

FARMINGTON R7 STUDENT ACTIVITIES HANDBOOK 2018-19

PHILOSOPHY

At Farmington R7 we believe that our activities and athletics program is an important component of the total educational structure. Participation is a privilege that carries with it responsibilities to the school, the activity program, the student body, the community, and each individual student.

We are committed to helping our students grow as young men and women so they can be positive leaders in our schools today and successful adults tomorrow. We focus on challenging and encouraging our students to grow in positive character traits such as empathy, accountability, perseverance, honesty, respect, humility, courageous leadership, and service. We encourage those in our program to live, teach, and expect these traits for each other and from each other every day. This includes everyone associated with our program, including students, coaches, parents, community members, and administrators.

We believe in fully developing the talents, skills, and passions of those in our program and combining those with positive character traits to produce the most competitive teams possible. While we do strive to be as competitive as possible in game situations, our daily time and attention is devoted to helping students improve in all areas of their lives (physical, mental, social, and emotional) to fulfill their potential as individuals and teams.

We are committed to continuing to work toward making Farmington an outstanding place for students to participate in activities and athletics. We want every participant to know that every day they have the opportunity to participate in a wide variety of student-selected activities in which they are respected, challenged, and appreciated as people and athletes by all those around them.

GOALS

1. To provide a superior program of student activities that includes appropriate athletics for every boy and girl.
2. To provide opportunity for a student to experience success in the activity he or she selects.
3. To provide enough activities to have an outlet for a wide variety of student interests and abilities.
4. To provide those student activities which offer the greatest benefits for the greatest number of students.
5. To create a desire to succeed and excel.
6. To provide for the students' worthy use of leisure time now and in the future.
7. To develop high ideals of fairness in all human relationships.
8. To practice self-discipline and emotional maturity in learning to make decisions under pressure.
9. To be socially competent and operate within a set of rules, thus gaining a respect for the rights of others.
10. To develop an understanding of the value of activities in a balanced educational process.

ASSOCIATION MEMBERSHIPS

Farmington High School is a member of the Mineral Area Activities Association (MAAA). The MAAA consists of twelve (12) schools divided into large and small divisions:

Large Schools: Farmington, North County, Potosi, Ste. Genevieve, Park Hills Central, Fredericktown

Small Schools: Bismarck, West County, Valle Catholic, Kingston, Valley of Caledonia, Arcadia Valley

Our football team is a member of the Southeast Missouri Conference-North Division:

Cape Central, Poplar Bluff, Jackson, Sikeston

Our wrestling and soccer teams are members of the Southeast Missouri Conference and Student Council is associated with the Missouri Association of Student Councils. We are also a member of the Missouri State High School Activities Association (MSHSAA), and are governed by its by-laws.

Farmington Middle School is a member of the Mineral Area Jr. High Activities Association (MAJHA). Member Schools include: Farmington - North County – Potosi – Ste. Genevieve, Park Hills Central – Fredericktown – Bismarck – West County – Kingston – Valley of Caledonia and Arcadia Valley.

EXTRACURRICULAR ACTIVITIES

We are striving to make the activities of Farmington High School a valuable part of the educational program. The purpose of these activities is not to replace regular schoolwork, but rather to supplement. Activities help provide additional opportunities for some valuable life-long experiences. It has been our observation that the students who participate in extracurricular activities tend to enjoy school more. Students should remember it is a privilege, not a guaranteed right, to participate in an activity program. Competing teams at Farmington High School include: football, cross-country, volleyball, basketball, wrestling, track, golf, tennis, baseball, weightlifting, soccer, scholar bowl, softball, swim and cheerleading. We have other activity programs including Air Force Junior ROTC, Band, Chorus, Knightline (pompon), FFA, Fellowship of Christian Athletes (FCA), Family Career and Community Leaders of America (FCCLA), Future Teachers of America (FTA), Technology Student Association (TSA), Future Business Leaders of America (FBLA), Health Services Club (FHSC), Art Club, Theatre Guild, TREND, Foreign Culture Club, Card Players Club, Gateway Readers Club, Guitar Club, National Honor Society, Knight Life (school paper), Knights in Review (yearbook), Library Club, Computer Club, Robotics, Science Club, Key Club, Student Council, Youth Alive, S.O.S., Winterguard, World Café, and Natural Resource Club. We continue to add new programs and clubs as student interest and resources allow. All organizations must have constitution and by-laws approved by student council and the administration.

PARENTAL PERMISSION

Prior to each year of interscholastic athletic participation, cheerleading and Knightline, a student shall furnish a statement, signed by the student's parents or guardians, which grants permission for that student to participate in interscholastic athletics.

PHYSICAL EXAMS AND INSURANCE

The school shall require of each student participating in athletics, cheerleading and Knightline, a certificate of an issued physical signed by a physician, or an advanced nurse practitioner in written collaborative practice with a physician stating that the individual is physically able to participate in athletic practices and contests of his/her school. The medical certificate is valid for the purpose of this rule if issued on or after February 1 of the previous school year.

CONCUSSION INFORMATION

With additional information being presented each year concerning concussions, the Missouri State High School Activities Association has taken great steps to protect student-athletes who have suffered a concussion.

The MSHSAA through their Sports Medicine Advisory Committee developed literature to help student-athletes, coaches, and parents recognize concussion symptoms. In addition, steps to treat an injured athlete were developed through consultation with medical personnel.

Student-athletes who suffer a concussion must follow a protocol in order to return to participation in extracurricular activities.

All MSHSAA approved literature concerning concussions (recognition of symptoms, treatment, return to play procedure) can be found at the following link. http://www.mshsaa.org/resources/pdf/ConcussionPacketHB300_Final.pdf

Copies of the MSHSAA Concussion literature are also available in the FHS Athletic Department.

A PARENT'S GUIDE TO CONCUSSION **National Federation of State High School Associations (NFHS)** **Sports Medicine Advisory Committee (SMAC)**

What is a concussion?

□ A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull, typically from a blow to the head or body. An athlete does not need to lose consciousness (be "knocked-out") to suffer a concussion, and in fact, less than ten percent of concussed athletes suffer loss of consciousness.

Concussion Facts

- A concussion is a type of traumatic brain injury. The result is a more obvious functional problem than a clear structural injury, causing it to be invisible to standard medical imaging (CT and MRI scans).
- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but boys' ice hockey, boys' lacrosse, girls' soccer, girls' lacrosse and girls' basketball follow closely behind. All athletes are at risk.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.
- Concussions can cause symptoms which interfere with school, work, and social life.
- Concussion symptoms may last from a few days to several months.
- An athlete should not return to sports or physical activity like physical education or working-out while still having symptoms from a concussion. To do so puts them at risk for prolonging symptoms and further injury.

What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from that activity. Continuing to play or work out when experiencing concussion symptoms can lead to worsening of symptoms, increased risk for further injury and possibly death. Parents and coaches are not expected to be able to make the diagnosis of a concussion. A medical professional trained in the diagnosis and management of concussions will determine the diagnosis. However, you must be aware of the signs and symptoms of a concussion. If you are suspicious your child has suffered a concussion, he or she must stop activity right away and be evaluated:

When in doubt, sit them out!

All student-athletes who sustain a concussion need to be evaluated by a health care professional who is experienced in concussion management. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions, he or she should be immediately taken to the emergency department.

What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache
Is confused about what to do	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise

Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	

When can an athlete return to play following a concussion?

After suffering a concussion, **no athlete should return to play or practice on that same day.** Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown that the young brain does not recover quickly enough for an athlete to safely return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in almost all states to pass laws stating that **no player shall return to play that day following a concussion, and the athlete must be cleared by an appropriate health-care professional before he or she is allowed to return to play in games or practices.** The laws typically also mandate that players, parents and coaches receive education on the dangers and recognizing the signs and symptoms of concussion.

Once an athlete no longer has symptoms of a concussion and is cleared for return to play, he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average, the athlete will complete a new step each day. An example of a typical return-to-play schedule is shown below:

Day 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.

Day 2: Running in the gym or on the field. No helmet or other equipment.

Day 3: Non-contact training drills in full equipment. Weight-training can begin.

Day 4: Full contact practice or training.

Day 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.

How can a concussion affect schoolwork?

Following a concussion, many student-athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short- and long-term memory, concentration and organization.

In many cases after the injury, it is best to decrease the athlete's class load early in the recovery phase. This may include staying home from school for a few days, followed by academic accommodations (such as a reduced class schedule), until the athlete has fully recovered. Decreasing the stress on the brain and not allowing the athlete to push through symptoms will shorten the recovery time.

What can I do?

- Both you and your child should learn to recognize the "Signs and Symptoms" of concussion as listed above.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has suffered a concussion.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate a concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season's sports.

Why is it so important that athletes not return to play until they have completely recovered from a concussion?

Student-athletes that return to any activity too soon (school work, social activity or sports activity), can cause the recovery time to take longer. They also risk recurrent, cumulative or even catastrophic consequences, if they suffer another concussion. Such risk and difficulties are prevented if each athlete is allowed time to recover from his or her concussion and the return-to-play decisions are carefully and individually made. No athlete should return to sport or other at-risk activity when signs or symptoms of concussion are present and recovery is ongoing.

Some of this information has been adapted from the CDC's "Heads Up: Concussion in High School Sports" materials by the NFHS's Sports Medicine Advisory Committee. Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

Revised and Approved April 2013

MSHSAA GUIDELINES - HOW TO MAINTAIN AND PROTECT YOUR HIGH SCHOOL ELIGIBILITY

As an activities or athletics participant, it is important for you to know and meet all the MSHSAA and local requirements in order to be eligible. Knowing and following all these requirements will enable you to maintain and protect your high school eligibility. Information contained on the following pages will acquaint you with the major rules and regulations you must follow in order to maintain and protect your high school eligibility. Any questions you have concerning these essential requirements or with your athletic eligibility should be checked with your school principal or athletic administrator, who has a complete copy of all MSHSAA eligibility requirements.

The MSHSAA eligibility requirements have been voted on by member schools and were adopted by your school when it became an association member. Also, it is important for you to know that you must meet all the essential requirements in order to be eligible, as no one requirement is more important than another. Finally, the MSHSAA urges YOU - the student-athlete - to study these rules carefully. We want you to enjoy these years.

The following section is a summary of the MSHSAA Eligibility Requirements. The entire MSHSAA Activities Handbook can be found at: http://www.mshsaa.org/resources/pdf/1415Handbook_v2014151web.pdf *If there are rules in this manual which you don't understand, ask your principal or athletic administrator to explain them to you.*

Summary of the Eligibility Requirements

1. Bona Fide Student

- In order to represent your school, you must be a bona fide student and meet all eligibility requirements. You must be enrolled in and regularly attending classes at the member school you wish to represent and you must meet the academic requirements in MSHSAA By-Law 2.3 and those of your local school.

2. Citizenship

By Law 2.2.1

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

By Law 2.2.2 Law Enforcement

- A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies.
- After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.
- Minor moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others.

By Law 2.2.3 Local School

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

By Law 2.2.4 Expulsion

- A student who is expelled from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion.

By Law 2.2.5 Student Responsibility

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

3. Sportsmanship

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

4. Academics

By Law 2.3.2

Grades 9-12 Requirements: A student in Grades 9-12 must meet the following requirements in order to be academically eligible to participate in interscholastic activities:

- Semester Prior to Participation: The student shall have earned, the preceding semester of attendance, a minimum of 5.0 units of credit, including at least 1.0 on the FHS campus, or a student must have made standard progress for his or her level the preceding semester in a special education program.
- Semester of Participation: The student shall currently be enrolled in and regularly attending courses that offer 5.5 units, including at least 1.0 on the FHS campus, or a student must be enrolled in a full course at his or her level in a special education program.
- Entry into 9th Grade: A beginning 9th grade student shall have been promoted from the 8th grade to the 9th grade for first semester eligibility.
- A student must be making satisfactory progress towards graduation as determined by local school policies.
- Do not drop courses without first consulting with the principal or athletic administrator to determine whether it will affect you eligibility.
- 2nd Semester eligibility is determined by the number of credits earned during the 1st Semester and must be based on work submitted by the end of the semester. For 2nd semester MSHSAA eligibility purposes, the deadline for submitting work, tests, projects, exams, etc. is the deadline set by the registrar for teachers to submit grades into SIS for 1st Semester. Exceptions to this rule can be appealed to the administration due to serious illness, teacher error, or forces outside the student's control.

By Law 2.3.4

Grades 9-12 Dual-Enrollment: The following options are available to students to meet the requirements above.

- For High School Credit: A student who is dual enrolled in college classes being taken off campus with credit being placed on the high school transcript may count credits earned from the college classes toward academic eligibility but must be enrolled in and regularly attending 1.0 credits at the high school.
- 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: ½ 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.

By Law 2.3.6

Grades 9-12 Summer School: Secondary school-sponsored summer courses may count toward maintaining senior high academic eligibility for the **FALL** semester provided the following requirements are met:

- The counting of secondary school-sponsored summer school credits must first be approved by the local school administration.
- Credit earned for the summer school course is placed on the student's school transcript and counts towards graduation.
- The course must be a class identified by the local school board/governing body as required for graduation/promotion requirements.
- Electives taken in any of the four **core content areas** (language arts, mathematics, science, and social studies) may be counted toward this requirement of academic eligibility.
- Online courses may not count as summer school credit, unless they meet the requirements of By-Law 2.3.4.
- A MoVIP course may count toward fall eligibility if the course taken meets the requirements of this section and is completed on or before July 31.
- No more than one credit earned in summer school shall count toward maintaining academic eligibility.

By Law 2.3.6

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

- A student must have been promoted to a higher grade or a higher level in special education at the close of the previous year. However, any incoming 8th grade student who failed more than one scheduled subject, or failed to make standard progress in special education, shall be ineligible the following grading period regardless of promotion to the higher grade.
- Semester of Participation: The student shall be currently enrolled in and regularly attending the normal course for that grade or must have enrolled in a full course at his or her level in the special education program.
- Entry into 7th or 9th Grade: This section shall not apply to students promoted for the first time into the 7th or into the 9th grade prior to the first day of classes.

Grades 7 and 8 Missouri Virtual Instructional Program (MoVIP): See MSHSAA Official Handbook, By-law 2.3.7, at mshsaa.org

Grades 7 and 8 Summer School: See MSHSAA Official Handbook, By-law 2.3.8, at mshsaa.org

5. Semesters of Participation

Grades 9-12

- You are eligible to participate in sports for a maximum of four seasons. Any part of a contest played during a season counts as a season of participation.
- Your eligibility to participate in high school activities begins when you first enter the 9th grade and lasts for the next *eight consecutive semesters (four consecutive years)*.

Grades 7-8

- You are eligible for only your first two semesters of attendance in the 7th grade and for only your first two semesters in the 8th grade.
- You are not eligible to compete with or against students enrolled in the 10th grade or above when you are enrolled in either the 7th or 8th grade.
- NOTE: Check with your school principal for exceptions to this rule if you are ineligible because of age.

6. Age Limits

Grades 9-12

- If you reach 19 years of age prior to July 1, you will be ineligible the next school year.
- Over-aged 8th graders can be moved up to the senior high team to have eight semesters of eligibility.

Grades 7-8

- In order to participate on or against teams made up of only 7th graders, you must not have reached 14 years of age prior to July 1 preceding the opening of school.
- In order to participate on or against teams made up of only 8th-graders, you must not have reached 15 years of age prior to July 1 preceding the opening of school.
- In order to participate on or against teams made up of only 9th graders (freshmen teams), you must not have reached 16 years of age prior to July 1 preceding the opening of school.
- Students may participate with the next higher grade team if they no longer meet the age limit for their grade.
- NOTE: Check with your school principal or athletic director for options available to you if you are ineligible for your grade level because of age.

7. Entering School

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

8. Fifth Day Requirement

- Gaining Eligibility: A student who was academically ineligible the preceding semester (high school) or grading period (junior high) but meets the academic standard at the close of that semester (high school) or grading period (junior high) becomes eligible the fifth day classes are attended in the succeeding semester (high school) or grading period (junior high). Exception: If an interscholastic contest is played before the formal opening of school and a student has become academically eligible for the fall semester/grading period and is eligible in all other respects he/she may be eligible to participate under this provision provided the student is properly enrolled in school.
- Losing Eligibility: A student who becomes academically ineligible shall lose the privilege to represent the school the fifth day classes are attended in the succeeding semester (high school) or grading period (junior high). Exception: If a

student becomes academically ineligible for the fall semester (high school) or first grading period (junior high) he/she is ineligible for all activities beginning with the first event.

9. Recruiting of Athletes

- You will be ineligible for your career at a school if you are influenced by a person to attend that school for athletic or activities purposes. You may, however, return to your original school and be ineligible for no more than 365 days.

10. Playing Under A False Name

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

11. Amateur and Awards Standards See MSHSAA Official Handbook, By-law 3.6.2, at mshsaa.org

12. Non-School Competition See MSHSAA Official Handbook, By-law 2.3.8, at mshsaa.org

13. Contact with Coaches –

- *No-Contact Periods*
 - All Sports: The seven days prior to the first allowable practice date each season is a no-contact period in which no "contact" takes place between school coaches and students enrolled in the member school, or who will be enrolled in the member school during the upcoming school year.
- *Camps and Clinics and Group Instruction*
 - During the school year outside of the school sport season, you may attend a non-school sponsored specialized sports camp(s) or group instruction, provided: it does not result in any loss of school time, attendance does not occur within seven (7) days of the start of the school sport season for the sport concerned, it is not a team camp, no competition occurs other than limited scrimmaging, and no member of the coaching staff of the school you attend (or will attend) is involved in any way.
 - During the school sport season, you may attend a school or non-school sponsored specialized sports camp(s) or group instruction provided a school coach attends with you, camp attendance does not result in any loss of school time, it is not a team camp, there is no competition other than limited scrimmaging, and a school administrator approves your participation.
 - You or your parents must pay all camp/clinic fees, tuition and other related expenses. A scholarship or waiver of fees shall result in the loss of your eligibility. The school may provide transportation at no cost during the summertime or during the school sport season.
 - NOTE: Before attending any specialized athletic camp(s)/clinic(s) or group sport instruction, you should consult with your school principal or athletic director to make sure it meets the criteria published in the MSHSAA Official Handbook.

14. College Sponsored Auditions, Tryouts, and Instruction Events See MSHSAA Official Handbook, By-law 3.11 & 3.12, at mshsaa.org

15. Attending Privately Organized Auditions and Tryouts See MSHSAA Official Handbook, By-law 3.13.4, at mshsaa.org

16. Privately Organized Sport Specific Instruction Events See MSHSAA Official Handbook, By-law 3.13.6, at mshsaa.org

17. Evaluation Events Conducted by Private Organizers See MSHSAA Official Handbook, By-law 3.14.14, at mshsaa.org

18. All-Star Games See MSHSAA Official Handbook, By-law 3.13.5, at mshsaa.org

19. Residence Requirements

- A student may be eligible at the public or nonpublic school located in the district in which the student's parents reside.

20. Transferring Schools

- If you transfer schools, you will be ineligible for 365 days, unless your circumstances meet one of the exceptions listed in the MSHSAA Residence and Transfer Rules. Make an appointment with the school's athletic director to review these exceptions. Several, but not all, are described below.

- Exception 1: If you move with your entire family to your new school district, you will be eligible at your new school provided you were eligible in all other respects at your former school and provided there are no other issues with the transfer. You and your entire family must move to the new residence at the same time prior to attending classes.
- Always check with your school principal or athletic director before you transfer to determine whether it will affect your eligibility.
- Discipline follows a student to a new school. Being expelled from a school also causes 365 days of ineligibility for a student.
- Exception 2: A student may be eligible immediately at the school of his or her choice upon first being promoted from the 8th grade into the 9th grade, provided the student is eligible in all other respects.
- Exception 10: Foreign Exchange Students are eligible for varsity competition for one year only and only if they are seniors (semester 7 or 8), provided they are participating in an exchange program listed by CSIET. However, no member of the school's coaching staff for the sport concerned may serve as a host family.
- You shall become ineligible for 365 days if you transfer to another school for athletic reasons.
- ALWAYS check with your school principal before you transfer to determine whether it will affect you eligibility.

21. Graduated Students

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

QUITTING A SPORT

Any athlete who begins practice and quits a sport before the first contest will be allowed to participate in another sport during that sports season. If an athlete begins practice for a sport and quits after the first contest, they will not be permitted to participate in another sport the same sport season. Athletes who drop a sport will be allowed to use the weight room for conditioning purposes. Athletes who participate on freshman and junior varsity levels will be allowed to begin practice for sports in the next sports season if the coach and athlete decide that they will not participate on the varsity level.

TRANSPORTATION

Busses are provided for students to attend sports events and school activities that are held in another place. The following regulations apply to those trips.

1. All student rules, regulations, and penalties apply to school activities.
2. Students who ride the bus to an activity must also ride the bus back to school unless:
 - a. The students' own parent/guardian signs their child out with the sponsor or coach to take them home.
 - b. A student may ride home with another team parent or a close adult relative of the student if a 'Transportation Permission Form' is approved, 24 hours prior to the event departure time, by the Activities Director and Principal.
3. It will not be permissible for students to take privately owned vehicles to attend an activity in which they participate without permission of the administration.
4. In the event that severe weather occurs during a practice or home event:
 - a. If a tornado or thunderstorm "**watch**" is issued and the practice or event is ended:
 - i. students may travel home as usual.
 - b. If a tornado or thunderstorm "**warning**" is issued:
 - i. If a student has a car, their parents can give permission on the phone to the coach or sponsor for students to drive themselves home.
 - ii. If another student or family can give the student a ride, their parents can give permission on the phone to the coach or sponsor for another student or family to drive them home.

DISCIPLINE

Students under out-of school suspension are not permitted to attend or participate in extracurricular activities sponsored by the Farmington School District. Students assigned Alternative Placement, which includes In-School Suspension, Midwest Learning Center and Juvenile Detention Center, may not participate in extracurricular activities (practices, games or performances) on days in which they are assigned and/or attend the Alternative Placement. EXAMPLE: If a student is in ISS on Monday and Tuesday, he or she may not practice, play or perform in any extracurricular activity on the assigned days. A longer athletic or club suspension (practices, games or performances) may occur as determined by the coach or sponsor. Athletic teams and clubs may have varying rules in regard to out-of-school suspension and may assign demerits

or other penalties for disciplinary infractions, which occur while representing the athletic team or club. It is the student's responsibility to inform their coach regarding any disciplinary action which effects eligibility.

BULLYING AND HAZING

In order to promote a safe learning environment for all students, the Farmington R-7 School District prohibits all forms of hazing, bullying, and student intimidation. Students participating in or encouraging inappropriate conduct will be disciplined in accordance with district policy which may include, but is not limited to, suspension or expulsion from school and removal from participation in activities. Students who have been subjected to hazing or bullying are instructed to promptly report such incidents to a SRO, Principal, or the Activities Director. The report should be made to the administrator the athlete feels can appropriately address the problem.

Hazing – For purposes of this policy, hazing is defined as any activity, on or off school grounds, that a reasonable person believes would negatively impact the mental or physical health or safety of a student or put the student in a ridiculous, humiliating, stressful or disconcerting position for the purposes of initiation, affiliation, admission, membership or maintenance of membership in any group, class, organization, club or athletic team including, but not limited to, a grade level, student organization or school-sponsored activity. Hazing may include those actions that subject a student to extreme mental stress including, but not limited to, sleep deprivation, physical confinement, forced conduct that could result in extreme embarrassment or criminal activity, or other stress-inducing activities. Hazing may also include, but is not limited to: acts of physical brutality; whipping; beating; branding; exposing to the elements; forcing consumption of any food, liquor, drug or other substance; forcing inhalation or ingestion of tobacco products; or any other forced physical activity that could adversely affect the physical health or safety of an individual.

Bullying - For purposes of this policy, bullying is defined as intimidation or harassment of a student or multiple students perpetuated by individuals or groups. Bullying includes, but is not limited to: physical actions, including violence, gestures, theft, or damaging property; oral or written taunts, including name-calling, put-downs, extortion, or threats; or threats of retaliation for reporting such acts. Bullying may also include cyberbullying or cyberthreats. Cyberbullying is sending or posting harmful or cruel text or images using the Internet or other digital communication devices. Cyberthreats are online materials that threaten or raise concerns about violence against others, suicide or self-harm.

TECHNOLOGY

The district prohibits secretive recordings where persons involved do not consent to the recording unless approved, in advance, by the administration in rare circumstances that such recordings are necessary for educational or security reasons.

Due to the capability of cell phones to take photos and videos, and the possibility of using this capability to capture inappropriate images, the use of recording features on cell phones is prohibited in locker rooms and restrooms.

SCHOOL ATTENDANCE

Students must be recorded as 'present' or 'verified absent' by the attendance secretary to practice, compete, or perform that day. Furthermore, any student having an unverified absence shall not be eligible to participate in a contest or performance until he/she has been recorded as 'present' for a full day of classes. Once they are present for a full day of classes, eligibility will be reinstated.

1. Students must arrive at school by 8:05 a.m. to be counted 'present' for that day.
2. Students who leave during the school day will be ineligible for that day, unless:
 - a. Their absence is 'verified' by the attendance secretary, or
 - b. They obtain permission from the principal or athletic director before leaving.
 - i. Examples of a 'verified absence' would include documented instances of a medical appointment (Doctor, Dentist, Physical Therapy, etc), funeral, drivers test, or college visits. Other family emergencies could be considered 'verified' with the approval of the administration. The attendance office should be notified of your absence prior to missing school and documentation to verify the absence should be submitted to the attendance office as soon as possible.

TRAINING RULES

Farmington School District realizes that co-curricular activities are a vital part of the total educational process. It is also acknowledged by the Board of Education that certain expectations are set forth by the school district and the coaches and sponsors of the activities.

POLICY 1:

Each head coach and head activity sponsor will establish and distribute to each member of their team or club, a set of rules. These rules will be signed by the player and parent. In the absence of signed rules, the rules in this Activities Handbook will apply. These rules must detail consequences for inappropriate behavior. The set of rules must be reviewed annually by the coach or sponsor along with the individual building administration. Farmington School District is very concerned about the use of alcohol, illegal drugs, and tobacco by its students, athletes and club members. Based upon this concern, the Board of Education has set forth these policies which outline its expectations for the members of co-curricular activities as a privilege granted to students and the expectations for these students are high. It is further set forth that these policies are not in lieu of existing discipline policy, but are in conjunction with the existing discipline policies. It is also the intent of Farmington School District that these policies are not limited to the students' conduct while at school or at a school sponsored event. Farmington School District recognizes that certain conduct is reasonable regardless of the location of the student at the time of the offense. In addition, because sports are now 'year-round' and students are representing the school throughout the summer and school year, the expectation for appropriate behavior is reasonable throughout the year and is not limited to the defined season of a sport or activity. Therefore, Policies 2 and 3 regarding alcohol, drugs, and tobacco will apply all summer and all school year. Each 'year' will start new on the first day of summer vacation, or the last day of a student's spring season, whichever occurs later and continue through the end of the school year, or the completion of a student's spring season, whichever comes later. If a violation is committed by a student who is not "in-season", the resulting disciplinary action would be applied at the beginning of the first sport/activity the student participates in that school year.

POLICY 2:

OUT of SEASON Any athlete/activities member found to have usage or possession of alcohol or drugs out-of –season will be subject to the following:

1. **If it is the student's first offense that year:** 8 hours of community service to the school and attend a school approved counseling session at his/her expense. Both must be documented as complete with the Activities Director before eligibility can be reinstated. If another offense is committed the same year, regardless if in or out-of-season, it would be treated as the first in-season offense.
2. **If it is the student's second or third offense that year (regardless of in-season or out-of–season):** It will be treated the same as an 'in-season' violation.
3. *Example 1: Student commits violation over the summer, before fall practice begins: 8 hours of community service to the school and attend a school approved counseling session at his/her expense.*
4. *Example 2: Student commits two violations over the summer, before fall practice begins, and plays a fall sport: 8 hours of community service to the school and attend a school approved counseling session at his/her expense. Student is also suspended for the first 30% of the fall season.*
5. *Example 3: Student plays a fall sport and commits a violation during the fall season. Student would be suspended for first 30% of fall season plus must attend a school approved counseling session at his/her expense. Student then does not play a winter sport but commits his/her second violation during the winter season. Student would be suspended for 365 days.*

(The changes to the Out of Season Policy will take effect 8/1/16)

IN SEASON Any athlete/club member found to have usage or possession of alcohol or drugs while a member of an in-season extra-curricular sport/activity will be subject to the following:

- 1) **First Offense (In-Season):** Suspension from 30% of the maximum number of scheduled games/contests/activities within the season the infraction occurred. Any partial game/contest/activity will be rounded up to next highest total game. For eligibility to be reinstated, the athlete/club member will also be required to attend a school approved counseling session at his/her expense.
Example: Basketball plays a 16 game 3 tournament schedule for a total of 25 games. 30 % of 25 games is 7.5 games. Suspension will be for 8 games.
- Second Offense (In-Season):** Upon the second offense, the athlete/club member will be ineligible for 365 calendar days. For eligibility to be reinstated, the athlete/club member will also be required to attend a school approved counseling session(s) at his/her expense.

- 2) Any athlete/club member charged for a criminal offense must complete all legal obligations before eligibility is restored (MSHSAA ByLaw 2.2.2). Legal obligations do not override the actions of the school district. Athlete/club member will be required to serve consequences determined by the school district as well as meet the legal obligations before becoming eligible.
- 3) "In-Season" is defined as starting with the first day of practice for that activity's season through the end of the last game of that season.
- 4) Post-season games are not used to calculate the maximum number of games in the season but post-season games will be used to serve towards the total number of games in the suspension.
- 5) Penalty will carry over from sport to sport/activity to activity. If an athlete/club member chooses to enter a new sport/activity that they have not previously participated in, he/she must complete the full season of the new sport/activity. Otherwise the suspension will be applied to the next sport/activity.
Example: Suspension from soccer is 6 games. Athlete has previously only played soccer and baseball. Due to the status of the schedule the athlete misses the remaining 4 games of the current soccer season, leaving two carryover games of suspension to serve at the beginning of the athletes next season. If the athlete chooses to try out for basketball and has not previously done so, tries out and makes the team, he would be suspended for the first two basketball games. If the athlete subsequently quits or is dismissed from basketball, the 2 carryover games of suspension would then be applied to baseball.
- 6) Athlete/club members may practice and travel with team during suspension. Students will not miss class to travel to games/contests. If travel to away games/contests does not require missed class time, the individual coach has the discretion to make a decision on travel. Athlete/club member, coach and administrator will meet upon suspension to determine what games/contests/activities will be missed. Suspension will begin with the next scheduled game/contest/activity and run consecutively until total penalty served. Games/contests/activities missed due to weather or other cancellations will not count as part of the suspension.

POLICY 3:

Any athlete or club member who is found to have usage or possession of a tobacco product while a member of an in-season team or club which is sponsored by Farmington School District will be punished as follows:

1) 1st Offense (In-Season): Any athlete/club member who is found to have usage or possession of tobacco will be subject to suspension from 10% of the maximum number of scheduled games/contests/activities within the season the infraction occurred. For club members, the punishment will be set forth by the club sponsor but may not be termination of club membership.

2) 2nd Offense (In-Season): Termination of membership in the sport or activity for the remainder of that season.

- Infractions for all three 'Training Rules' Policies will accumulate through the school year.
- On the first day of fall practice, students will start with a clean slate unless they have days remaining on a 365 day suspension.

NCAA ELIGIBILITY CLEARINGHOUSE

Any athlete desiring to participate in athletics at a NCAA school must meet the requirements for acceptance at the college before they can receive a scholarship. There are several academic requirements and required courses that must be completed. Athletes are advised to be aware of these requirements and during their junior year must complete an NCAA Eligibility Center form.

Information concerning the NCAA Eligibility Center and available forms may be obtained from the senior counselor or and Athletic Director's office and at http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp Athletes who wish to participate in athletics at an NAIA school must meet the requirements for acceptance at the college level before they can received a scholarship. There are several academic requirements that must be completed. Athletes are advised that they must complete an eligibility check at www.playnaia.org. Student-athletes are encouraged to contact their coach or Activities Director concerning college eligibility.

ACKNOWLEDGMENT OF RISKS

Farmington School administrators and coaches are safety conscious and are trained to instruct athletes in the safe and proper techniques of their particular sports; however, due to the nature of athletic activity, injuries do occur. The school provides the opportunity for participation while the parent retains the right of denial for such participation.

When participating in any type of athletic activity, there is always a possibility that an injury can occur. Statistically, an athlete will suffer at least one injury during their athletic career that requires that he or she miss a number practices

and/or games. There are several types of injuries that can force an athlete to miss practices and/or games. Some of the more common injuries that occur in athletics are strains (stretching or tearing of muscle and tendon tissue), sprains (stretching or tearing of ligaments), and contusions (bruises of soft tissue or muscle tissue). These three types of injuries can vary in their severity. In the case of mild strains, sprains and contusions, the athlete will feel some discomfort but will be able to continue his or her participation in athletics. In severe cases of strains, sprains and contusions, the athlete may miss a large amount of time participating in his or her sport. Some severe injuries may need to be surgically repaired and require an extended period of physical therapy.

Athletes can also experience more serious injuries such as fractures, dislocations, concussions, internal injuries, spinal injuries, or death.

Athletes can decrease their chance to be injured by following the following guidelines.

1. Use the proper athletic techniques that are taught by the coaches.
2. Condition properly during the preseason and work to stay in condition.
3. Get proper rest and nutrition.
4. Refrain from risky behavior on the athletic field or in the locker rooms.
5. Wear proper fitting protective equipment.
6. Keep all protective equipment in working order.
7. Stay alcohol and drug free.

Remember that some serious or severe injuries still occur when the athlete follows the above.

PARENT/COACH COMMUNICATIONS

Communication between coaches and players, parents and coaches, and children and parents is extremely important. Coaches need to inform both players and parents of what expectations they have. Parents and coaches should try to understand the positions of each other. Clear communication is extremely important.

Communication parents should expect from a coach:

1. Philosophy of the coach.
2. Expectations the coach has for your child
3. Location and times for practices and contests.
4. Team requirements, i.e. Fees, special equipment, off-season conditioning.
5. Procedure followed should your child be injured during practice.
6. Discipline that result in the denial of your child's participation.

Communication coaches expect from parents.

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.

It is our hope that your children's involvement in different programs at our school system will be some of the most rewarding times of their lives. However, it is also important to understand that there may be times when things do not go the way you or your child wishes. It is during these times that communication between you and your child's coaches are encouraged the most. Direct communication between student and coach is often the best way to resolve issues and answer questions. Coaches are professionals hired by the Board of Education to make decisions based on what they believe to be the best for all students involved. They base their decision on what they believe is in the best interest of the individual student and the entire team.

Appropriate concerns to discuss with coaches:

1. The coaches interaction with your child.
2. Ways to help your child improve.
3. Concerns about your child's interactions with others.
4. Concerns about the safety and well-being of your children or others.
5. Any legal or disciplinary action that makes your students ineligible for practices or games

Inappropriate concerns to discuss with coaches:

1. Playing time

2. Team Strategy
3. Play calling
4. Other student-athletes

Procedures for communication with a coach:

If you have a concern with a coach, set up an appointment with the coach. Communication between parents and coaches is encouraged. It is important that both have a clear understanding of the other's position. 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. These types of meetings do not promote resolution.

1. Call to set up an appointment (High School – 701-1310) (Middle School – 701-1330).
2. If the coach is not available, call the Activities Director. A meeting will be set up for you.

If after meeting with the coach and no satisfactory resolution is reached, contact the Activities Director to set up a meeting to discuss the situation. (701-1310, ext. 2102).

The Farmington R-7 School District encourages students to become involved in co-curricular activities. Research shows that students involved in these programs are more likely to be successful in life. The character traits to be successful as a participant are the same ones needed to be a success in life as a person. We hope that the information, provided within this pamphlet, makes both your child's and your experiences with our programs less stressful and more enjoyable.

COACH, STUDENT, AND PARENT ACTIVITIES EXPECTATIONS

As a member of the Missouri State High School activities Association, it is our belief that interscholastic activities are an integral part of the secondary curricular program and an extension of the classroom. Our School's program shall supplement the curricular program of the school and shall provide the most worthwhile experiences possible. These expectations shall result in learning situations that contribute to the development of the attributes necessary for good citizenship.

Sportsmanship: When hosting an event, the opponent should be treated as guests and treated cordially. Officials should be recognized as impartial arbitrators who are trained to do their job with the best of their ability. Familiarity with the current rules of the game and the recognition of the necessity for a fair contest are essential. Sportsmanship requires one to understand his or her own bias and the ability to prevent the desire to win from overcoming rational behavior. Applause for an opponent's good performance is a demonstration of generosity and good will and should not be looked at negatively.

Expectations of Coaches

1. Live, teach, and expect positive character traits such as empathy, accountability, perseverance, honesty, respect, humility, courageous leadership, and service.
2. Provide a positive role model for the students.
3. Help every student develop to their fullest potential.
4. Communicate with students and parents.
5. Create a positive team environment.
6. Care about students as people.
7. Address injuries with the care and attention necessary.
8. Conduct themselves in a manner that reflects positively on Farmington High School.

Expectations of Parents and Students:

1. Live, teach, and expect positive character traits such as empathy, accountability, perseverance, honesty, respect, humility, courageous leadership, and service.
2. Provide a positive role model for other parents and students.
3. Support all students in developing to their fullest potential.
4. Communicate with coaches regarding concerns, questions, and compliments.
5. Help create a positive team environment.
6. Conduct themselves in a manner that reflects positively on Farmington High School.

FARMINGTON R-7 INTERSCHOLASTIC SPORTS PARTICIPATION
PHILOSOPHY

Interscholastic activities are an important part of our educational system. Students that participate in these activities learn many important life skills and social skills that will help them succeed in life.

MIDDLE SCHOOL (GRADES 7-8)

The seventh grade level is an important level to try to play everyone to promote a sport. At times this may be difficult because of the large number of team members and shorter Quarters. Coaches will make every effort to play everyone based on hard work, desire, dedication, and commitment the player has demonstrated. If tournaments are played at the end of the season, the coach will decide on who plays and how much. Efforts to schedule extra games and quarters will be made throughout the season.

The eighth grade level is also an important level to promote a sport. More emphasis is placed on winning; however, every effort to play everyone will be made depending on the game situation and the commitment players have made to themselves and teammates. Efforts will be made to schedule extra games and quarters to give those players deserving the opportunity to play.

HIGH SCHOOL (GRADES 9-12)

Ninth grade level has even more emphasis on winning. Players should realize that skill levels vary, which results in the difference of playing time. Every effort will be made by the coaches to play everyone depending on game situations. Extra quarters or games will be scheduled if possible. The coach will evaluate each athlete's skill level, work attitude and commitment to determine who plays and how much.

JUNIOR VARSITY

This level of competition is for preparing underclassmen for varsity competition. Skill level and commitment to be the best will determine the amount of playing time players will receive. Every effort by coaches will be made to play everyone for some amount of time during each game depending upon game situations; however, it is the coach who determines who plays and how much.

VARSITY

Varsity competition is the highest level of competition. Inter-school athletics at the varsity level are for those students who demonstrate the highest skill level and commitment to improve themselves and their team. Coaches will make the effort to play as many players as possible depending on game situations and who has been willing to prepare to be the best they can be. Coaches are hired by the school district to evaluate the players through practice and game like situations.

Inter-school athletics play an important part in students' lives. By participating in inter-school athletics and activities, students will learn important lessons about life and develop values that can help them live an enjoyable and fulfilling life.