



**MONTGOMERY COUNTY R-II
INTERSCHOLASTIC PHILOSOPHY**



Extracurricular participation has long played a major role in the educational development of public school students. The Montgomery County R-II Schools are committed to providing a strong interscholastic program, which emphasizes the student's moral, physical, mental, and emotional development.

As we strive to develop our young people in the four areas, it is important to establish a strong foundation for guidelines that will enhance these four areas of student growth. It is also important to remember that students must first establish themselves academically and as productive school and community citizens before they are allowed to represent Montgomery County R-II High School in Interscholastic activities.

As a member of the Missouri State High School Activities Association, we are obligated to both recognize and adhere to their respective guidelines and policies governing interscholastic activities.

As approved by the Montgomery County R-II Board of Education, these guidelines will become our foundation for student success.

Dr. Tracy Bottoms
Superintendent

Dr. Jocelyn Schluss
Director of Instructional Services

Mr. Brian Ernst
High School Principal

Ms. Jess Cobb
High School Asst Principal

Mr. Adam Falloon
District Activities Director

MISSION

We believe the mission of the Montgomery County School District co-curricular program is to provide opportunities and experiences for all students to develop the following skills:

- Respect for self and others.
- Ability to take positive risks.
- Appreciation of one's talents and weaknesses.
- Understanding of teamwork and sharing of common goals which contribute to the good of the whole.
- Realization of the importance of life skills.
- Awareness of the diversity in one's own and others' cultural backgrounds.

We also believe that by the student's involvement in activities, he/she will have built the self-worth and integrity necessary to be able to cope with future successes and failures. To meet this end, the student must have also gained the qualities of realistic goal setting, of positive interdependence and of moral judgment.

Activities in our program create an avenue of enrichment, entertainment, and proud association for parents and community. Through well-directed activities, we strive to enable students to contribute responsibly and ethically within society, now and in the future.

GOALS

INSTRUCTIONAL PROCESS

- To teach the students to motivate themselves for excellence.
- To teach fundamental, social, emotional, and academic skills.
- To create opportunities for students to develop self esteem.
- To effectively evaluate performance.
- To model appropriate behaviors.
- To develop teamwork and loyalty.
- To teach fundamental knowledge of activity.
- To share effective coaching methods.
- To teach responsibility, respect for others and property by developing teamwork and loyalty.

PROGRAM MANAGEMENT

- To promote involvement in activities and communicate effectively with parents, students, community, and media.
- To create high expectations for achievement in high school programs.
- To promote high standards of academic performance.
- To offer multi-levels of opportunity.
- To encourage student participation.
- To utilize staff and resources effectively.
- To develop effective practice, rehearsal, and schedules to maximize use of time.
- To encourage all participants to support other activities.
- To develop programs for care of injuries and promote overall well being.

INTERPERSONAL RELATIONSHIPS

- To promote a positive relationship among team members.
- To develop positive leadership qualities in students.
- To promote appreciation for and acceptance of the differences of others.
- To show respect for the total person on social and emotional levels.
- To promote good working relationships with the administrators.
- To promote a positive image of our programs.
- To develop an attitude of partnership, appreciation, and sportsmanship among coaches, parents, students, and community.
- To communicate with parents, community, and media regarding student programs.

PROFESSIONAL RESPONSIBILITIES

- To demonstrate a commitment to professional growth.
- To follow policies and procedures of the school district.
- To assume responsibilities outside of coaching as related to school.

ORGANIZATION AND ADMINISTRATION

Missouri State High School Activities Association

The Montgomery County School District is a member of the MSHSAA. The purpose of this organization is to promote, develop, direct, protect, and regulate amateur interscholastic athletic relationships between member schools and to stimulate fair play, friendly rivalry, and good sportsmanship among contestants, schools, and communities throughout the state.

The Eastern Missouri Conference

Montgomery County High School is a member of the Eastern Missouri Conference, which has been organized to stimulate and promote friendly rivalry and greater interest in our high school activities.

The Superintendent of Schools

The executive function is the responsibility of the Superintendent of Schools, who establishes the ways and means of executing efficiently all policies adopted by the Board of Education.

He recommends to the Board of Education the appointment of all personnel who are given any responsibility for handling interscholastic athletics, and he approves all policies and procedures recommended by his staff; and is, in fact, directly responsible to the School Board for the successful performance of the organization.

The School Principal

The school principal is the administrative head of interscholastic athletic activities, as well as all other activities of his/her school. As administrative head of the school, he/she is directly responsible to the Superintendent of Schools, to the MSHSAA, and the Eastern Missouri Conference.

Supervision of athletic contests is a cooperative matter among the principals, assistant principals, athletic director, and/or designated supervisor.

The Activities Director

Under the supervision of the principal, the building Activities Director plans the total activities programs for the school district.

SPORTSMANSHIP

The following policy statement from the **National Federation of State High School Associations** expresses the concept of sportsmanship as follows:

"The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized, by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity."

One of the main goals of the athletic/activities program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches and spectators.

Good sportsmanship includes showing courtesy and kindness toward your opponent as well as fellow team members. The contest is judged by the effort of the participants and not by putting down your opponent.

Winning is exciting, but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.

All MSHSAA sanctioned events are a reflection of our community and school. The conduct of the team is extended to parents and fans before, during, and after athletic events.

STUDENT RESPONSIBILITIES

STUDENT ATHLETE DRESS POLICY

A student will be required to practice good grooming habits and adhere to guidelines established by their respective head coach. If the head coach is not requiring or setting proper grooming and dress standards for his or her players, the administration can and will step in to make the necessary changes.

As a student participant, you are in school to secure the best secondary education you are capable of achieving. Deciding to take advantage of this component plays a significant part in your total educational development. However, with this decision also come certain responsibilities, if the value of activities is to be achieved:

- Maintaining academic and eligibility standards as established by the Missouri State High School Activities Association and the Montgomery County School District.
- Learning the spirit of hard work and dedication.
- Attaining mental and physical fitness through good health habits.
- Excelling to the limits of your potential.
- Showing respect for both authority and property.
- Willing to accept the leadership role that is instilled through the activity program.

Athletes need to keep in mind that they are in the public eye and that their personal conduct always must be above reproach. Athletes have an obligation to create a favorable image and to gain the respect of their teammates, student body, and community.

PHYSICAL EXAMINATIONS

Athletes must have a physical examination before he/she will be allowed to practice for any sport. Bylaws 3.8.1 and 4.5.4 now allow a student's PPE (Pre-participation Physical Examination) Form to be valid for a two year period (730 days) from the date of which the physical examination was received (unless a physician specifically notes on the PPE for the physical only being valid for one year).

The MSHSAA athletic physical forms are strongly recommended for use. Current forms are located on the Montgomery County activities website and in each of the High School/Middle School offices.

Physical examination forms will be on file in the office of the High School nurse for the High School athletes and the nurse's office for the Middle School athletes.

PROTECT YOUR ELIGIBILITY

The Missouri State High School Activities Association (MSHSAA), of which the Montgomery County 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. Precedents setting 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.

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

1. You must be a creditable school citizen. Creditable school citizens are those students whose conduct, both in and out of school, will not reflect discredit upon themselves or their schools.
2. Academics
 - a) You must be enrolled in courses offering 3.00 units of credit. (This is normally six courses).
 - b) You must have earned 3.00 units of credit the preceding semester.
3. Transferring schools
 - a) 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 promotion rules. (See your principal or activities director regarding non-traditional households.)
 - b) If you move with your parents to your new school district you will be eligible immediately.
4. Participation limits
 - a) You are eligible to participate in any sport for a maximum of four seasons. Any part of a game played during a season counts as a season of participation.
 - b) Your eligibility to participate in high school activities begins when you enter the ninth grade and lasts for the first eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.

5. You must enter school within the first 11 days of the semester to be eligible.
6. Awards Standards
 - a) You may not receive cash, merchandise, or gift certificates for participating in an athletic contest.
 - b) You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc., for participating in a school athletic program. These awards may be received only from your school, from a school hosting an event, or from the MSHSAA.
 - c) You may accept awards for participating in non-school sponsored athletic competition only if the awards are symbolic in nature, such as medals, trophies, ribbons, plaques, etc., or merchandise that shall not exceed \$100.00 in manufacturer's suggested retail price.
7. If you reach the age of 19 prior to July 1, you will be ineligible for interscholastic competition the next school year.
8. Non-school competition
 - a) You may not participate in any organized non-school athletic competition and your school team IN THE SAME SPORT during the same season with the exception of swimming (please see the activities director with these circumstances).
 - b) 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.
 - c) Before you join any non-school team or enter any non-school competition involving athletics, check with the activities director to make certain these standards are being met.
9. You may participate in an "audition" or "tryout" for a college team only after you have completed your last season of eligibility in the sport for which you wish to tryout.

10. You may not compete in an all-star game or contest before you complete your eligibility in all high school sports.
11. Any individual receiving information concerning colleges for scholarship opportunities for our students/athletes will be distributed by the specific coaches.

A REMINDER: Any questions pertaining to eligibility that are not answered above should be brought to the attention of the Activities Director prior to participation in the event.

ATTENDANCE ELIGIBILITY

According to MSHSAA By-Law 212.0, A student shall not be considered eligible while under **suspension**, this would include in-school and out-of-school suspensions. The 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. 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 (or has an excused absence(s) from class) without an unexcused absence. Each school has the authority to set more restrictive standards and shall have the authority to judge its students under those standards.

MSHSSA policy 2.2.3 states “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.”

In the event that a student is assigned an afternoon detention period as the result of a classroom problem, the detention **MUST** be served before the student can return to an extra-curricular activity. He/she is not allowed to use the excuse of “I have practice, so I can’t stay.” **THE CLASSROOM OBLIGATION ALWAYS COMES FIRST.**

CITIZENSHIP GUIDELINES FOR EXTRACURRICULAR PARTICIPATION

To be eligible to participate in school activities is a privilege, not an inherent right, and therefore requires certain behaviors and attitudes. More specifically, any student who represents his or her school in activities must be a creditable citizen and be judged so by proper school authority certifying the list of students for participation.

A student whose character or conduct is such as to reflect discredits 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. Students, who participate in the activities, athletics, or performing arts programs, should remember the rewards, recognition, and notoriety that comes with involvement also carries a high degree of school, civic, and individual discipline and responsibility.

The rewards are great! A student has much to gain, but also has much to lose for behavior which is inappropriate.

Besides the possibility of losing eligibility for inappropriate behavior, students involved in the extracurricular activities programs are also subject to the disciplinary consequences listed in the Student Handbook.

It is understood that citizenship eligibility cases are handled on an individual basis by the sponsor/coach/director/supervisor, principal, parents and student. However, it is also felt that system-wide guidelines will assist in the uniform handling of such cases.

Students should always remember to conduct themselves in such a manner as to reflect positively upon themselves, family, school and community.

To clearly outline and define the disciplinary action, the following guidelines are provided for students.

1. **Citizenship** - Students whose character or conduct is such as to reflect discredit upon themselves or their school is **NOT** considered a "creditable citizen". This includes violations of public law and/or school policy.

2. **Violation Penalty** - The student who is under arrest for a municipal ordinance violation, a misdemeanor or a felony will be suspended from a game/meet participation in extracurricular activities and remain ineligible until his/her judgment is satisfied according to public law and/or school policy. **This includes violations that take place during the season and/or non-season including evening, and weekends.** School officials may deny participation in all extracurricular activities to a student convicted or found “not innocent” of a municipal ordinance, misdemeanor or felony.

***Reinstatement - Reinstatement to the activity/athletic team(s) may be granted after a review by the school administration and the sponsor/coach.**

MSHSAA By-Law 212.0

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.

MSHSAA By-Law 2.2.5

b. 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 schools discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the Board of Directors.**

The following guidelines apply to any student representing Montgomery County R-II interscholastic activities, as defined by MSHSAA and Montgomery County R-II School Board Policy. Teacher sponsors, coaches, administrators, parents and students should be familiar with these following guidelines.

ELIGIBILITY STANDARDS:

Students will comply with all Missouri State High School Activities Association rules and regulations pertaining to their activity.

In addition to those policies found in this manual, each coach will develop guidelines, expectations, and rules that apply to their respective sports. These will be provided to student athletes at the start of the sports season. The coach's rules, expectations, and guidelines must be adhered to in order to maintain eligibility. Each coach has the authority to develop and enforce such guidelines as needed to run a safe, respectable, and effective athletic program. A copy of individual sport expectations will be submitted to the school administrator and the Athletic Director.

1. Students wishing to participate in athletics must be in good citizenship standing. Students must be creditable citizens. Creditable citizens are those students whose conduct, both in school and out of school, will not reflect discredit upon themselves or their school. Note: Conduct by a student involving law enforcement should be reported to your principal/athletic director immediately as your conduct may affect your eligibility or contest outcomes.
2. All athletes and cheerleaders will agree and submit to drug testing as outlined in Board of Education Drug Testing Policy adopted July 1998. Athletes and cheerleaders agree to follow all guidelines in the Drug Testing Policy located in this Manual.
3. The use of illegal drugs is strictly forbidden at any time. Any student, who is convicted in a court of law, pleads guilty to, or pleads no contest, for use or possession of illegal drugs will be ineligible to represent Montgomery County R-II in any interscholastic activity for 365 calendar days from the date of the conviction or plea. If this occurs during the school year, all awards earned during the same school year will be forfeited. Pending legal disposition of the case, a student will be ineligible to represent his or her team but may continue to practice.

4. The use of alcoholic beverages is strictly forbidden during the school year. Any student who has been seen drinking alcoholic beverages during the season in which he or she is participating (seen by a coach, teacher, or administrator) or has been convicted, pleads guilty, or pleads no contest, for possession of alcohol will be ineligible for a period of four weeks. A second violation during the same school year will result in the student being considered ineligible for the remainder of the school year and all athletic awards earned that year will be forfeited. Any student, who is convicted, pleads guilty, or pleads no contest, for driving under the influence, at any time, will be considered interscholastically ineligible for 365 days from the date of conviction or plea. If this occurs during the school year, all awards earned during the same school year will be forfeited. Pending a legal disposition, the student will be ineligible to represent his or her team but may continue to practice.
5. **Any student who is seen using, in possession, or distributing tobacco and or nicotine products by a coach, teacher, or an administrator (Including but not limited to also include e-cigarettes, vapor cigarettes, Juul devices, etc.)** during the season in which he or she is participating will be ineligible to participate for a two-week period of time. The student will continue to practice with their team during this penalty. A second violation during the same school year will result in the student being considered ineligible for the remainder of the school year and all athletic awards earned that year will be forfeited.
6. The Montgomery County R-II letter may be worn on a white or royal blue sweater or jacket that is of school colors.
7. A practice or contest will not be missed unless previously excused by the head coach of that particular sport. Athletes violating this standard will be ineligible to participate in the succeeding contest.
8. Each athlete is expected to follow all training rules for their respective activity.

9. Any student whose school conduct or community conduct is not considered desirable as defined by school policy and state law will be dealt with accordingly. Any student having been suspended from school or is placed in in-school suspension (ISS) will not participate in interscholastic activities until the day following the end of the suspension or ISS assignment. Any student, who is convicted of a felony, at any time, will not represent Montgomery County R-II for one full year, from the date of conviction. Students in ISS will continue to practice.
10. An athlete who misses class on the date of a contest without being excused by the principal or assistant principal will not be considered eligible to represent the school on that date. The athlete will be in attendance one full school day unless excused by school administration prior to the absence. *MSHSSA policy 2.2.3 states "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."*
11. All athletes are responsible for preservation of school owned athletic equipment. This equipment must be handled properly and accounted for at the conclusion of the sport seasons.
12. All athletes will engage in all pre-game, intermission, or post-game ceremonies if such ceremonies are part of the program. The penalty for violation of this standard will be decided upon by the coach and building principal.

DRUG TESTING POLICY

The Montgomery County R-II School District reserves the right to conduct a program of random testing for student athletes for the use of controlled substances, as defined by applicable law, that may present a safety risk during athletic activities. For this purpose, any student participating in athletic practices and/or contests including cheerleading under the control and jurisdiction of the district will be subject to random testing during the period commencing with the first day of practice authorized by MSHSAA for any sport and ending on the last day of student participation in that sport.

PROCEDURES

Consent: The parent or guardian and the student athlete will be required to sign a written consent for random testing prior to participating in the athletic program. Upon refusal to be tested, the athlete will be suspended from the athletic program for the remainder of the season.

Medication: Student athletes who have been or who are taking prescription medication must provide verification (either by copy of the prescription or by written physician's statement) prior to being tested. This information may be provided confidentially by the student, or parents or guardian, to the testing laboratory upon request to the school administration. The administration will provide a number, code, or other means of identification for the student to provide to the laboratory with such information so as not to personally identify the student. Students who refuse to provide verification and who test positive will be subject to the consequences specified for positive tests.

Selection: All student athletes may be tested at the beginning of a season. Random testing may be conducted during any season on students participating in that season. Students selected for random testing will be selected by having their names selected at random from a pool of all student athletes or cheerleaders, for the sport being tested.

Testing: Testing will be administered by urinalysis. Appropriate steps will be taken to respect the privacy of students while at the same time preventing falsification of the testing. Testing procedures will be conducted according to procedures designed to ensure integrity of specimens and chain of custody of specimens. Testing laboratories will not be given a student's name or personally identifiable information about a student. All students randomly selected during a season will be tested for the same substances. Students will not be removed from class to be tested and will be given reasonable notice of the time, place, and manner in which they will be required to provide the sample. Test results will remain confidential and will only be released on a need to know basis in accordance with applicable law.

Positive Test: If a student's test is positive, a second test will be administered to confirm the initial results. If the second test is negative, no further action will be taken. If the second test is positive, the student and parents or guardian will be notified.

Consequences: Consequences for positive tests will be suspension from participation from all sports and cheerleading for a period of thirty (30) calendar days and until the student tests negative for controlled substances tested at the expense of the student, parent, or guardian. The suspension may be reduced to fifteen (15) calendar days if the student enrolls in and makes satisfactory progress toward completion of an appropriate assistance program approved by the superintendent and tests negative for controlled substances, all at the expense of the student, parents or guardian. A second positive test during the school year will result in the student being ineligible for athletic competition or cheerleading for 365 calendar days.

HAZING

Student hazing is expressly prohibited by Board of Education policy. For purpose of this policy, hazing is defined as willful conduct directed at another student, whether occurring on or off school property, for purposes of initiation or admission to any school-related activity or athletic team.

Students found to have violated this policy will be subject to suspension/expulsion from school and suspension/exclusion from activities/athletic participation depending on the severity of the misconduct per Board Policy.

Non-students who participate or enable the hazing of students may be excluded from attendance at school activities and school athletic events. **If hazing occurs, coaches/sponsors must report the incident to school administration immediately.**

DUAL PARTICIPATION FORMS

The Montgomery County School District allows students the opportunity to participate in multiple sports during any given season. If students participate in dual sports they must completely fill out a Dual Participation form and have it turned in to the HS office or the AD office before they are able to practice in either of the activities. Students will be required to pick a priority sport in case of any scheduling conflicts. The #1 activity priority must be chosen unless both coaches and the Activities Director along with the student come to an agreement. These forms must be completed and submitted to the office of the Activities Director before the 1st allowable practice date.

CONFLICTS BETWEEN ACTIVITIES

Students should make the best choices when participating in activities to avoid conflicts between activities. This involves good communication, decision-making skills, prioritizing, and long-range goals and aspirations. However, when a conflict arises between two school-sponsored activities, administrative priority will examine this order or precedence: (Ultimately, the decision will be made by the student with no repercussions)

EQUIPMENT AND UNIFORMS

All equipment and uniforms (including practice gear) checked out to an athlete become the responsibility of the athlete. At the conclusion of the season (or the decision to terminate participation in the sport), all equipment and uniforms must be returned in good condition to the head coach. Any items not turned in will be assessed a full replacement cost. An athlete will not be eligible to begin a new sport if all items from the previous sport have not been turned in or paid for.

Any loss of equipment should be immediately reported to the head coach, rather than waiting until the end of the season.

Coaches are to inform their players not to exchange any equipment (practice or game). If it is necessary to make an adjustment, then this is to be done through the coaches.

Coaches shall make clear to the members of their squads that any member of the coaching staff, teachers, principals, or the athletic director has the prerogative to command proper use of any school equipment and/or facilities at any time.

**ALL EQUIPMENT FROM A SPORT MUST BE TURNED IN AND/
OR ALL EQUIPMENT DEBTS FROM A SPORT MUST BE PAID
BEFORE AN ATHLETE WILL BE PERMITTED TO COMPETE OR
PARTICIPATE IN ANOTHER SPORT OR ACTIVITY.**

ATHLETIC AWARDS

An athletic award is a symbol of athletic accomplishment, good sportsmanship and observance of athletic policies. Student athletes, managers, trainers, and cheerleaders are eligible to earn awards. No student athlete may receive an award in a sport for which he/she is academically ineligible at the completion of the season or if under suspension for an athletic violation. Candidates must complete the season's play; however, this requirement may be waived in cases of physical injury. No awards will be issued to an athlete until all equipment for his/her sport is turned in to the coach. Policies pertaining to athletic awards:

1. Junior High School. All athletes participating in junior high school athletics will receive a certificate of participation.
2. Senior High School. An athlete will be awarded a school letter and a sport emblem the first time he earns a Montgomery County R-II High School letter. Each succeeding year that he earns a letter in a particular varsity sport, he will be awarded a bar. Jayvee players will be awarded a JV letter. If a student already has a JV letter, he/she will receive a certificate.
3. Method of receiving awards. Each coach will submit a list of award recommendations to the Athletic Director. These letters will be awarded at the sports social by the head coach.

Policy on completion of season to earn award: An athlete must complete the sport to qualify for an award, unless his or her season ends due to an injury.

TRANSPORTATION

To justify the transportation to and from athletic events, a person may get off a bus without coming back to the school if it is at their home or a parent is waiting for them at a place that would be closer to their home.

A student may ride home with his or her parents, provided a note, written by one of the parents or legal guardians, is given to the head coach or activity sponsor before 3:45 p.m. of the particular date in question or personally signs the sign-out sheet on site. If the student will need to ride home with his parents on a regular basis, one note will be sufficient for the season. A student may ride home with another parent, brother, sister, or close relative, only when the parents write a note for an administrator's approval prior to leaving on the trip. Any student who abuses the rule when the student forgets a note, rides home with someone other than the note indicates, violates any training rules as defined by the head coach, or rides home with another student, boyfriend, girlfriend, etc. will be suspended from their team or organization for the remainder of the season and will forfeit those awards earned prior to the suspension during the current season in question.

All students will be transported to and from extra curricular activities using district transportation, unless prior arrangements have been made. Prior arrangements must be approved by the activities director and/or the principal.

SUNDAY PRACTICE

Occasionally, a coach may have a practice on Sunday to prepare for a Monday contest. However, Sunday practice times will be scheduled late afternoon or early evening. We do however, expect the student/athlete to communicate with the head coach should he/she miss a practice.

CHANGING/QUITTING TEAMS

A student who is out for a sport has up until the first competition of that particular sport or activity to quit without consequences. If a student chooses to quit a particular sport **after** the first contest date of the sport/activity, the student will not be eligible to start practicing or participating in any other extracurricular activities until the completion of the particular sport/activity. This includes open gyms, open fields, preseason conditioning, and weight-room activities as well. The only exception is if the coaches of **both** sports and the athletic director give their consent. When an athlete quits, he automatically forfeits his privilege to participate on the team. If the athlete who quits comes to the coach asking for reinstatement, the coach reserves the right to say "no." The coach may however, for a period of 72 hours reinstate that player at his discretion. After the 72 hour period, the player is no longer eligible for reinstatement.

If any athlete is cut from the squad for reasons other than disciplinary reasons, he may try out immediately for another sport in the season or begin practice in a sport of the succeeding sport season.

UNSPORTSMANLIKE CONDUCT

A display of unsportsmanlike conduct, the use of profanity, insubordination, or other behavior unbecoming an athlete during practice or contest will result in disciplinary action. The coach has the responsibility and the authority to take action that will result in what is best for the individual, the team, and the school. Disciplinary action may range from a verbal warning, counseling, or suspension. Dismissal from the team may result after the coach has made a recommendation to the athletic director and/or principal.

SUPERVISION POLICY

No individual student, team or activity group shall be permitted to participate in events without being accompanied and supervised by a representative of the school faculty or administrative staff. Activity sponsors are responsible for supervision of groups while on the bus traveling to and from events, while at the events, and until the students' rides arrive. Activity may not occur without school representative supervision. This includes but is not exclusive to: practices, meetings, performances, contests and bus transportation.

Sponsorship includes the coach/sponsor riding the bus, accompanying the activity, and/or supervising any activity under the sponsorship of a particular department. Sponsorship may necessitate the coach/sponsor procuring assistance from within his/her own department and/or activity personnel. It is the responsibility of the activity sponsor to cover his/her events.

SPORTS BY SEASON

FALL SPORTS

Boy's Cross Country – Varsity, Junior Varsity, MS
Girl's Cross Country – Varsity, Junior Varsity, MS
Football- Varsity, Junior Varsity, 7th & 8th Grade
Softball- Varsity, Junior Varsity, 7th & 8th Grade
Volleyball-Varsity, Junior Varsity, 7th & 8th Grade
Cheerleading-Varsity, 7th & 8th Grade

WINTER SPORTS

Boy's Basketball – Varsity, Junior Varsity, 7th & 8th Grade
Girl's Basketball – Varsity, Junior Varsity, 7th & 8th Grade
Cheerleading-Varsity, 7th & 8th Grade

SPRING SPORTS

Baseball – Varsity, Junior Varsity,
Boy's Track – Varsity, Junior Varsity, 7th & 8th Grade
Girl's Track – Varsity, Junior Varsity, 7th & 8th Grade
Boy's Golf-Varsity

EXTRA CURRICULAR INTERSCHOLASTIC ACTIVITIES

Academic Bowl – Varsity, Junior Varsity
Band-concert, marching, pep
Choir
Distributive Education Clubs of America (DECA)
Fall Cheerleading – Varsity, Junior Varsity, Freshmen
Family, Career and Community Leaders of America (FCCLA)
Future Business Leaders of America (FBLA)
Future Farmers of America (FFA)
Future Teachers of America (FTA)
Math Club
National Honor Society
Student Council
Yearbook
Senior Class
Junior Class
Sophomore Class
Freshmen Class

PARENT/ATHLETE/COACH COMMUNICATION GUIDE

Our Philosophy:

- Chain of Command: Coach, Athletic Director, Principal, Superintendent, Board of Education.
- Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.
- The school athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff.
- We are continually attempting to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

Your Expectations:

A. It is reasonable to expect your child's coach to inform you:

1. When and where practices and contests are held.
2. About the expectations he/she has for all athletes on the squad as well as your individual child.
3. What is required to be a part of the team, i.e., fees, special equipment, off-season conditioning, lettering requirement, etc.
4. If your child is injured during participation in a practice or contest.
5. Whenever any disciplinary action results in your son/daughter being denied participation in a practice or contest.

B. Typical concerns of parents that are **appropriate** to discuss with a coach are:

1. Any unhealthy mental or physical strain you detect in your child at home (especially when it affects his/her academic performance).
2. How you can contribute to your child's skill improvement and development.
3. Any dramatic changes you detect in your child's behavior.

Our Expectations:

The Montgomery County School District expects all players, parents, relatives, and spectators to demonstrate good sportsmanship and help maintain a positive educational environment for all of our student athletes.

A. It is **inappropriate** to discuss with a coach:

1. Team strategy or play calling.
2. Other student athletes

B. Coaches often need parents to tell them:

1. Any specific health concerns about your son/daughter expressed directly and informally to the head coach in a mutually convenient time.
2. Notification of any schedule conflicts well in advance.
3. Your commitment to the program, and how you plan to make a contribution to the program's success. For example, one way is to be sure your child gets enough rest and nutrition at home.
4. Strategies that have worked for you in dealing with your son/daughter being successful in the past.

C. If you have a concern to discuss with a coach, what procedure should you follow?

1. Make sure the athlete has met with the coach and discussed the issue.
2. Make an appointment with the coach. NEVER approach a coach after a game unless the coach requests this (24 Hour Rule).
3. If the coach cannot be reached, call the Athletic Director to set up a meeting.
4. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be busy and emotional times for both the parent and the coach and this period does not promote objective analysis of the situation.

- D. What should you do if the meeting with the coach does not result in a resolution to the problem?
1. Call and set up an appointment with the Athletic Director to discuss the situation.
 2. At this meeting the appropriate next step can be determined. The next appropriate steps include the Principal, Superintendent, Board of Education.

ACKNOWLEDGEMENT OF ATHLETIC HANDBOOK

I acknowledge receipt of a copy of the athletic handbook and have read the rules concerning eligibility and conduct for Montgomery County student athletes. I understand the rules and realize that I am subject to disciplinary measures should I violate them. I do agree to participate and conduct myself in accordance with the rules of our athletic program and with specific rules of my coaches.

We, the undersigned, agree that we have been given the following information and understand it fully.

- I. That the school agrees to provide:
 - a. Supervision.
 - b. Instruction.
 - c. Proper equipment (this excludes equipment or uniforms provided by the participant).
 - d. Proper safety precautions.
- II. That the school abides by all written rules regarding behavior and safety.
- III. That participating in athletics/activities may cause serious injury or death.