

Southwest Livingston County R-I Student Athletic Handbook



Board Adopted 7/17/23

"EDUCATION, SERVICES AND EMPLOYMENT
ON A NON-DISCRIMINATORY BASIS"

Nondiscrimination Statement
Southwest Livingston County R-I School District

It is the policy of the Southwest Livingston County R-I School District not to discriminate on the basis of race, color, religion, gender, national origin, age, or disability in employment, educational programs and activities or admissions. as required by Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975 and Title II of the Americans with Disabilities Act of 1990. Inquiries or complaints concerning the Southwest Livingston County R-I School District's compliance with the regulations implementing Title II, Title VI, Title VII, Title IX, Section 504 or the American with Disabilities Act (ADA) may be directed to: Superintendent's Office, Southwest Livingston County R-I School District, 4944 Hwy DD, Ludlow, Missouri, 64656.
(660-738-4433)

Student Athletic Handbook

2023-2024

RULES and GUIDELINES for PARTICIPATION in ATHLETICS

(The Athletic Handbook is an extension of Southwest Livingston Student Handbook and any policy within the student handbook is applicable to the athletic handbook.)

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PHILOSOPHY

Interscholastic activities provide students opportunities to achieve many of the goals established for Southwest High School students. These goals are as follows:

- ◆ Develop and maintain good physical and emotional health.
- ◆ Demonstrate the desire and ability to be a good school and community citizen.
- ◆ Develop the intrinsic desire to learn, to persevere, and to take appropriate risks.
- ◆ Develop self-confidence and respect for others.
- ◆ Develop the self-discipline and responsibility necessary to complete tasks.

The school district hires coaches/sponsors to select teams and performance groups. The head coach/sponsor establishes selection criteria. Selection is a highly subjective process. It is the coach/sponsor's professional responsibility to select teams, determine and run practices, and make game and performance decisions.

A main goal of any level of competitive activities is to put the best team in competition to win the contest. Starting positions and playing times are no guarantee to any student. Every member of a team contributes a role to the team as a whole. The amount of playing time or starting positions

should not be the focus of students or parents. Each student should have personal improvement as one of his/her goals.

By being a member of a team, regardless of time spent in actual competition, a student may learn many valuable lessons. Philosophically, we hope our students learn the following skills: citizenship, sportsmanship, appreciating good play by opponents, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, and learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control and being responsible for one's own actions.

Sportsmanship

As an athlete representing Southwest High School, you are becoming part of a rich tradition. It is important that you recognize your role as a part of this tradition. The moment you put on your uniform or take part in an organized activity, you become a representative of Southwest High School. Your coaching staff will, by example, teach you the elements of good sportsmanship. It is your responsibility to exhibit these elements as well. Always encourage your own team rather than booing the other team. Think positively and you will always be a winner no matter what the outcome of the game.

The key to success in anything, whether it is in the classroom or on the playing field, is hard work. As a member of an organized team, you will have opportunities to challenge yourself to work to achieve a strong mind and body. You will also come in contact with other players who may have more or less skill than you do at the moment. Learning to work with players of different abilities is what teamwork is all about. If someone has a higher degree of skill than you do at the moment, take note of how he or she achieves this skill and work to increase your own skill level. If someone has a lower degree of ability than you do, be a team player and offer encouragement at every opportunity. **TEAMWORK IS THE KEY.**

"If you believe it, you will achieve it." A positive attitude will go far in allowing you to have success in middle school athletics and beyond. Henry Ford once said, those who think they can, can. Those who think they can't, can't. Both are right." Good school attendance is also an important element of having a winning attitude. Those who learn to attend school on a daily basis and participate in extracurricular activities develop a solid work ethic that will help throughout life.

Good sportsmanship is simply a matter of respect. Displaying good conduct, cooperating with officials, shaking hands with opponents before and after the contest, showing self-control at all times, accepting decisions and abiding by them, and never being boastful or bitter are all key elements to good sportsmanship. These simple gestures will be expected of Southwest High School athletes.

Absence on the day of Extracurricular Activities and Practice

Students must be in attendance at school and well enough to participate in class for at least four periods to be eligible to participate in any extra-curricular activity that day, including practice. A

student who is not present at least four periods on Friday will not be permitted to participate in any Saturday activity. In the event of a half day, students must be in attendance for at least two class periods to participate. Exceptions to this rule will not be allowed except by the school principal and then ONLY because of extenuating circumstances. Students that participate in an extra-curricular activity must arrive at school on time the following day. Any tardiness will result in the loss of playing time in the next activity for which the student is eligible. Practices

All practices are important. All athletes should try to attend all practices. If an athlete should have to miss a practice for a reason that is beyond their control, they should inform the coach as soon as they know of the absences. The only EXCUSED reason to miss a practice will be if the student is involved in another school approved or sponsored activity. If the athlete is too ill or injured to stay at school for practice, they should go home and recuperate so they can get back with the team as soon as possible. The school nurse or school health professional will have the responsibility of making the determination whether an athlete is too ill or injured to participate in practices.

When a starter on a team misses a practice, he/she will not start the next game unless the practice has prior approval from the coach. Reserves that miss practice will go lower into the substitution order. An athlete who repeatedly has unexcused practices could be suspended from the game/team per coach.

Dress Code

All athletes, cheerleaders, managers, and student assistants (including photographers, etc.) representing Southwest R-I School (Senior and Junior High) must wear school appropriate dress clothing on the day of the game/event, **to and from the event, and during the event if not in an official uniform.** There may be extenuating circumstances where, because of time constraints, etc. students may need to wear uniforms to and from games. Administration/AD will make this determination and advise individual coaches. With special permission from administration/AD, alternate team dress attire MAY be permitted (see below). All clothing and personal appearance must be school appropriate and in accordance with school policy. The following constitutes Southwest's definition of dress clothing.

- The only allowed body piercing are earrings in ears and/or one very small nose stud (nose rings of any size prohibited)
- Body tattoos that advertise, connote, or suggest drug, tobacco, alcohol, violence, sexual, gang-related, obscene, or profane matters are prohibited.
- Hair color should be as close to a natural hair color as possible (no shock or neon colors)
- Boys must be clean shaven, both during the school day and at extra-curricular events.

Football, softball, golf, track, baseball, quiz bowl

- Boys and girls will wear NICE dress pants/jeans or school appropriate NICE shorts, dress shirt and dress shoes or loafers.
- **Football specific**...football participants are allowed to wear their football jerseys to school with either dress pants/jeans or school appropriate shorts on Fridays of home games. Friday away games will be required to wear a dress shirt and either dress pants/jeans or school appropriate NICE shorts to and from the school event.

Basketball...

- Boys and girls will wear dress slacks, a dress shirt and dress shoes or loafers. During tournament finals and at coaches' or AD request, boys will wear shirt and tie, slacks and dress shoes; girls may wear dressy but school appropriate dresses, dressy tops with slacks or skirts, and dress shoes (leggings ONLY if top extends down to mid thigh).

Cheerleaders

- Cheerleaders will be permitted to wear uniforms during the school day and to and from games, as long as all pieces are worn to ensure school appropriateness. At the coaches' discretion and as a squad, cheerleaders may alternatively wear the sport-appropriate dress codes outlined above.

The short and long sleeve polos will be purchased from the school. All coaches' have the discretion to change/alter the dress code upon the Administration/AD approval.

Transportation to and from Ball Games and Activities

All students going to away contests on the bus will return to the school on the bus. The only exceptions to this rule will be those riding home from activities with their parents or designated other adult approved by the Transportation Request Form (available at the school office). This form must be signed by the parent IN ADVANCE, and will be kept on file. Students not riding the bus home MUST be signed out by the parent or designated adult. Phone calls or texts will not be accepted in place of the signed transportation request form. All students participating in an activity must ride the bus to the activity (to include managers, cheerleaders, etc.). The only exception to this rule will be if a student can't make the bus at its scheduled departure time due to some other SCHOOL RELATED activity and or coaches discretion as well as approval from

Administration/AD. Then the student must inform the coach at least one day in advance so other school sponsored transportation can be arranged. Stops to pick up athletes on the way to events must be cleared with administration prior to the event.

Spirit Squads

The State High School Association has set up very definite standards that spirit squads must follow. They are expected to meet the same standards as athletes, musicians, and contestants are required to meet as listed in Article V, Section 3, of the Official Handbook, relative to citizenship standards, attendance, academic standards, etc. In addition to these, the following three standards are to be adhered to:

- They shall represent the school only at events in which the school is participating.
- They shall not represent the school in any contest sponsored by any person or organization outside the school or wear school uniforms or insignia except for school related functions.
- Only school-approved insignia shall be in accordance with the standards for awards given to athletes.

Wearing and Care of the School Issued Uniform

The student athlete will wear the COMPLETE uniform that is checked out to them by the coach. The student is responsible for keeping the uniform clean and in good shape, and checking it in to the coach when it is, time to do so (unless otherwise directed by the coach). Remember that YOU are responsible for YOUR uniform. If it is lost or stolen due to your negligence, YOU will be required to replace it.

Uniforms are to be worn as designed by the manufacturer and must be clean, failure to do so will result in loss of playing/cheer/participation time.

SOFTBALL uniform consists of: shirt, pants and stirrup socks. The athlete is required to purchase: hat, socks and rubber cleats (optional).

FOOTBALL uniform consists of: helmet, jersey, pants, shoulder pads, girdle pads, thigh pads, and knee pads. The athlete is required to purchase: mouth guard, white socks and rubber cleats.

BASKETBALL uniform consists of: two tops, (one blue and one white), shorts, and warm-up top and pants. The athlete is required to purchase: white socks and basketball shoes.

TRACK uniform consists of: one (1) blue top and blue shorts. The athlete is required to purchase socks and shoes.

BASEBALL uniform consists of top, pants, belt. Athlete is required to buy hat, socks, shoes.

CHEER uniform consists of top and skirt. Athlete is required to provide the rest of the uniform.

Conduct of Student Athletes

Misconduct at practices, games, or meets will not be tolerated. An athlete showing disrespect or failing to cooperate at practices, games, or meets (including bus rides to and from contests) will be dismissed from practice or indefinitely suspended from games or meets. Any athlete violating conduct rules will not be allowed to rejoin the team until they have had a conference, which will involve the coach, student, parent and administration. Repeat offenders will be permanently removed from the team.

Coaches have sole responsibility for entering students in individual events. Every athlete is expected to participate in all of his or her events as assigned by the coach. The athlete must have permission from the coach before scratching from an event. Athletes that fail to show up for, or scratch from an event without receiving permission from the coach in advance, are subject to suspension from the team.

Girls and boys will be seated separately while riding the school bus to and from events.

Training Rules

Athletes Shall Not:

- Use or possession of tobacco products including Jules E Electronic Cigarettes.
- Use or possession of alcoholic beverages.
- Use or possession of illegal drugs (to include anabolic steroids.)

Athletes who break these training rules risk suspension from participating in all extracurricular activities. The head coach, athletic director and administration will decide the length of the suspension which will not be any less than four games/contest, and he/she has the right' to permanently remove an athlete from their team for repeated or significant violations.

Drug Testing

All students who participate in extracurricular activities during the school year and who complete and return the consent forms within the deadlines set by the superintendent or designee

will be included in the testing pool and may be selected for testing as soon as the student is officially enrolled in the drug-testing program, even if the extracurricular activity has not yet begun. If a student is 18 years of age and living with a parent/guardian, he/she still must have both student and parent/guardian signatures. If the student is 18 years of age and has established a residence on his/her own, the student's signature is all that is required.

Academic Ineligibility

This school follows the guidelines set forth by the Missouri State High School Activities Association concerning eligibility and further defined by the Southwest Livingston County R-I Board of Education. In addition, a student becomes ineligible when any grade falls below a D-. Grades are gathered each Friday in order to determine eligibility for the next week (Monday-Sunday). Eligibility will be reinstated on the following Monday if grades reach an acceptable range on Friday. Students who are ineligible during this time will NOT be allowed to attend practices or contests until the eligibility is reinstated. Students ineligible for four (4) consecutive weeks will result in removal from that sport. Any student removed from a sport or who quits a sport during that sport season will not be allowed to participate in that sport the following school year without the permission of the coach and administration.

These guidelines affect all extra-curricular activities to include but not limited to the following: Softball, Football, Basketball, Track, Baseball, Golf, FCCLA, FBLA, Student Council, Cheerleading, NHS, Quiz Bowl, band/vocal events/contests, or any other school sponsored club or activity, and use of the Southwest weight room facilities.

Citizenship Ineligibility

Extra-Curricular Activities during ISS or OSS "CEASE" as soon as school day ends on day of the "OFFENSE" and "RESUME" at the beginning of the school day when the student "RETURNS TO CLASSES". Any student who begins fourth day of suspension (ISS or OSS) in any semester will be considered a poor school citizen thus the student will be declared ineligible for extra-curricular activities for the next **45 school days**. The student may become eligible in **22.5 school days** for good conduct if he/she does NOT receive ANY type of disciplinary action during that time subject to administration and/ or school board discretion. In addition, students will be unable to attend or participate in any extra-curricular functions or other school activities until any assigned Saturday school is attended according to the rules. Students will be expected to attend all practices during periods of citizenship ineligibility unless directed otherwise by school administration.

Attendance Eligibility

Student must be in attendance at school for at least the four class periods to be eligible to participate in any extracurricular activity that day. In the case of a ½ day, students must be in attendance for two class periods to be eligible to participate in any extracurricular activity that day. Students must maintain 90% school attendance to participate in any extracurricular activity.

No student will be permitted to practice or participate if any outstanding class work exists. This will information must be communicated by teacher to coach.

Attendance Games/Practice

Students who arrive late the first time to practice/game will receive a warning from the coach, second time will result in setting out and not participating in that sport (time out of the game is up to the coach) and the third unexcused absence will result in setting out the full game. Each unexcused absence/tardy following this could result in removal from the sport. This will be determined by the administration and coaches.

Lettering Criteria for Vocal and Band

Criteria for lettering is available from the music/band director.

Athletic Lettering Requirements

Participants in athletics and cheer will earn a letter based on the following criteria.

- Attend 100% of the practices. (Except with prior notice and approval from the coach.)
- Attend 100% of the games. (Except with prior notice and approval from the coach.)
- Maintain a 2.3GPA during athletic season.
- Sportsmanship and Citizenship — Student athletes will follow all sportsmanship and citizenship codes as outlined by the Southwest Handbook.

Provisional Letters Requirements

- A provisional letter may be given to students who have shown dedication and commitment to an activity but did not meet all lettering criteria for that activity.
- The coach or sponsor will be responsible for determining who will receive a provisional letter.
- Any student receiving a provisional letter in a given year will receive two bars in a following year if the student meets the criteria for lettering in that activity in a following year. One bar will be given for the provisional year and one for the year the student met the criteria for lettering in that activity.

CITIZENSHIP GUIDELINES FOR INTERSCHOLASTIC PARTICIPATION

To be eligible to participate in high school athletics, cheerleading, dance team, and other extra-curricular activities is a privilege - not an inherent right - granted if you meet the eligibility standards as set forth by the Missouri State High School Activities Association. 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 so by the proper school authority certifying the list of students for competition.

A student whose character or conduct is such as to reflect discredit upon himself/herself or his/her school is not considered a creditable citizen. His/her conduct shall be satisfactory in accord with the standards of good discipline.

The citizenship requirement will be strictly upheld in regards to behavior that takes place on or off school property or while at school functions. When the behavior takes place off school property or at a non-school function and is observed and reported to school administration, an investigation will be conducted and the necessary steps will be taken to uphold the citizenship requirement.

When a student is issued three disciplinary slips in a week, that student becomes ineligible for any inter- scholastic activity for the following week. The principal will give list of ineligible students to sponsors each Monday.

Any student who begins their fourth day of suspension (ISS or OSS) in any semester will be considered a poor school citizen thus the student will be declared ineligible for extra-curricular activities for the next 45 school days. The student may become eligible in 22.5 school days for good conduct if he/she does NOT receive ANY type of disciplinary action during that time subject to administration and/ or school board discretion.

It is understood that citizenship eligibility cases are handled on an individual basis at the school level by the coach, athletic director, principal, parents, and player.

Student under Arrest

If a student is arrested for misdemeanor (shoplifting, vandalism, etc.) or a felony (assault, robbery, DWI, possession, etc.) the student will be suspended from participating until the student has settled with the court of law. The student should continue to attend all practices or meetings while under suspension. Students who discontinue to practice will be removed from the team or squad for the remainder of the season.

A second offense will lead to restriction from participation for the remainder of the sports season. A third offense will lead to restriction for the remainder of the school year. Decisions related to penalties will be made jointly by the administration and head coach.

Student Involved In Misconduct While at School

This is to include truancy, fighting, disrespect to teachers/coaches', use of abusive language, students in ISS, etc. After a review by the head coach and principal, the athlete and parents will be notified of the results. Penalties will range from a reprimand and placing the student on probationary status to temporary or permanent restriction from representing the school in interscholastic activities. The seriousness of the case and the attitude of the individual will determine the penalty. Reoccurrence will require that permanent restriction be considered.

Un-sportsmanlike Acts

Such acts which are malicious in nature during a contest resulting in ejection will, in most cases, cause the student to be restricted from representing the school for at least the next contest. An athlete, who commits such an act but is not ejected from the game, may also be subject to at least one game restriction from representing the school in interscholastic activities. The seriousness of the case and attitude of the individual will determine the penalty. Reoccurrence will require that permanent restriction be considered.

Every student has a right to appeal a decision concerning his or her eligibility. This will be your due process. Appeals must start at the lowest level the head coach/sponsor, principal, superintendent, Board of Education.

MSHSAA By-Law 212.0 — Citizenship Requirements

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.

- A. Law Enforcement: A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others.
After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.
- B. Local School:
 1. A student who violates a local school policy is ineligible until completion of the prescribed school penalties.
 2. The eligibility of a student who is serving detention or in-school suspension shall be determined by local school authorities
 3. A student shall not be considered eligible while serving an out-of-school suspension.

4. A student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal.
 5. 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.
 6. 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.
 7. Each school shall diligently and completely investigate any issue that could affect student eligibility.
- C. Student Responsibility: Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the Board of Directors.

RESPONSIBILITIES AND EXPECTATIONS OF COACHES.

In addition to following all school policies and procedures, coaches of all extra-curricular events will:

Enforce the guidelines for participation as outlined in this document.

Dress and act as a professional at all coaching events.

Treat each athlete as an individual and with respect.

Coordinate scheduling of practices and facilities with AD and fellow coaches (including weekends) and refrain from mandatory Sunday practices.

Provide practice schedules in advance to athletes, athletic director, and office to include start and end times, so they are available to parents on the school calendar.

Communicate all practices and pertinent information via the official school athletic text system.

Communicate with parents directly regarding any student issues; communicate issues and concerns to athletic director or school principal immediately.

Assume responsibility for all assigned paperwork, trainings, and directives assigned by the athlete director and school administration.

Maintain inventory, care, and storage of uniforms and equipment.

Model and promote good sportsmanship at all times.

Assume responsibility for supervising students until all students have left the building.

Assume responsibility for building (lights, doors, etc.) for practices/away games.

SIGNATURE PAGE

I have read and understand the above athletic policy and agree to abide by the given rules. I also understand that both my signature and my parent/guardian signature are required before I can participate or represent my school in any athletic competition or activity.

Student Name (Please Print): _____

Student Signature _____ Date _____

I, the Parent/Guardian, have read and understand the above Student-Athlete Handbook set forth for my child.

Parent/Guardian Signature _____ Date _____

