

Valley R-VI



Athletic Handbook 2020-2021

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INTRODUCTION

Welcome to the Valley R-VI Schools Student/Parent Athletic Handbook. This handbook covers the activities sponsored by the Missouri State High School Activities Association and Valley R-VI Schools. We hope your experiences are good, and we would like to emphasize that academics come first. Thank you for your participation.

The athletic handbook is designed to foster student responsibility, respect for others, and to ensure the orderly operation of co-curricular activities in the school district. No code can be expected to list each and every offense which may result in the use of disciplinary action. However, it is the purpose of this policy to list certain offenses, which if committed by a student, will result in the implementation of a certain disciplinary action. Any conduct not included herein, or an aggravated circumstance of any offense or an action involving a combination of offenses may result in disciplinary consequences that extend beyond this code of conduct as determined by the principal, superintendent, and/or Board of Education. In extraordinary circumstances where the minimum consequence is judged by the superintendent or designee to be manifestly unfair or not in the interest of the district, the superintendent or designee may reduce the consequences listed in this policy, as allowed by law. This code includes but is not limited to acts of students on school grounds, parking lots, school buses, or at school activities whether on or off school property or during the school year or summer months.

Notice of Non-Discrimination

It is the policy of Valley R-VI School District that no person shall be, on the basis of race, sex, creed, or color subject to discrimination in any activity of the school district.

Associations at Valley R-VI

Valley R-VI Schools are a member of the Mineral Area Activities Association which is made up of twelve schools that include Arcadia Valley, Bismarck, Park Hills (Central), Farmington, Fredericktown, Kingston, North County, Potosi, Ste. Genevieve, Valle (Ste. Genevieve), and West County. Valley R-VI School District is also a member of the Missouri State High School Activities Association (MSHSAA). As a member, Valley is committed to adhere to the rules and regulations of these associations.

Activities Available	Baseball (HS)	Volleyball (JRH & HS)
Band/Chorus	Basketball (JRH & HS)	

OBJECTIVES

We at Valley R-VI School District believe a dynamic program of student activities is vital to the overall development of our students. The athletic programs should provide worthwhile experiences that allow for the development of good citizenship and provide opportunities for:

1. Improved physical fitness and health
2. The desire to succeed and excel
3. The value of fair play and ethical standards
4. Self discipline and emotional maturity
5. Social awareness
6. Respect for authority
7. The ability to think as an individual, to interact within a group, and to develop leadership roles
8. The value of hard work and commitment
9. The development of a positive attitude towards competition
10. Having fun

PHILOSOPHY OF ATHLETICS

Interscholastic activities shall supplement the curricular program and provide worthwhile experiences to students that result in learning outcomes that will contribute toward the development of good citizenship. Emphasis shall be upon

teaching “through” school activities. To this end, interscholastic activities can be justified.

Valley athletes should always remember that they are not only representing themselves but their parents, coaches, school, teammates, as well as their community. A student’s conduct must be at a level that meets the standards set forth by the Valley R-VI School District and the state guidelines concerning citizenship. Any violation of citizenship standards or MSHSAA standards, which is not explicitly addressed in this handbook or in the rules established by coaches, will be referred to the athletic director. Procedures for meeting with the athletic director are detailed in later pages of this handbook.

Citizenship Guidelines for Athletic Participation

Participation in school activities is a privilege, not an inherent right, granted if you meet the eligibility standards as set forth by the MSHSAA. According to the MSHSAA eligibility standards, athletes must be good citizens in their school and community. More specifically, any student who represents his/her school in interscholastic activities must be a creditable citizen and be judged by the proper school authority certifying the list of students for competition. A student whose character or conduct reflects negatively upon himself/herself or for his/her school is not considered a creditable citizen. His/her conduct shall be satisfactory in accordance with the standards of good discipline. It is understood that citizen eligibility cases are handled on an individual basis at the school level by the coach and athletic director. However, system wide guidelines assist in the uniform handling of such cases. Any incidents that occur that are not covered by these guidelines will be reviewed on an individual basis and decision related to penalties will be made jointly by the school administration and coach/sponsor.

Philosophy on Grades

Participation in high school and junior high school activities is a valuable educational experience and should not be looked upon as a reward for academic ability. 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 towards graduation and otherwise in good standing.

Grade Requirements for Grades 9-12

Valley R-VI School will follow the grade requirements recommended by the MSHSAA. A student in grades 9-12 must be currently enrolled in and regularly attending courses that offer a minimum of 2.5 credits. The student must have earned a minimum of 2.5 credits the preceding semester or a student must be enrolled in a full course at his/her level in a special education program. This student must be making standard progress for the age appropriate class. A 9th grade student must be promoted from the 8th grade to be eligible for the first semester.

Grade Requirements for Grades 7-8

A 7th or 8th grade student must be currently enrolled in and regularly attending the normal course for that grade or must have enrolled in a full course at his/her level in a special education program. A student must have been promoted to a higher grade at the close of the previous year. Any student who fails two or more subjects, or fails to make standard progress in special education shall be ineligible for the following semester.

Transportation

Provided that a bus is taken, all students participating in any away school function or activity will be required to ride the bus to and from the event. The only exception being, students may be released to leave with their parent(s), provided the parent is at the function to get the student or the parent has cleared it with the coach/sponsor. Parents must sign the student out on the provided sign out sheet. Failure to follow these guidelines may result in student not being allowed to participate in future events. Any other emergency situations will be handled on a specific case-by-case basis with the administrator on duty at the event.

Lettering Procedure

All juniors and seniors that play and finish a varsity sport will letter. Any underclassman that participates in varsity level competition will letter. Students must have finished the season of a specific sport as a member in good standing before being eligible to receive any athletic award.

DISCIPLINE GUIDELINES AND PROCEDURES

Any student who has been observed partaking of the following activities, while under the supervision of school personnel while at school or at school activities will be dealt with according to handbook guidelines. Any student who is witnessed partaking of the following activities at times other than school hours by anyone other than school personnel will have a conference with the coach. Upon discovery of facts, appropriate disciplinary action will be invoked. Police and court reports will be handled the same as referrals from school supervisory personnel. Athletes are subject to the same discipline during the summer months and while they are at any camp activity or summer league. In all cases the policies in this handbook are developed in an effort to protect the health, safety, and well being of all students of the Valley R-VI School District.

Athlete's Involvement with Civil Authorities

If a student participating in a MSHSAA sponsored activity, or is planning to participate is arrested for a misdemeanor (shoplifting/vandalism etc.) or a felony (assault/ robbery/ DWI/possession etc) the student will be allowed to represent the school in interscholastic activities pending the legal outcome of the case. However, if there is admission of guilt by the athlete or if after reviewing the case, school officials feel there is strong evidence which indicates probable guilt, the school may restrict the athlete from participation before the legal outcome of the case. Parents and the athlete are to be informed of any problem from the appropriate building administrator. In all cases the realm of the civil authorities and the realm of the school shall not necessarily be tied together before the school acts on consequences of violations of this handbook. Penalties for violations are:

Misdemeanor (excluding minor traffic violations)-up to six months restriction from activity or sports participation

Felony-up to permanent suspension from activity or sports participation

Use, Possession, or Distribution of Tobacco/Alcohol/Drugs

Use of alcohol, drugs, and tobacco is not a good representation of citizenship. Students who exhibit poor citizenship may be restricted from participation in an activity or sport for a period of one event to possible restriction for 365 days.

Any student who has been caught using, in the possession of, or distributing drugs or alcohol on school facilities or at school functions will be immediately removed from the team. This athlete will forfeit all rights as an athlete for 365 days.

Student Responsibility

Each student is responsible to notify the school of any and all situations that would affect his/her eligibility. 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.

Dress

Students representing Valley R-VI School District at activities may not wear clothing with vulgar slogans/symbols, racial slurs, or advertising for drugs/tobacco/alcohol. Student athletes are to set a good example.

School Property

Grades, diplomas, and/or records may be withheld if uniforms, equipment, and/or accrued charges are not paid.

Attendance

MSHSAA guidelines require students to attend a full day of school in order to be eligible to participate in an extracurricular event on the same day. Students that have any part of the day that is counted as an unexcused absence will not be

eligible to participate on that day. The only exception is with prior approval by administration.

- Any students who decided to go all virtual and practice social distancing will not be eligible to participate in extra-curricular activities for the 2020 -2021 school year.

Out of School Suspension

Any student who has been assigned out of school suspension will not be permitted to participate in practices or games until admitted back to school.

Unsportsmanlike Acts

Such acts as deliberately striking an opposing player, using profane/vulgar language, or using abusive language during a contest resulting in ejection will, in most cases, result in the student being restricted from representing Valley R-VI for at least the next contest. A student who commits such an act, but is not ejected, may also be subject to at least one contest restriction. Each case is to be reviewed by the coach/sponsor, Athletic Director, and administrator on duty at the event before a final decision is reached.

Performance Behaviors

It is understood that the coaches of each team may provide his/her team with a list of behaviors that the coaches feel are necessary to enhance their respective sports programs. These behaviors will range from missing practice, conduct on buses to and from games, conduct at athletic contests, and while participating in activities. It is further understood coaches may amend this list of behaviors at their discretion to meet the needs of a specific program. This list and any amendments will be submitted to the athletic director prior to the start of a particular sport. Termination from the squad for violation of these behaviors will depend on the frequency and severity of the athlete's actions. This decision will be made through a joint effort of the coaches and administration.

Removal from the squad for violation of particular performance standards relevant to a particular sport will not be carried over to another sport. Any incidents, which occur that are not covered by these guidelines, will be reviewed on an individual basis and decisions related to penalties will be made by the administration in consultation with the coach.

Additional Expectations

Athletes must have a physical on file prior to the first day of practice in order to compete on a team at Valley R-VI schools.

Any athlete that is participating in a sport at Valley R-VI must be present on the first day of practice unless there is prior approval from the Head Coach of that sport due to mitigating circumstances.

Appeals Procedure

Parents and student athletes will have the option of appealing decisions regarding conduct and consequences of violations of the athletic handbook to the athletic counsel. Requests to meet and discuss issues with the athletic counsel must be made in writing to the building principal. The athletic counsel will be made up of as many head coaches/sponsors, athletic director, and building administrators as can be scheduled. All decisions will be based on a two-third (2/3) vote of the attending members of the group. Parents and students may request any other person to attend the meeting to speak on their behalf. If after the meeting with the athletic counsel, parents and students are not satisfied with the decision, they may request a conference with the superintendent.

Coach/Parent Communication

Parents and coaches are important role models for students. They both provide necessary guidance to young adults in their development and their understanding of the world in which they will live and work as adults. When parents and coaches

understand and respect each other, they can work together to benefit the children. You have a right as a parent to understand the commitment, expectations, and responsibilities that accompany participation in the Valley R-VI athletic program. Clear communication between parents and coaches facilitates this understanding. Listed below are a number of steps to enhance parent/coach communication. It is important also to remember that the first link in the communication network is the one established between the coach and athlete. Encourage your child to exercise the opportunity to speak directly with his/her coach about any topic.

Although it is impossible for everyone to receive equal playing time, the values learned in athletic competition are ones that last a lifetime. The positive actions by a coach, athlete, or spectator at an event can influence how our school is perceived in communities we meet on the field and courts of play.

We are asking for your support in this effort by emphasizing to your student what is expected of them as a competitor or spectator at an athletic event. After all, such events are an extension of the school day and we should expect the same type of respectful behavior exhibited in the athletic arena as we do in the classroom.

Please consider the thoughts that our children are bombarded with daily-that winning is considered everything. Although winning is considered a major goal in athletics, we must understand that only half of the participants will achieve it in a given contest.

There are situations that may arise where a conference with the head coach is needed. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. Also, the coach will make all the decisions in regard to playing time. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. When a conference becomes necessary, please stay within the guidelines below.

If you have a concern to discuss with a coach, follow this procedure:

1. Call the athletic director to set up an appointment (573-779-3515)
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 and can create a difficult situation.

Appropriate Issues to Discuss:

1. Grades
2. Treatment of student
3. Student’s behavior
4. Ways student can improve

Issues Not Appropriate to Discuss:

1. Playing time
2. Team Strategy
3. Play calling
4. Other student athletes

VALLEY R-VI SCHOOL DISTRICT

AGREEMENT FOR ACTIVITIES PARTICIPATION

All student extracurricular activity participants and Parent/Guardian must sign and return this acknowledgement of the Valley R-VI Activities Participation Agreement to the head coach/sponsor before a student will be allowed to participate in any school sponsored activity or athletic team.

If you have a concern to discuss with a coach, follow this procedure:

1. Call the athletic director to set up an appointment (573-779-3515)
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 and can create a difficult situation.

Appropriate Issues to Discuss:

Issues Not Appropriate to Discuss:

1. Grades
2. Treatment of student
3. Student's behavior
4. Ways student can improve

1. Playing time
2. Team Strategy
3. Play calling
4. Other student athletes

- **Stage 1: (2 Days Minimum)** Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- **Stage 2: (1 Day Minimum)** Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- **Stage 3: (1 Day Minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Stage 4: (2 Days Minimum)** Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **Stage 5: Return to full activity**

Cleared for Full Participation by School Personnel (Minimum 7 days spent on RTP): ___

RTP Procedure adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.

UPDATED: 8/10/2020 8:45 AM

We acknowledge receipt of, have studied, and understand the Valley R-VI Activities Handbook. We also agree to abide by the rules and regulations of the MSHSAA or it may result in ineligibility of my child's participation in school activities.

Student Participant: _____

Parent/Guardian: _____

Date: _____