and value the right thing on and off the field.

Know and do what is right
INTEGRITY


Treat others the way you want to be treated
RESPECT


Embrace opportunities to contribute
RESPONSIBILITY


Bring your best to all competition
SPORTSMANSHIP


Serve the common good
SERVANT LEADERSHIP


The National Association of Intercollegiate Athletics (NAIA), Kansas City, Mo., is a governing body of small college athletics programs that are dedicated to character-driven intercollegiate athletics.

[Learn more at ChampionsofCharacter.org](http://ChampionsofCharacter.org)

Parent Communication

Both parenting and coaching can be difficult, challenging and ultimately rewarding experiences. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your child becomes involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team or activity.

When your child becomes involved in the Holden R-III School District's programs they will experience some of the most challenging and rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way your child wishes. At these times, the expectation is that the student participant will initiate a discussion with the coach about their concerns. We believe this approach is both the most likely way to a positive resolution, and valuable learning experience for the student participant. The coaches have been instructed to encourage this type of dialogue and to promptly set aside time for individual, private appointments when requested.

Reminders for Parents

- Follow the communication chain: student to coach, parent to coach, parent to AD, etc.....
- Parents are not allowed in a locker room, dugout, bench, sideline, etc. before, during or after contests.
- If a problem arises, parents should contact the head coach no sooner than 24 hours after the contest or practice.
- Do not discuss issues with assistant coaches unless your concern is with that coach specifically.

Appropriate Concerns to Discuss With Coaches

- The treatment of your child, both mentally and physically.
- Ways to help your child improve.
- Concerns about your child's progress, behavior, and grades.

Issues Not Appropriate to Discuss With Coaches

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Steps to Follow if a Concern Arises

- Discuss issue with your son/daughter.
- Encourage your son/daughter to discuss the issue with their coach.
- Do not confront a coach before practice, after practice, and/or a contest. Wait 24 hours after an event to contact a coach about a concern.
- Set up an appointment with the coach by calling the school office.
- If a resolution isn't reached, schedule a conference with the AD.

Dual Activity Participation

A student may choose to participate in two activities during the same season. The two head coaches/sponsors of each activity will meet with the student and his or her parents/guardians to review what requirements are needed to be met by the student in order to participate in both activities.

It will be understood by all coaches and sponsors that conference, district, sectional, and state contests or events take precedence over a contest or event that is a lower level event. If there are conflicts students should know from their coach or sponsor that they are expected to attend the higher level contest or event. **Students, who do not attend the higher level event, will become ineligible for the other event on that same date.** If there is a compromise to be made among coaches and sponsors to allow students to participate in both; then that will be up to each individual coach or sponsor to communicate with each other and to communicate to the student and their parents.

If students have two activities in one day that are equal level then students are allowed to pick which event to attend. This applies even if one event is tied to a course the student is enrolled in. However, there may be a request to have other sponsor sign a form stating that they are requesting student for their activity. Sponsors will make every attempt to work with students so that they may attend both events; therefore students are expected to attend both events if at all possible.

Care of Equipment

School athletic and activity equipment shall not be worn at any time other than at authorized practices and contests, unless the activities director or coach gives special permission. All equipment must be turned in within one week following the end of the season. All equipment must be cleaned and in good condition. A charge will be given for any equipment that has been abused, neglected, or not returned. Students will be held accountable for any lost equipment.

Letter Awards

Letter awards are presented in all varsity level athletics and in certain activities. Specific lettering requirements may be obtained from the coach or sponsor of that activity. **The participant must have finished the season in good standing with his/her coach/sponsor.** They must attend the banquet or ceremony at the end of the season unless they have permission from the coach/sponsor and administrator to miss. A certificate will be presented to each participant that meets the lettering standards established in the specific activity. When the participant earns his/her first varsity letter, the activities department will present them with the appropriate chenille award. The chenille award is given in addition to the letter certificate, but is awarded only once during the student's participation.

Iron Eagle Award

This prestigious award is given to Holden High School seniors who have played for three athletic teams for all four years of their high school career. These athletes must also have maintained at least a 2.5 cumulative GPA throughout their high school career and be considered in good standing regarding citizenship by the coaching staff and administration. A member of the coaching staff must nominate these athletes to the activities director so that they may be recognized during graduation ceremonies.

Information for Prospective College Athletes

For those student-athletes who feel that they may have the time and talents to become a college athlete the NCAA puts out the NCAA Guide for the College Bound Student-Athlete. This publication is a summary of rules and regulations governing the transferring, recruiting, eligibility, and financial aid that would be beneficial to any senior.

A student, who is planning to enroll as freshmen and wishes to participate in Division I or II athletics, must be certified by the NCAA Initial-Eligibility Clearinghouse. The proper forms and materials for the NCAA Clearinghouse are available through the counselor's office. To play NAIA sports, every student must be registered with the NAIA Eligibility Center. Go to www.PlayNAIA.org to register.

Drug Testing (Holden R-III School District school board policy: JFCI)

As a condition of participating in extracurricular activities, middle school students, high school students and their parents must consent to the districts drug testing policy. Participants must complete drug testing consent form available online prior to participating in any school activities.

Due Process for Activities

In all cases involving dismissal of a participant from his/her activity or complete removal from Holden R-III School District’s activities program, due process is available through the District’s regular administrative channels. Final administrative appeal may be made to the superintendent of schools.

<u>Infraction</u>	<u>1st Offense</u>	<u>2nd Offense</u>	<u>3rd Offense</u>
Alcohol/Drugs (use, possession, under the influence, or positive drug test) <i>*All suspensions will carry over to the next athletic season or school year.</i>	Student is prohibited from representing the school during suspension and/or until all legal responsibilities have been resolved. (whichever is greater) Athletics: 30% of contests Activities: 30% of events (current season with remaining contests to extend to the next season)	Student is prohibited from representing the school during suspension and/or until all legal responsibilities have been resolved. (whichever is greater) Athletics: Remainder of current school year. Activities: Remainder of current school year.	Student is prohibited from representing the school during suspension. Athletics: Permanently Activities: Permanently
Drugs (distribution)	Student is prohibited from representing the school. Athletics: 1 year Activities: 1 year	Student is prohibited from representing the school. Athletics: Permanently Activities: Permanently	N/A
Tobacco/E Cigarettes (use or possession) <i>*All suspensions will carry over to the next athletic season or school year.</i>	Student is prohibited from representing the school. Athletics: 30% of contests Activities: 30% of events (current season with remaining contests to extend to the next season)	Student is prohibited from representing the school. Athletics: Remainder of current school year. Activities: Remainder of current school year.	Student is prohibited from representing the school. Athletics: Permanently Activities: Permanently

Violation of Law (Misdemeanor)	For all infractions: Student may be prohibited from participation and from representing the school in activities at the discretion of a review committee comprised of the Activities Director, Principal, Coach or Sponsor.
Violation of Law (Felony)	For all infractions: Student is prohibited from participation and from representing the school in activities for an alleged violation. Reinstatement upon acquittal. Permanent restriction upon conviction.
Suspension from School	For all infractions: Student is prohibited from practicing and participation in activities for each day of out of school suspension.

**The student will immediately self-report any violation of law to the Activities Director. Failure to self-report will prohibit the student from representing the school in any activity for 365 calendar days.*

***Clarification: Calendar days are to be considered during the regular school term.*

****Activity Seasons: Fall August 3rd – November 1st, Winter November 2nd – February 28th, Spring February 29th – End of Activity Year.*

*****Infractions are cumulative and will transfer from year to year.*

Discipline action will be handled on an individual basis, except those that are specifically spoken to above. Expulsion from the team will result, if in the judgment of the head coach and administration, the student’s actions reflect an irreconcilable attitude on his/her part. Each head coach of an athletic or activity program will have additional expectations of student-athletes that participate in their program.