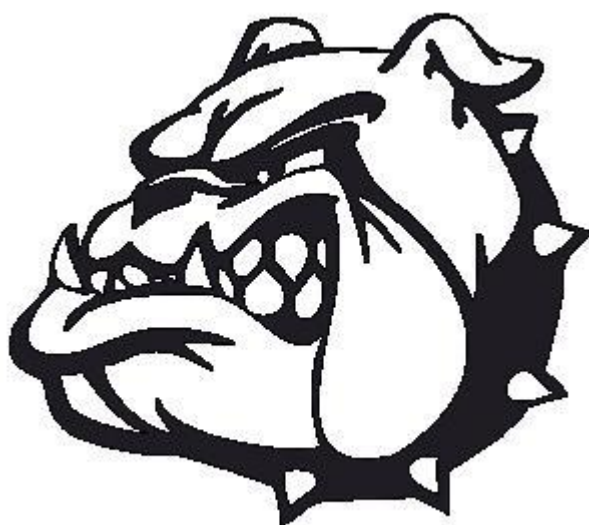


# **MORGAN CO R-1 SCHOOL DISTRICT**

Athletic and Activity Handbook

2025-2026



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## INTRODUCTION

Welcome to the Morgan County R-1 School District activity/athletic program. Hopefully, your decision to take advantage of extracurricular and/or co-curricular programs will be educational, rewarding and challenging. This handbook is given to you so that you might be more aware of the programs that are available and the responsibilities that come with membership. The Morgan County R-1 School District encourages you to take advantage of as many programs as your time and talent will permit. Our district does not encourage specialization in one sport or activity. Naturally, due to conflicts in seasons, practice times, schedules, etc., some choices will have to be made by you. Good luck to you as you strive to grow emotionally, mentally, socially, and physically through our programs.

## PHILOSOPHY

The Morgan County R-1 School District believes that the activity/athletic programs shall supplement our school's curricular program, and as such, become a vital part of a student's **TOTAL** educational experience. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of their education.

Student participation in any part of our activities is a **privilege** which carries with it responsibility to the school, to the activity, to the student body, to the community and to the student themselves.

## OBJECTIVES OF THE MCR-1 SCHOOL DISTRICT ATHLETIC AND ACTIVITIES PROGRAM

1. To develop good school citizens.
2. To develop positive qualities: physical, mental, and moral.
3. To develop respect for authority by abiding by the rules of the game and the decisions of the coach/sponsor and officials.
4. To teach the rules and skills of each sport/activity.
5. To teach effective teamwork skills and the importance of teamwork
6. To help the participant develop academically, in accomplishments, and attitude.
7. To promote good sportsmanship and the appreciation of athletics/activities in general so that the student may function in society as a spectator as well as a participant.
8. To develop pride in self, school, teammates, and classmates.
9. To learn to win graciously and lose like ladies and gentlemen.

## CONFERENCE AFFILIATION

Morgan County R-1 High School is a member of the Kaysinger Conference and as a member will adhere to the rules and regulations of the conference. Presently there are ten member schools. They are as follows: **Cole Camp, Green Ridge, LaMonte, Lincoln, Northwest, Otterville, Sacred Heart, Smithton, Stover and Windsor.**

## **MSHSAA AFFILIATION**

The Missouri State High School Activities Association, of which Morgan County R-1 School District is a member, is a voluntary, nonprofit, educational association of junior and senior high schools established for the purpose of working cooperatively in adopting standards for supervising and regulating interscholastic activities and contests.

One of the primary functions of MSHSAA is to establish eligibility standards that must be met by all students to attain the privilege of representing their school in interscholastic activities.

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

## **PARTICIPATION GUIDELINES**

These guidelines must be followed in all school-sponsored activities.

- Students are free to make their own selections as to sports or activities in which they wish to participate as defined by gender.
- Participation in more than one sport within a sports season will be allowed and encouraged. Parents need to sign a dual sports agreement before the season with both coaches and the Activities Director.
- It is the Morgan County R-1 School District policy that when students face a conflict between extracurricular and co-curricular activities the coach and sponsor of the activities shall meet to determine a resolution with the best interest of the student and programs in mind. In situations where an amicable agreement cannot be reached, the Activities Director and/or Principal will become involved and will make an administrative decision. Students and parents will be notified of the decision and if desired, can request a meeting with all parties to discuss the situation further. Competition and performances will take precedence over practices and rehearsals unless arrangements have been made with the coaches/sponsors beforehand. District and State activities will have priority when there is a conflict between performances and competition. If a co-curricular activity is missed, an alternative assignment may be given in place of attendance in order to recover points missed. When an athletic competition or practice is missed, a student may be required to make up any missed skills or conditioning. The administration reserves the right to intervene at any time to preserve the best interests of the student and/or programs involved.
- If a student is cut from a team, he/she may join another team or program in that sport season. If a student quits a team, that student may only join another team during that sport season if the coaches of both the old and new teams along with the Activities Director agree it is in the best interests of all involved parties.
- Student-athletes will not be allowed to participate in any season until all equipment has been turned in for the previous season.
- Attendance at practice, meetings, and competitions is required. No one is excused without prior

permission from the coach or sponsor, unless it is due to a family or personal emergency.

- Practices, just like classroom work, require the full attention and effort of the participant. Parent, guest, visitor attendance at practice will require the 24 hour notice and approval of the coach/sponsor.
- Coaches/sponsors will post practice times at least a week in advance. These schedules are subject to change due to extenuating circumstances.
- No practices are to be scheduled on holidays without administrative approval. Practices on Sundays will be infrequent and must begin after 1:00 p.m. If a participant notifies the coach/sponsor in advance that he/she cannot make a Sunday or holiday practice for any reason, it will be excused.
- Scheduled contests on Wednesdays will be avoided whenever possible. However, in situations when there is a contest scheduled on a Wednesday, a student will be excused from attending in order to attend church activities provided the head coach is made aware in advance.
- During the winter months, when inclement weather forces school cancellation, all practices must be optional and will occur at a time which will allow road crews to have an opportunity to improve road conditions.
- On days that school is dismissed early due to the weather, practices and contests will be canceled unless approved by the administration.

## **COMMITMENT**

When a student chooses to participate on an athletic team or to be a member of a co-curricular program, the student and their parents must make a commitment to that program. This may bring about a few scheduling hardships for parents and participants. If the programs in our school are going to be competitive and successful, there must be regular practice and the student should realize that his/her time at practice is very important. Coaches and sponsors consider practices to be as important as the classroom in these situations. In the classroom when a student misses an assignment, it is to be made up. The same theory applies to athletic teams and co-curricular programs. Participants will be required to make up the practice of the skills or conditioning that they have missed in an “official” practice.

## Acknowledgement Form

Prior to participating in any practice, tryout session, meeting, or contest for any interscholastic sport/event or extra-curricular activity, each athlete/participant and parent must sign and return the "Morgan County R-1 Activity/Athletic Acknowledgement Form" found in this handbook. Parents and students should read completely the policies and information in the activity/athletic handbook. Parents and students must both sign the commitment form. The signed form is a contractual understanding between athlete/participant/parents/coaches/sponsors for participation.

1. Participation in athletics and activities is voluntary and a privilege.
2. The handbook has been read, discussed, and questions answered in regard to the document.
3. Participants will follow the school district policies and comply with the requirements listed in the handbook.
4. Parents will support the high school in its efforts to promote good citizenship and the requirements listed in the handbook.
5. The Acknowledgement form must be completed for each school year. Only one form needs to be on file per participant. The student must return the form to the coach/sponsor of the first sport/activity that they participate in. Once coaches/sponsors have all commitment forms and physicals collected from athletes/participants, they will keep copies and turn the originals in to the AD.
6. MSHSAA regulations require that coaches obtain parental permission for each athlete in writing before he/she can participate in athletics. The signing of the Morgan County R-1 Activity/Athletic Acknowledgement Form fulfills this requirement.

## PHYSICALS AND INSURANCE REQUIREMENTS

Athletic by-laws in the MSHSAA Handbook state: "The school shall require of each student participating in athletics a certificate of an issued physical signed and authorized by a physician, advanced nurse practitioner in written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring physician stating that the individual is physically able to participate in athletic practices and contests of his/her school. A student shall not be permitted to practice or compete for a school until a complete, signed certificate is on file at the school. The medical certificate is valid for the purpose of this rule if issued on or after February 1 of the previous school year. A student shall **not** be permitted to practice or compete for a school until it has verification that he or she has basic athletic insurance coverage."

Morgan County R-1 student athletes **MUST** have the following on file with the coach/athletic director prior to the first practice:

1. Proof of basic athletic insurance coverage
2. An appropriately signed and completed medical physical for the current school year.

As indicated by MSHSAA athletic bylaws, a Morgan County R-1 student athlete will **NOT** be permitted to practice or compete until these criteria are met.

## **Parent Involvement Stover Athletic Booster Club**

All our programs require the support of our community and parents to be successful. The Stover Athletic Booster Club has been a long time supporter of our student-athletes. Over the years, the booster club has run a concession stand for many of our events and would love to have you join the booster club and participate in supporting our athletes.

The Stover Booster Club is offering a special opportunity for membership during the 24-25 school year.

They are offering an adult pass (\$140+ value) for working **4** of the available events. This pass will be good for one adult admission to all Stover home athletic events, including Junior High and High School Volleyball, Junior High and High School Soccer, and Junior High and High School Basketball, with the exception of the Kaysinger Conference Soccer Tournament & all MSHSAA sponsored events.

These passes will also be available for a \$100 donation to the Stover Booster Club.

Please sign up to work your events and take advantage of this great opportunity to help support our athletic programs.

## **Return to Play (RTP) Procedures after a Concussion**

MSHSAA has established specific procedures to determine a student's readiness to return to activities following a concussion. The Morgan County R-1 School District will follow those procedures as outlined here.

1. Returning to activity and play is a medical decision. The athlete must meet all of the following criteria in order to progress to activity:

Asymptomatic at rest and with exertion (including mental exertion in school) AND have written clearance from their primary care provider or concussion specialist (athlete must be cleared for progression to activity by a physician other than an Emergency Room physician, if diagnosed with a concussion).

2. Once the above criteria are met, the athlete will be progressed back to full activity following the step-wise process detailed below. (This progression must be closely supervised by a Certified Athletic Trainer. If our school does not have an athletic trainer, then the coach must have a very specific plan to follow as directed by the athlete's physician).

3. Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may progress more slowly.

4. Stepwise progression as described below:

Step 1: Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2: Return to school full-time.

Step 3: Light exercise. This step cannot begin until the athlete is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin walking or riding an exercise bike. No weight-lifting.

Step 4: Running in the gym or on the field. No helmet or other equipment.

Step 5: Non-contact training drills in full equipment. Weight-training can begin.

Step 6: Full contact practice or training.

Step 7: Play in a game. Must be cleared by a physician before returning to play.

The athlete should spend 1 to 2 days at each step before advancing to the next. If post-concussion symptoms occur at any step, the athlete must stop the activity and the treating physician must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms occurred.

At the end of this handbook is the MSHSAA Concussion Return to Play Form. This form must be completed prior to the student returning to play.

## ELIGIBILITY FOR EXTRACURRICULAR AND CO-CURRICULAR ACTIVITIES

Students participating in extracurricular and co-curricular activities at the high school must be enrolled as a full time student passing at least 80% of their classes. Variations to this policy will follow MSHSAA guidelines and will be considered by the administration on a case-by-case basis. High school eligibility for MSHSAA is also based on earning 80% of their credits the previous semester

7<sup>th</sup> and 8<sup>th</sup> grade academic eligibility requirements state that the student must be enrolled in a normal course load for his/her grade level. You must have been promoted to a higher grade prior to the first day of classes for the new school year. However, even though you may have been promoted, any 7<sup>th</sup> or 8<sup>th</sup> grade student who fails more than two courses the previous semester will be ineligible.

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

- You must be a credible school citizen. Credible school citizens are those students whose conduct, **both in and out of school**, will not reflect discredit upon themselves or their school.
- High School students must be enrolled fulltime in school, virtual school or homeschool to participate in activities.

### Rules for Senate Bill 63(Home School and Vitural School Participation)

Students must:

- Reside within the attendance boundary (public and charter only)
  - Adhere to eligibility standards (academic, conduct, physicals)
  - All participants, regardless of enrollment type, are expected to meet discipline, attendance, and eligibility standards connected to the applicable sport or activity.
  - Students who leave a school to become a resident participant student due to **confirmed or anticipated academic or disciplinary ineligibility** must wait **365 days** before becoming eligible.
  - **Co-curricular requirement parity:** If your activity requires participation in a course for participation in the activity (e.g., band, CTE programs), the same requirement applies to these new resident participant students.
- High School students must have earned 80% of their attempted credits in the preceding semester.
  - High School Students enrolled less than full time will be allowed to participate in MSHSAA sponsored sports if they abide by MSHSAA rule 2.3.4 and with Board of Education approval.
  - 7<sup>th</sup> and 8<sup>th</sup> grade students must be enrolled in a normal course load and must not have failed more than two classes the previous semester.
  - If you transfer schools and your parents do not move to your new school district, you will be ineligible for 365 days, unless you meet one of the exceptions to the transfer or promotions rules.
  - You are eligible to participate in any sport for a maximum of four consecutive seasons at the high school level. Your eligibility in high school activities begins when you first enter the ninth grade and for the first eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.
  - You must enter school within the first 11 days of the semester to be eligible.
  - You may not receive cash, merchandise or gift certificates for participating in an athletic/academic contest.
  - You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc.

- If you reach the age of 19 prior to July 1, you will be ineligible for interscholastic competition the next school year.
- You may not participate in any organized non-school sponsored athletic/academic competition and your school team IN THE SAME SPORT during the same season.
- You may participate on a school team and a non-school team in different sports during the same season; however, you may not practice or compete in non-school organized athletic competition on THE SAME DAY that you practice or compete with your school team without approval of the school administration.
- You may participate in an “audition” or “tryout” for a college team only after you complete your last season of eligibility in the sport for which you wish to tryout.
- You may attend a non-school sponsored summer specialized sports camp for as long as you wish, where you do not receive instruction or coaching from a member of your school’s coaching staff.

REMINDER: Any questions pertaining to eligibility that is not answered above should be brought to the attention of your Activities Director.

## **BOARD POLICY REGARDING INTERSCHOLASTIC ACTIVITIES AND ATHLETICS**

Interscholastic competition for secondary school students shall be provided through a variety of activities and athletics. Students are allowed to attain the privilege of representing their school by meeting the standards of eligibility as set forth by the Missouri State High School Activities Association (MSHSAA). These standards may include academic requirements, citizenship, age maximums, passing medical examinations, and other items that are posted in the school and discussed by the coaches and sponsors with their students as well as with the parents/guardians of all student participants at a parents meeting prior to the season.

Interscholastic competition may be withheld from any student as a condition of discipline. Furthermore, all policies that apply to the regular school day apply also to interscholastic competition. Coaches and sponsors may establish policies for their groups in addition to those stated herein.

A student must be in attendance for four (4) hours on days of extracurricular participation. Failure to do so will eliminate the student from practice or participation that day. Exceptions may be granted in special cases.

The following criteria will be followed:

1. Students will meet the eligibility requirements set out by MSHSAA.
2. Any student failing a class may be required to attend study sessions after school.
3. Any student receiving an incomplete grade because of failure to promptly complete work will be placed on the ineligibility list. Incomplete grades resulting from illness or other special circumstances during the last week or two of a grade period may be exempted.
4. Students displaying unacceptable citizenship behaviors may be suspended from participation.
5. Each coach and sponsor will establish written guidelines for their groups. These guidelines shall be presented orally and in written format. A copy of such guidelines will be on file with the principal or Activities Director and will be given to each student participant.

A student engaged in interscholastic competition must portray good citizenship in the school and community. He/she shall be required to be in conformance with all general school rules and regulations, rules established by the sponsors and coaching staff for the program in which he/she is participating, and conformance with the

laws of the community.

## **Academic Eligibility**

In addition to MSHSAA academic standards, the Morgan County R-1 Board of Education has set additional academic standards which must be met by all students enrolled in the Morgan County R-1 School District in order to be eligible to participate in any extracurricular or Co-curricular activity; including, but not limited to cheerleading, athletics, academic, FBLA, FFA, FCCLA and music contests or activities.

1. Any student receiving an F at grade check (every week beginning with 1st & 3rd Mid Quarter) will be placed on Academic Probation for one week.
  - a. If the student has an F in any course at the end of the probation week, they will then be on academic suspension and unable to participate in contests for a minimum of one week. Their grades will be checked at the end of that one week to determine eligibility for another week. Grades will be monitored on a week by week basis.
  - b. The ineligible student will also be required to attend 2 hours of tutoring that week. Tutoring can be done at Night School, before/after school with a teacher or with their coach/sponsor after practice. Students may not participate in any activities which would remove the student from class until that student is eligible.
2. Any student receiving an F at semester will be placed on Academic Probation until the first grade check of the next quarter. (i.e. a fall semester F will result in Academic Probation for 3rd quarter; a spring semester F will result in Academic Probation for the 1st quarter of the next school year). This student will also be placed on academic suspension until the first grade check of the next semester.
3. If a student were to receive F at semester administrators may also reference MSHSAA guidelines to determine eligibility.

## **Dual Sport Eligibility**

Any student-athlete wishing to participate in more than one sport during a defined season will need to fill out and sign a Dual Sport contract before the fourteenth practice date in the fall and the tenth practice date in the winter and spring seasons. This contract will need to be signed by the student, the parent/guardian, and by each coach for the sports involved.

The guidelines for dual sport athletes are as follows:

1. Students will choose a primary sport and this sport will take precedence over the secondary sport in practices and competitions with a few exceptions.
2. Those exceptions will include any Kaysinger Conference Championship tournament, meet, or match or any district or state competition.
3. If grades or attending required practices become a problem, the athletic director, along with the head coaches involved, can revoke dual participation and require participation in only one sport.

4. Students participating in dual sports will be able to pick one team sport and one individual sport. Participating in two team sports will be required to have prior permission from the Coaches, Athletic Director and Principal.

## **ATTENDANCE**

Participants are expected to be in school four (4) hours to be eligible for contests. A student who is absent from school on the day of a contest or performance, or on a Friday before a contest or performance on a Saturday, will not be permitted to participate in said contest without a written release from the Principal or Activities Director. Exceptions to this rule are extremely rare and must be approved by the Principal or Activities Director **beforehand**.

Participants are also expected to arrive on time the day following a contest or performance. Getting home late from a game or performance does not excuse anyone from getting to school at the appropriate time. It is the decision of each coach/sponsor to determine practice attendance if you miss part of the school day.

## **SUMMER SCHOOL**

Credit earned in summer school may count for or against the student's record for eligibility purposes as long as the classes are required for graduation from the high school. Students may count up to one (1) unit of credit from summer school toward establishing their eligibility for the fall semester. Summer school electives will not count toward eligibility.

## **DRESS/APPEARANCE**

Coaches and sponsors reserve the right to establish grooming guidelines for their programs as long as the guidelines are fair and consistently monitored. Coaches/sponsors may also require specific clothing for practices, competitions, travel, or overnight lodging. Any out of pocket expenses expected to be covered by the participant or the participant's family will be discussed as far in advance as possible.

Tattoos must be appropriate for public display. If it is deemed by the coach/sponsor or administration to be inappropriate, it must be covered. Due to safety concerns, jewelry is strictly prohibited during practices and competition.

## **LETTERING REGULATIONS**

Each coach will establish his/her own criterion for lettering. This information is expected to be given to the athletes and parents in writing before the start of the season. A copy of each lettering policy will be on file in the Activities Office prior to the start of each season. In all activities, the athlete must finish the season in order to letter in that sport. Special consideration will be given to athletes who have been injured.

With the first letter earned in any sport the athlete will receive a chenille black and orange S emblem and a pin. When subsequent letters are earned in different activities, a pin will be awarded which represents the sport in which the letter was earned. Whenever an athlete letters for a second, third, or fourth time in a specific sport or activity, a bar will be given.

In order to letter for a varsity sport/activity, the student must participate in twenty-five percent of the contests.

## **SPORTS BANQUETS**

All coaches and players whose team is being recognized are expected to attend. At this banquet, coaches will summarize the season and present awards. Parents and family members are encouraged to attend. Coaches will determine what team and individual awards are given. They will schedule the banquet and inform the athletes and their families of when and where the banquet will take place. In addition, coaches will inform the team of expected behaviors and attire, which is appropriate for the event.

## **EQUIPMENT**

In order to give the student a sense of responsibility and an appreciation of their equipment, each student is responsible for the abuse or loss of any equipment. This includes uniforms. The student who was issued the equipment must pay for any lost or stolen equipment.

The following guidelines, if followed, will reduce the chances for lost or stolen equipment or uniforms.

- Do not exchange or loan any equipment checked out to you to another teammate. If it becomes necessary to do so, the coach/sponsor will see to it.
- School and personal equipment should be locked up at all times.
- Any loss of equipment should be reported immediately to the coach/sponsor. Do not wait until the end of the season.
- Any protective equipment that does not fit properly or has defective parts should be reported to the coach/sponsor immediately. Do not wear the equipment until the adjustments have been made.
- Any equipment or uniforms that you see being used away from school should be reported to the coach/sponsor or the school administration.
- Participants will not be allowed to participate in a new sport or activity until all equipment has been returned for any previous activity.

## **TRANSPORTATION POLICY**

All athletes should ride the team bus when traveling to a contest. When traveling, we all go as a team. When returning home, athletes are **ENCOURAGED** to ride the bus home, but will be allowed to go home with parents only for the purpose of alleviating parental transportation problems. Team chemistry is often developed on a bus ride home after a big win or even a tough loss. It is important to finish the night as a team. Students may only be signed out by their parents. Students requesting to be signed out by someone other than a parent/guardian will need to have written permission from the student's parent with signed administrative approval **PRIOR** to leaving for the activity.

## **CELL PHONE POLICY**

- Coaches/Sponsors will restrict all cell phone use by coaches/sponsors and participants from locker rooms, dressing rooms, or any area where students/athletes are changing before, during, or after practice or competitions.
- All texts messages or phone conversations between a coach/sponsor and a student/athlete will be limited to school activity business only (i.e. practice time change, game change or cancellation, etc.) and restricted to reasonable business hours. Coaches are prohibited from engaging in social text messaging or phone conversations with students/athletes.

## **PARENT-COACH/SPONSOR COMMUNICATION**

### Parent-Coach/Sponsor Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to the student. As parents, when your student becomes involved with our program, you have a right to be informed of the expectations that are placed on your student. This begins with a clear communication from the coach of your

student's program.

### **Communication You Should Expect from Your Student's Coach/Sponsor**

- Philosophy of the coach/sponsor.
- Expectations the coach/sponsor has for your student as well as the players on the squad.
- Locations and times of all practices and contests.
- Team requirements such as fees, special equipment, etc.
- Procedure to follow if your student is injured during participation.
- Discipline which results in the denial of playing privileges for your student.

### **Communication Coaches/Sponsors Expect From Parents**

- Concerns expressed directly to the coach/sponsor.
- Notification of any schedule conflicts, well in advance.
- Any illnesses or injuries.

As your student becomes involved with our programs, they will experience some of the most rewarding moments of their lives. It is important to understand that there are also going to be times when things do not go the way your student wishes. At these times, discussion with the coach/sponsor is encouraged.

### **Appropriate Concerns To Discuss With Coaches/Sponsors**

- The physical and mental treatment of your student.
- Ways to help your student improve.
- Concerns about your student's behavior.

It is very difficult to accept that your student is not playing as much as you may have hoped. Coaches are professionals. They make decisions based on what they believe to be the best for the TEAM. As you can see from the above list, certain things should be discussed with a coach. Other things, such as the list to follow, should be left to the discretion of the coach.

### **Issues Not Appropriate To Discuss With Coaches/Sponsors**

- Playing time.
- Team strategy.
- Play calling.
- Other students.

There are situations that may require a conference between the coach and parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others' position. When these meetings are necessary, the following procedure should be followed to help promote a resolution to the issues of concern.

### **Procedure to Discuss Concerns with a Coach/Sponsor**

- The student will set up a meeting with the coach/sponsor to discuss the concerns.
- If the issues are not resolved, then the parents may call the coach/sponsor **at school** to set up an appointment.
- If the coach/sponsor cannot be reached at school, do not call them at home, instead set up an appointment through the Activities Director.
- Please do not confront the coach/sponsor before or after a contest or practice. These times are usually emotional for both the parent and coach. Meetings at these times rarely establish a resolution.

### **The next step...**

#### **What to Do If the Meeting with the Coach/Sponsor Did Not Resolve Your Issues**

- Call and set up a meeting with the Activities Director to discuss the situation.
- At this meeting, the appropriate next step will be determined.

### **CITIZENSHIP POLICY**

We believe that extracurricular and co-curricular activities supplement the secondary curricular program, and are a vital part of a student's total educational experience. These experiences contribute to the development of each student's intellectual, emotional, and social abilities. They provide the student with the opportunity to maximize their overall educational experience.

Student participation in any of our activities is a **privilege** which carries with it responsibility to the school, to the activity, to the student body, to the community, and to the student's themselves. Students who represent our school in one of our activities must be considered creditable citizens by the administration and the coach/sponsor. Those students, whose character or conduct is such as to reflect discredit upon themselves or their school, are not considered "creditable citizens." The student's conduct **in and out of school** shall be satisfactory in accord with the standards of good discipline. Any behavior or action by a student that discredits themselves, their school, or their team/program will affect the student's status as a creditable citizen and the student will face punitive action as determined by the administration or the coach/sponsor. Truancy, tardiness, disrespect, or any other act that places a student in any form of suspension from school will automatically affect a student's eligibility to participate in our programs. Felony or misdemeanor charges or acts by the student may justify suspension or dismissal from the program. Violations of established training rules will also result in suspension or dismissal from the program.

This citizenship policy becomes effective immediately upon completion of 6<sup>th</sup> grade and ends upon high school graduation. It is in effect 365 days a year, so infractions committed during summer months will affect a student's eligibility status.

### **PARTICIPANT CODE OF CONDUCT**

The following violations and consequences are **minimum** guidelines only; all coaches/sponsors have the right to impose additional consequences within their respective programs as they see fit. Incidents that may occur which are not covered by these guidelines, will be reviewed on an individual basis and decisions related to penalties will be made jointly by the school administration, Activities Director, and head coach/sponsor. Final decisions of all incidents will be at the discretion of the administration. The loss of a student's privilege to participate carries over to the next season in which a student participates if the suspension cannot be completed by the end of the current season. A season is defined as fall, winter, or spring. Therefore, it is possible that suspensions could carry over from one school year to the other.

Violations will not accumulate from year to year. For the purposes of this handbook a year is July 1 to June 30. However, in order to protect the integrity of our programs, if a student participant is in violation of this code with regularity, participation privileges can be revoked at any time by the administration.

Hearsay and/or anonymous sources **will not be used** to substantiate violations of this code. A violation of this policy can be substantiated either verbally and/or in writing by:

- A law enforcement official.
- A medical official.
- A faculty member.
- A school administrator.
- The parent of that student participant.
- The confession of that student participant.

- A coach or sponsor.

One of the principles to which we aspire for all of our students through program participation is honesty. Therefore, we feel it is important to encourage honesty when a student knows they are in violation of this Code of Conduct. If a student recognizes he/she may have violated this Code and they self report the violation before the end of the next school day or they admit to the violation when directly asked by the coach/sponsor or administration, it will result in a 50% reduction of their penalty if it is their first offense. However, there must remain at least a one game suspension.

**Exception:** Due to MSHSAA guidelines, matters that involve legal charges or the likelihood of charges will result in suspension of participation until the matter has been concluded through the court system. This includes any court ordered penalties (excluding probation) such as community service, fines, restitution, jail time, substance abuse counseling, etc.

#### **A. Misconduct While At School**

A student is expected to exhibit characteristics of good discipline and self-control during the school day. If it is brought to the attention of the Activities Director, Principal, or the coach/sponsor that a student participant was involved with a disciplinary problem while at school, penalties may range from a verbal reprimand to permanent restriction of participation depending on the severity of the situation and the attitude of the student.

With regard to detentions and suspensions, the following penalties are required:

1. Night School (3:30-5:30): On the day of an assigned night school, the student may not participate in any after school activities until the detention is served.

2. In-school suspension (ISS): It is the coach or sponsor's discretion as to whether a student may or may not participate in any extracurricular or co-curricular contest, performance, or competition on their day of assigned ISS. Coaches/sponsors will make decisions regarding practice.

3. Out of school suspension (OSS): On any day that a student misses school due to OSS, that student may not participate in any extracurricular or co-curricular activities (practices and contests). If a student is serving OSS on a Friday or on the last day of school before a vacation he/she will not be allowed to participate until a full day of school is completed.

#### **C. Unsportsmanlike Conduct**

Any actions that would result in ejection from a contest will cause the student to be restricted from representing the school for at least the next contest. Any student who commits an unsportsmanlike act but is not ejected may still be subject to at least a one game restriction from representing the school. Each case of this type is to be reviewed by the head coach, sponsor, Activities Director, and Principal before a final decision is reached. \*MSHSAA policies per sport will be followed

#### **D. Possession/Use of Tobacco/E-cigarettes(Vape machines)/Tobacco like products**

Student participants are not permitted to possess or use tobacco in any form on or off school property. Therefore, the following penalties will be assessed to students who are in violation of this policy:

First offense: Consequences will be coaches discretion.

Second offense: Consequences will be determined by coach & AD

Third offense: The student will be held from participation for 25% of scheduled contests.

Fourth offense: The student will be held from participation for 50% of scheduled contests.

Fifth offense: The student will be removed from the team for the remainder of the season.

#### **E. Possession, Use, or Distribution of Alcoholic Beverages**

Possession, use, or distribution of alcoholic beverages will not be permitted by student participants.

Therefore, the following penalties will be assessed to students who are in violation of this policy:

First offense: The student will be held from participation for 25% of scheduled contests. The student will also be required to receive counseling or intervention as approved by the Principal or Activities Director before again being allowed to participate. Any expense will be covered by the participant. Refer to the superintendent for possible additional consequences.

Second offense: The student will be held from participation for 50% of scheduled contests. The student will also be required to receive counseling or intervention as approved by the Principal or Activities Director before again being allowed to participate. Any expense will be covered by the participant. Refer to the superintendent for possible additional consequences.

Third offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 days. Refer to the superintendent for possible additional consequences.

#### **F. Possession, Use, or Distribution of Controlled Substances, Imitation Controlled Substances, Drug Paraphernalia, or Items Represented To Be Such**

Possession, use, or distribution of a controlled substance, imitation controlled substances, drug paraphernalia, or items represented to be such will not be permitted by student participants.

Therefore, the following penalties will be assessed to students who are in violation of this policy:

First offense: The student will be held from participation for 50% of scheduled contests. The student will be required to receive counseling or intervention which must be approved by the Principal or Activities Director before again being allowed to participate. Any expense will be covered by the participant. Refer to the superintendent for possible additional consequences.

Second offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 days. Refer to the superintendent for possible additional consequences.

#### **G. Misdemeanor Acts**

If a student is convicted by law enforcement for committing a misdemeanor other than minor traffic violations, the following penalties will be assessed:

First offense: The student will be held from participation for 25% of scheduled contests.

Second offense: The student will be held from participation for 50% of scheduled contests.

Third offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 days. Refer to the superintendent for possible additional consequences.

If a court assigns any sentence other than probation, the student participant will be held from activities until the sentence has been fulfilled. Refer to the superintendent for possible additional consequences.

#### **H. Felonies**

If a student is charged by law enforcement for committing a felony, the following penalty will be assessed:

First offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 days. Refer to the superintendent for possible additional consequences.

If a court assigns any sentence other than probation, the student participant will be held from participation from all extracurricular and co-curricular activities for 365 days, or until the sentence has

been served, whichever is longer.

### **I. Hazing**

Hazing is defined as harassment, abuse, or humiliation by way of initiation. It can be physical, mental, or emotional. Some people think hazing is an acceptable practice that builds team unity and acceptance. It is, however, an act of violence. It is not a legitimate rite of passage and is intimidation, and, in many states, a crime. Because of the seriousness of our belief that hazing must not take place at the interscholastic level, or any other for that matter, students who commit hazing acts or rituals will be penalized.

*First Offense:* The student will be held from participation for 25% of scheduled contests. The student will also be mandated to make a public apology to the victim. Depending on the severity of the incident, the administration also reserves the right to suspend participation indefinitely. Refer to the superintendent for possible additional consequences.

*Second Offense:* The student will be held from participation for 365 days. Refer to the superintendent for possible additional consequences.

### **J. Inappropriate Physical Contact of a Sexual Nature**

All students, including student athletes and those who participate in other extra-curricular activities, have the right to be protected against inappropriate physical contact of a sexual nature in connection with school activities. Therefore, student participants who engage in such conduct will receive consequences under this paragraph separate and independent from, and in addition to, consequences administered under any other provision of the Student Code of Conduct or Participant Code of Conduct that may also be applicable to the conduct. For purposes of this paragraph only, "inappropriate physical contact of a sexual nature" shall mean any "sexual conduct," "sexual contact," "sexual intercourse," or "deviate sexual intercourse," as such terms are defined in Section 566.010 of the Missouri Revised Statutes on the date this paragraph is adopted, or as the statute may later be amended- when such conduct is either (1) unwelcome or (2) otherwise inappropriate for a school activity, as determined by the coach, sponsor, administration and/or Board of Education. The definitions in Section 566.010 are available on-line under the "Missouri Revised Statutes," and are available through the athletic and administrative offices in print.

Consequences: (Nothing in the consequences specified below is intended to limit in any way consequences that may be provided under the Student Code of Conduct, or any other provision of Board Policy or Regulation or state or federal law.)

*First Offense:* Up to a 365-day suspension from extra-Curricular activities, with referral to law enforcement authorities. The student will also receive consequences specified in the Student Handbook. Refer to the superintendent for possible additional consequences.

*Second Offense:* Long term suspension or expulsion from school, and permanent expulsion from extra-curricular activities, with referral to law enforcement authorities. Refer to the superintendent for possible additional consequences.

### **K. Due Process**

Student participants who are disciplined for violating any of these standards will be afforded due process. The student will be allowed to explain their position to the Coach/Sponsor and/or Activities Director before any penalties are invoked. If the disciplinary action results in the suspension of a participant in an extracurricular or co-curricular program for more than one week, the student participant may appeal to the Activities Director, then to the Building Principal, then to the Superintendent of Schools, and ultimately, to the School District Board of Education, according to their policies and procedures.

- If a single violation occurs in two or more different categories, the most restrictive category will be used to assess the penalty.
- The accumulations of violations within a given year are category specific.

## **SPORTSMANSHIP**

As a participant representing the Morgan County R-1 School District, you have the responsibility for exhibiting good sportsmanship at all times. The moment you agree to participate, you become a representative of your student body, your school, your community and, most importantly, yourself. You will receive the ingredients of good sportsmanship through the teaching, coaching, and examples of the coaching/sponsoring staff. Be sure to exhibit what you learn.

A very important lesson we learn through interscholastic athletics/activities is that by hard work and dedication, we can improve. In America, we recognize we can take the ability given us and through hard work and dedication become anything we want to be. No one can tell you what you must be. If you are willing to recognize the ability you possess and work hard, you can achieve success in athletics/activities. Attitude is one of the principle requisites in becoming a champion in any sport. Your attitude is defined by your thinking, feeling, and actions. The desire to excel, to win, and to pay the price, are all positive points or attributes of attitude that contribute to a winning philosophy. Yes, a winning philosophy is important. But likewise, realize the importance of how the game is played as well as viewed. Simple acts or gestures of respect will aid you and your team in portraying the standards of sportsmanship expected of participants at Morgan County R-1 High School. Examples of such acts are:

- 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.
- Accepting both victory and defeat with pride and compassion.
- Never being boastful or bitter.
- Always being a good teammate.

The displaying of inappropriate conduct or behavior while participating in athletic contest could result in consequences as determined by the administration or the coach/sponsor. This could include additional conditioning, reduction of playing time, or suspension or removal from team.

Interscholastic athletics/activities are much like everyday life. America thrives on competition that has made the country as great as it is today. You might say it is the backbone of our great nation. Regardless of your plans in later life, whether to be in labor, management, sales, or other professions, you must realize there will be competition. There are and will be disappointments in all of life's activities. It is how you react to these disappointments that will measure what values you have learned through activity participation and athletic play on the courts, fields, and mats during your high school days.

## **Spectator Code of Conduct**

Spectators are an important part of the game and shall conform to accepted standards of good sportsmanship and behavior. Spectators shall at all times respect officials, coaches and players, and extend all courtesies to them. While wholesome cheering is encouraged, taunting, foul and abusive language, inflammatory remarks

and disrespectful signs and behavior are not acceptable.

The school expects our adults and parents to set the tone for all spectators and serve as appropriate role models for all of our student-athletes. Please assist the school officials and coaches in providing a healthy educational climate that our school can be proud of by maintaining an appropriate competitive perspective throughout the contest.

Spectators who fail to adhere to conduct expectations during a contest should be prepared to accept consequences for their inappropriate behavior. These consequences may include ejection from the contest site for the day or for an extended period of time.

## Social Media

Morgan County R-1 recognizes and supports rights to freedom of speech, expression, and association, including the use of social media networks. Social media networking provides useful opportunities to expand connectivity and develop your personal brand as well as that of the Morgan County R-1, and individual programs. With that being said, each student-athlete, parents and fans must remember that competing for and attending events at Morgan County R-1 is a privilege, not a right. As a student-athlete, you represent Morgan County R-1 and you are expected to portray yourself, your team in a positive manner. Student-athletes, parents and fans should keep in mind the following guidelines if they choose to utilize social media:

### Guidelines

- Everything you post is public information; any text or photo placed online is completely out of your control the moment it is placed online, even if you limit access to your site. Information (including pictures, videos, comments, and posters) may be accessible even after you remove it.
- Limit information about your whereabouts or plans to minimize the potential of being stalked, assaulted, or the victim of other criminal activity.
- What you post may affect your future. Many employers and admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them the chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, Morgan County R-1 will not tolerate disrespectful comments and behavior online, such as:
  - Unsportsmanlike conduct including trash talk or disrespectful comments aimed at opponents, students, school employees and/or officials.
  - Derogatory or defamatory language.
  - Comments that create a serious danger to the safety of another person or that constitute a credible threat of serious physical or emotional injury to another person.
  - Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct, including violating the Morgan County R-1 Student-Athlete Code of Conduct.
- Report any problems or concerns to your coaches or administrators.

Individuals who fail to adhere to social media guidelines should be prepared to face sanctions for their actions. These could include limited playing time or not being able to attend events.



# Morgan County R-1 Schools

701 N Oak, Stover, MO 65078  
Phone: (573) 377-2217 Fax: (573) 377-2211

**"The Bulldog Way"**  
Striving for the Best, We Rise Above the Rest

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## OVERNIGHT SEARCH POLICY/LETTER

Parents/Guardians,

This letter is to inform all participants of school-related functions that if their activity requires an overnight stay that they and their bags are subject to search. This search may be conducted before departing for an event and may also take place during that event. Students' baggage and possessions may be searched in order to prevent any offense that would bring about disqualification, embarrassment, and possible legal consequences for the students and the programs of MCR-1 High School and MCR-1 Junior High School. Coaches, sponsors, school security, and administration may check personal belongings for contraband such as tobacco, alcohol, illegal drugs, or weapons in order to ensure a safe and orderly trip.

Any student or students found in possession of these types of items may face the following consequences:

- unable to attend the event;
- be removed from an event and sent home at parent's expense;
- face school and possible legal consequences.

MCR-1 High School wants to ensure that each student has the opportunity for a safe, fun, and competitive experience during such events and feels that these preventative measures help make sure our students have that opportunity.

Thank you for your understanding and cooperation with this matter.

Sincerely,

Morgan County R-1 Administration

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# **MORGAN COUNTY R-1 SCHOOL DISTRICT**

## **AGREEMENT FOR PARTICIPATION IN ATHLETIC ACTIVITIES PROGRAMS**

### **Acknowledgement of Activity Rules and Guidelines**

School: MCR-1, Stover, MO

Activity: \_\_\_\_\_ Coach/Sponsor: \_\_\_\_\_

### **Student Agreement**

If I am selected to represent the MCR-1 School District, I will sincerely endeavor to contribute my best to the success of that program. I understand that I represent my family, school, and community. I understand that my participation in the MCR-1 School District Athletic/Activities program is not a right, but a privilege. It is important that I present a positive image and serve as a role model for others. Therefore, I agree to abide by the provisions of this handbook and in particular the "Code of Conduct" as approved by the Board of Education. I am also aware that if I do not live up to this agreement, I must accept the consequences for my behavior, which may include dismissal from the athletic/activities program(s). Although students do not possess a legally protected right to participate in extracurricular activities, the District provides students suspended from participation with an informal opportunity to discuss the basis for their suspension.

### **Student Acknowledgement of the Athletics and Activities Handbook**

I acknowledge that violation of any of the handbook rules and guidelines for this activity may result in suspension or permanent removal from this activity or all extracurricular activities depending upon the nature of the violation. I further agree that subject to an opportunity to present the student's version of the alleged violation, the decision of the Superintendent/designee concerning suspension and duration of suspension is final.

This also includes the specific rules that are in addition to the athletic/activities handbook for the activity I am participating in.

### **Concussion Protocols**

I understand and agree to the Concussion Protocols that are included in this handbook. Additional concussion information can be found at MSHSAA.org.

The MCR-1 School District has provided to my student athlete and myself as parent/guardian information about concussions.

I realize that if school policies are violated, the procedure and penalties of those policies will be enforced. By signing this document, I acknowledge that I have read and understand the Athletic/Activities Handbook as approved by the Board of Education.

Student Name (please print or type): \_\_\_\_\_

Student's Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_ Grade Level: \_\_\_\_\_

**Parental/Guardian Agreement**

By signing this document, I acknowledge that I have read the Athletic/Activities Handbook, and I understand the possible consequences if my child violates this policy.

I also agree that upon return/dismissal of school activities students will be released to the parking lot unless parents request other arrangements.

Parent's Name (please print or type): \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date Signed: \_\_\_\_\_