

Sherwood Cass R-VIII

2021/22



Student Activities Handbook

Sherwood Marksmen Activities Handbook

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STUDENT SECTION

INTRODUCTION

What a privilege to be a Marksmen! Hopefully the decision to take advantage of our extracurricular programs will be educational, rewarding, and challenging. This handbook provides an awareness of the programs available, standards and expectations of being a Marksmen, and encourages students to take advantage of as many programs as his or her time and talents will permit. We do not encourage specialization in any one activity. Actually we encourage all students to experience a variety of activities. We hope that through participation in Marksmen activities you will find value in the lessons that each activity provides.

PHILOSOPHY

We believe that interscholastic activities serve as an integral part of the school system. These opportunities are essential in providing unique situations that are challenging and difficult to duplicate inside the classroom. Participation will contribute to the overall development of learning by providing a more well-rounded educational experience.

MISSION STATEMENT

The mission of the Sherwood Cass R-VIII school is to prepare young men and women to become productive citizens in a global society. In partnership with parents and the community, the school seeks to develop the whole child: mentally, physically, emotionally, socially and spiritually. We also promote the value of participation, sportsmanship, team play, and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.

RESPONSIBILITY OF THE STUDENT

Student participation in any part of our activity programs is a PRIVILEGE, not a right. It carries great responsibilities to the school, to the activity, to the student body, to the community and to the student him or herself. As a student in the Marksmen activities programs you are accepting standards that are over and beyond that of the non-participating student.

The Sherwood Cass R-VIII school district is a member of the Missouri State High School Activity Association (MSHSAA) and shall be regulated by the code of the association. Students involved in school sponsored activities are also expected to abide by all the rules and regulations of the school district. These expectations can be found inside the student academic handbook. We also expect all of our participating students to follow the team rules that are set by the coach or sponsor.

Remember that you are always in the public eye. Good citizenship and personal conduct should be maintained at all times when you are a student that represents our school through activities.

EXPECTATIONS OF STUDENT-ATHLETES

The mission of Sherwood Cass R-VIII school is to create productive citizens in a global society. As a student you are in school to receive the best education that you are capable of receiving. Deciding to take advantage of extracurricular activities offered by Sherwood will hopefully add to and be a significant part in your total educational development. Choosing to participate comes with certain responsibilities and expectations:

1. Student-athletes are expected to maintain academic eligibility as set forth by MSHSAA and the Sherwood Cass R-VIII school district. It is the student's responsibility to make up any work or exams missed due to their participation in extracurricular activities.
2. Student-athletes are representatives of the school, community, their families and themselves. They are expected to practice sound citizenship and desirable social traits including: honesty, cooperation, dependability, showing respect for others and their abilities, and practicing emotional control.
3. Student-athletes are expected to show respect to their coaches, school personnel and school property. They are also expected to show respect to officials and other game personnel, school personnel from other schools, fans and spectators.
4. Student-athletes will be pushed by their coaches to excel in their particular activity. It is the expectation of the coaching staff and Sherwood Cass R-VIII school and the responsibility of the student-athlete that they learn the spirit and benefits of hard work, sacrifice, and find and exceed the limits of their potential.
5. The student-athlete will be instructed, through practice and training regimens, in good physical fitness techniques and healthy habits. It is expected by the coaching staff that the student-athletes follow these regimens in and out of school.
6. By joining the extracurricular activity of your choice, the student-athletes may be chosen by the coaches to take on extra leadership roles, such as captains or spokesperson, for the team. With these roles comes higher expectations from the coaches, teammates, officials, fans and administration. It is the student-athlete's responsibility to maintain good standing while serving in the added capacity as well as help serve as good role models for their fellow teammates.

PARTICIPATION GUIDELINES FOR ACTIVITIES

1. Students are free to make their own selections of activities in which they wish to participate. Student-athletes may not select more than one athletic program during the same season. They may participate in both athletic and non-athletic, such as band, scholar bowl, etc., activities in the same season.
2. Student-athletes must fulfill classroom obligations first before any activity requirements. Any classroom discipline must be completed before the student-athlete may be dismissed. The teacher and coach can make arrangements to allow the student-athlete to complete both obligations, but both parties must agree.
3. Student-athletes who are serving out of school suspension are not allowed on district property until they have completed their suspension. A student-athlete may not practice or participate in an event while suspended. Also because they are not allowed to practice or compete during their suspension, coaches may determine that the student-athlete is not prepared for a competition that is coming up and playing time may be affected. This is not meant to be a punishment, but as a safety precaution.
4. No student will be allowed to practice or participate as a member of an activity until they have fulfilled all obligations of the preceding activity. All uniforms, equipment and materials must be accounted for

prior to allowing the individual to act as a member of another activity. Music and non-athletic activities are exceptions.

5. All student-athletes will be transported to and from their respective activity event by school transportation. Parents or guardians may sign a transportation release, for only their student-athlete, at an event by contacting the coach after the competition is completed. Arrangements to have people other than parents or legal guardians transport their student-athletes from an event, must be made prior to the event with administration approval. We ask for at least 24 hour notice if possible.
6. No student-athlete will be allowed to participate in an activity, athletic event, or practice unless they were in attendance for all periods of that school day, unless approval is made by the administration. This rule also applies for the day prior to an event which comes on a weekend. It is important to be in attendance the full day following an event. It is imperative that student-athletes not use activities as an excuse to miss school. If a student-athlete comes to school and during the day visits the health/nurses room and is sent home, they are not to return or participate that day.
7. Absences from practices or events without prior notice or approval by the coach could lead to repercussions enforced by the coach as a violation of team rules.

ACADEMIC & ELIGIBILITY STANDARDS

The Sherwood Cass R-VIII school district feels strongly that academic achievements are as important as those reached in our activities. It is important that each student-athlete strive to reach high academic accomplishments. The backbone of a successful school is created through high driven students with the goals to go beyond the normal standard.

The Sherwood Cass R-VIII school district must abide by the MSHSAA policy, but does have the ability to be more strict when it comes to academic standards. High school has different requirements than middle school. These standards are designed to require student-athletes to complete their education, while also enjoying the privilege of competing for their school. Competing in interscholastic competitions is a PRIVILEGE not a right. The purpose of Sherwood Cass is to educate the students to the best of our and their abilities. If a student can not pass their classes, then they lose the privilege to compete in their activity.

Disclaimer: Any MSHSAA by-laws referenced in this handbook were taken from the previous year. This information is subject to change without notice. For the most accurate information regarding MSHSAA, its by-laws, and how they apply to certain situations, please contact the Athletic Department.

Grades 9-12

The high school students are checked per semester for eligibility purposes only. The following information is the academic and eligibility requirements set by MSHSAA. :

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

- a. Semester Prior to Participation: The student shall have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which a student can be enrolled in the semester, whichever is greater, or a student must have made standard progress for his or her level the preceding semester in a special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.
- b. Semester of Participation: The student shall currently be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater; or a student must be enrolled in a full course at his or her level in a special education program for the handicapped

approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.

c. 80% Credit Requirement: The calculation of the credit requirement described in a-1 and a-2 above for all enrolled students at the school shall be based on the maximum allowable classes in which a student can be enrolled at the member school during the normal school day due to the academic system that the member school has selected (7-hour day, block schedule, etc.) Credits earned in school-sponsored “extra” classes taken beyond the normal school day may be used toward academic eligibility. Internet classes offered by and at the member school and which are completed no later than the close of the semester with credit placed on the student’s transcript can be counted toward academic eligibility. (See also By-Law 2.3.4 regarding other courses that may be utilized.)

d. Entry into 9th Grade: A beginning 9th grade student shall have been promoted from the 8th grade to the 9th grade for first semester eligibility.

e. A student must be making satisfactory progress towards graduation as determined by local school policies..

DIAGRAM 2.3: SAMPLE HIGH SCHOOL ACADEMIC SCHEDULES

DIAGRAM 2.3 (a): SAMPLE HIGH SCHOOL ACADEMIC SCHEDULES

Academic Schedules	Credits Earned must equal 3.0 or 80%, whichever is GREATER
Six-period day (.5 each)	Must pass 6 of 6 (3.0)
Seven-period day (.5 each)	Must pass 6 of 7 (3.0)
Eight-Block schedule (.5 each)	Must pass 7 of 8 (3.5)
Four-Block schedule (1.0 each)	Must pass 4 of 4 (4.0)
Ten-Block schedule (.5 each)	Must pass 8 of 10 (4.0)

2.3.4 Grades 9-12 Enrollment Options for Academic Eligibility: The following options are available to students in order to meet the requirements of By-Law 2.3.2.a and b above.

a. Traditional Option: A student may meet the requirements outlined in By-Law 2.3.2 through being enrolled and attending classes full-time at the high school.

b. Non-Traditional Option 1 – Transcribed Credits: A student may meet the requirements outlined in By-Law 2.3.2 through meeting ALL of the following:

1. The student is an enrolled student of the high school, but all or some of the courses/credits are not taken at the local high school (virtual, post-secondary, work study, etc.),
2. All credits attempted/earned are placed on the high school transcript,
3. All classes must be completed by the high school’s close of the semester, as per By-Law 2.3.11, in order for those classes/credits to be considered toward activity eligibility.

c. Non-Traditional Option 2 (Public Schools Only) – Seat-Time + Non-Transcribed Credits: A student may meet the requirements outlined in By-Law 2.3.2 through meeting ALL of the following:

1. The student is an enrolled student of the public high school of residence, as defined in By-Law 3.10, and is taking a minimum of two credit-bearing, seat-time classes for a minimum of 1.0 units of credit at the high school, and
2. The high school administration confirms after a full academic review that the student is further enrolled in courses taken outside of the school which bring the student up to the academic credit requirements outlined in By-Law 2.3.2 (80%). Each local school will determine its own oversight, standards, and criteria for approval of such outside courses/credits, as well as the procedures to determine success/credit confirmation for academic eligibility for the current and following semester. It is not necessary that such confirmed credits be placed on the high school transcript, but may be listed, at the school’s discretion.
3. All classes/assignments must be completed by the high school’s close of the semester, as per By-Law 2.3.11, in order for those classes/credits to be considered toward activity eligibility.

d. Transfer of Enrollment based on Changes in Bona-fide Student and Academic Status: Any student whose enrollment status changes from being a non-bona fide student (not meeting By-Law 2.1 and one of the 9-12 Enrollment Options) to being a bona fide student (meeting By-Law 2.1 and one of the 9-12 Enrollment Options) would be considered a transfer student (see By-Law 3.10.4), and ineligible to represent a member school until a transfer of eligibility form is filed and an eligibility ruling is rendered.

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

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

Grades 7-8

The middle school students will be assessed during every mid-term and quarter. These assessments cannot affect eligibility, unless it is the final grade of a semester. These grade assessments will determine whether or not students go on activity probation.

2.3.6 Grades 7 and 8 Enrollment Option for Academic Eligibility - Traditional Option: A 7th or 8th grade student must meet the following requirements in order to be academically eligible to participate in interscholastic activities:

- a. Grading Period Prior: A "grading period" is a period no less than six weeks and no greater than nine weeks where progress is determined and is reported to students/parents. A student must have been promoted to a higher grade or a higher level in special education at the close of the previous year. However, any such student who failed more than one scheduled subject, or failed to make standard progress in special education, shall be ineligible the following grading period regardless of promotion to the higher grade. (However, see also item c below).
- b. Grading Period of Participation: The student shall be currently enrolled in and regularly attending the normal course for that grade or must have enrolled in a full course at his or her level in any public school special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent chronological age.
- c. Entry into 7th or 9th Grade: This section shall not apply to students promoted for the first time into the 7th or into the 9th grade prior to the first day of classes.

2.3.7 Grades 7 and 8 Enrollment Option for Academic Eligibility - Non-Traditional Option - Missouri Course Access Program (MoCAP): In order to be considered academically eligible for participation in interscholastic activities at a member school, a student that is enrolled in MoCAP:

- a. Shall meet the requirements listed in 2.3.6 above; these minimums may be met through a combination of MoCAP courses and those taken at the member school;
- b. Shall, during the grading period of participation, be enrolled in two or more standard classes at the member school. If there is a class associated with the activity, the student must be enrolled in that course in order to participate;
- c. Must complete MoCAP courses by the close of the grading period for the member school in order for those classes to be considered towards activity eligibility.

2.3.8 Grades 7 and 8 Summer School: A local school district may reinstate the FIRST grading period eligibility of a student being promoted to the 8th grade who has failed more than one class but no more than three classes if the student passes the appropriate number of core classes through secondary school-sponsored summer school, as described below, and provided the following requirements are met:

- a. The counting of summer school classes must first be approved by the local school administration.
- b. The grade earned for the summer school course is placed on the student's school transcript.
- c. Only core classes (science, math, social studies and communication arts) may count toward reinstatement of first grading period eligibility.

- d. A student who has failed two scheduled subjects must pass at least one core class through secondary school-sponsored summer school; a student who has failed three scheduled subjects must pass at least two core classes through secondary school-sponsored summer school.
- e. Online courses may not count as summer school credit.

Additional Requirements

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

2.3.10 Fifth Day Requirement - Losing Eligibility: A student who becomes academically ineligible shall lose the privilege to represent the school the fifth day classes are attended in the succeeding semester (high school) or grading period (junior high). Exception: If a student becomes academically ineligible for the fall semester (high school) or first grading period (junior high) he/she is ineligible for all activities beginning with the first event.

2.3.11 Incomplete at Close of Semester: Credit earned or completed after the close of the school's semester shall not count as having been earned that semester, except in case of illness verified by a physician. This rule is automatically waived in case a student fails to complete the required units of credit in a given semester because of his being drafted or being called to service in the National Guard or military service.

DRUG AND ALCOHOL ABUSE POLICY

Drugs and alcohol have no place at Sherwood Cass R-VIII school. The use of of drugs and alcohol limits the ability of student-athletes to perform up to their potential in the athletic world and most importantly in the classroom. Furthermore the Sherwood Cass R-VIII school district recognizes the use of mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning, and the total development of each individual. Each parent and student-athlete need to realize that there **are** reasons for why the government has set strict age restrictions on legal drugs. Nationally recognized experts agree that the human growth process can be severely damaged or slowed by the use of drugs at any age, but these effects are magnified during adolescence. Please take this information seriously. The following will explain our assessment process and possible repercussions for violations of the drug and alcohol abuse policy.

There are two parts that make up the drug abuse policy. The first is the local school district policy as set forth by the school board and administration. The second is the MSHSAA policy on citizenship. Both of these work in tandem to set the guidelines that must be followed by student-athletes.

Drug/Alcohol

(see Board policies JFCH and JHCD)

1. Possession, sale, purchase or distribution of any over-the-counter drug, herbal preparation or imitation drug or herbal preparation.

First Offense: In-school suspension or 1-180 days out-of-school suspension.

Subsequent Offense: 1-180 days out-of-school suspension or expulsion.

2. Possession of or attendance while under the influence of or soon after consuming any unauthorized prescription drug, alcohol, narcotic substance, unauthorized inhalants, counterfeit drugs, imitation

controlled substances or drug-related paraphernalia, including controlled substances and illegal drugs defined as substances identified under schedules I, II, III, IV or V in section 202(c) of the Controlled Substances Act.

First Offense: In-school suspension or 1-180 days out-of-school suspension.

Subsequent Offense: 11-180 days out-of-school suspension or expulsion.

3. Sale, purchase or distribution of any prescription drug, alcohol, narcotic substance, unauthorized inhalants, counterfeit drugs, imitation controlled substances or drug-related paraphernalia, including controlled substances and illegal drugs defined as substances identified under schedules I, II, III, IV or V in section 202(c) of the Controlled Substances Act.

First Offense: 1-180 days out-of-school suspension or expulsion.

Subsequent Offense: 11-180 days out-of-school suspension or expulsion.

It has further been established that student-athletes can be held accountable for actions taken away from school grounds. Abuse that takes place:

- a. on any school property or on any school approved vehicle used to transport student-athletes to and from school, school activities, or competitions,
- b. off school property but attending a school sponsored activity, event, function or trip,
- c. off of school grounds but is evident that the student is under the influence of any controlled substance,
- d. takes place at a different school, but during a school sponsored activity, event or function,

is prohibited and a student-athlete is subject to discipline for a violation of this policy and to the same penalties as for possession or consumption on school property.

Tobacco

1. Possession of any tobacco products, electronic cigarettes, or other nicotine-delivery products on district property, district transportation or at any district activity. Nicotine patches or other medications used in a tobacco cessation program may only be possessed in accordance with district policy JHCD.

First Offense: Confiscation of tobacco product. Principal/Student conference, detention, or in-school suspension.

Subsequent Offense: Confiscation of tobacco product. Detention, in-school suspension, or 1-10 days out-of-school suspension.

2. Use of any tobacco products, electronic cigarettes, or other nicotine-delivery products on district property, district transportation or at any district activity. Nicotine patches or other medications used in a tobacco cessation program may only be used in accordance with district policy JHCD.

First Offense: Confiscation of tobacco product. Principal/Student conference, detention, in-school suspension, or 1-3 days out-of-school suspension.

Subsequent Offense: Confiscation of tobacco product. In-school suspension or 1-10 days out-of-school suspension.

3. Student-Athletes who legally purchase tobacco products, while wearing school or team uniforms, as witnessed by school personnel, will be seen as abusing the tobacco abuse and citizenship policies as outlined in this handbook. Punishments will be at the discretion of school administration.

Administration

Any student athlete or activity member who is proven to be in possession of any illegal substance including alcohol, tobacco, or illegal drug will be subject to MSHSAA guidelines and consequences set forth by the school. Punishment may range from removal from the team for a minimum of three days to a maximum of the remainder of their high school career. The seriousness and frequency will determine the severity of the consequence.

MSHSAA Board Policy on Use of Tobacco and Alcohol by Participants

Use of tobacco, alcohol, or controlled substance (other than prescription) by any participant while at a MSHSAA event on any event building/grounds is prohibited. Violation shall result in disqualification from the event

Random Drug Testing Policy

All students in activities, sports or drive to school must be a member of the drug testing pool. The consent form must be turned into the high school office **by a date predetermined by the administration**. See our Drug Testing handbook for further details.

Citizenship Requirements

Citizenship plays an important part in interscholastic athletics/activities in Missouri and at Sherwood. Students are expected to be credible citizens to participate in extracurricular activities and represent the school and their communities in a credible fashion. MSHSAA has a citizenship requirement and the school has expanded on this policy to better define the repercussions for violating this requirement.

2.2 CITIZENSHIP REQUIREMENTS

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

2.2.2 Law Enforcement:

- a. 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.
- b. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.
- c. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others.
(Editor's Note: If a traffic offense is accompanied by an act covered in letter a above, such as property damage, bench warrant, etc., eligibility will be delayed per letter a.)

2.2.3 Local School:

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

- e. Each individual school has the authority to set more restrictive citizenship standards and shall have the authority and responsibility to judge its students under those standards.
- f. Each school shall diligently and completely investigate any issue that could affect student eligibility.

2.2.4 Expulsion: A student who is expelled from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion. An expulsion is prompt removal of a student from school following the conduct for which the student is under discipline, whereby the student is not allowed to return to school until either an appeals process reinstates the student or the duration is fulfilled. However, this period of ineligibility shall not apply to any student expulsion for conduct otherwise protected by law which does not materially and substantially interfere with the requirements of appropriate discipline in the operation of a school.

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

ISS/OSS Policy

In School Suspension (ISS) - If a student-athlete receives more than one day of ISS, the student-athlete will be able to practice, but will sit out of any contests or performances until after the full suspension is completed. A student is eligible on the last day the ISS has been completed. Team rules and policies may prohibit student-athlete participation.

Out of School Suspension (OSS) - The student-athlete will not have any contact with the team during any school events, including practice, games, performances, or any team sponsored activity, until the suspension is completed.

Technical/Flagrant Fouls and Ejections

Student-Athletes who commit multiple flagrant/technical fouls during a season are subject team and administration corrective actions. This could lead to a suspension from team activities, to removal from the team or removal from future activities at administration discretion. Frequency and severity will play a role in determining repercussions.

Ejections from a contest requires further action from both MSHSAA and possibly the school
According to MSHSAA by-law:

5.5.1.c A player who is ejected from a contest for unsportsmanlike conduct shall at a minimum be prohibited from playing in the next interscholastic contest for that sport at that same level.

Other requirements from MSHSAA require a report to be filed by the administration detailing the incident and how the school will handle the punishment for the ejection. Further team rules/administrative requirements may require other actions to be completed before further participation in the activity. Depending on the report filed, MSHSAA also has the right to accept or reject the report and may require other actions for further participation as well.

HAZING, HARASSMENT & BULLYING

The hazing, harassment & bullying policies also draw from local board and administration policy and MSHSAA policy. The legal decisions that have decided these policies have been very strict to those that have been found to violate others rights. It is important to report any instance of any hazing, harassment or bullying to a coach or administrator and parent. Being proactive will help eliminate any event from becoming more of an issue than what is necessary.

Hazing

(see Board policy JFCF)

Any activity that a reasonable person believes would negatively impact the mental or physical health or safety of a student or put the student in a ridiculous, humiliating, stressful or disconcerting position for the purposes of initiation, affiliation, admission, membership or maintenance of membership in any group, class, organization, club or athletic team including, but not limited to, a grade level, student organization or district-sponsored activity. Hazing may occur even when all students involved are willing participants.

First Offense: In-school suspension or 1-180 days out-of-school suspension.

Subsequent Offense: 1-180 days out-of-school suspension, or expulsion.

Harassment

Including Sexual Harassment (see Board policy AC)

1. Use of material of a sexual nature or unwelcome verbal, written or symbolic language based on gender, race, color, religion, sex, national origin, ancestry, disability or any other characteristic protected by law. Examples of illegal harassment include, but are not limited to, racial jokes or comments; requests for sexual favors and other unwelcome sexual advances; graffiti; name calling; or threatening, intimidating or hostile acts based on a protected characteristic.

First Offense: Principal/Student conference, detention, in-school suspension, 1-180 days out-of-school suspension, or expulsion.

Subsequent Offense: In-school suspension, 1-180 days out-of-school suspension, or expulsion.

2. Unwelcome physical contact of a sexual nature or that is based on gender, race, color, religion, sex, national origin, ancestry, disability or any other characteristic protected by law. Examples include, but are not limited to, touching or fondling of the genital areas, breasts or undergarments, regardless of whether the touching occurred through or under clothing; or pushing or fighting based on protected characteristics.

First Offense: In-school suspension, 1-180 days out-of-school suspension, or expulsion.

Subsequent Offense: 1-180 days out-of-school suspension, or expulsion.

MSHSAA Policy

It is the policy of the MSHSAA Board of Directors that hazing and harassment have no place in school-sponsored activity programs and pose a significant risk to the physical and mental welfare of students. Coaches, directors, sponsors and administrators must take an active role in the prevention of all forms of hazing and harassment. Students directly or indirectly involved in hazing incidents, on or off school grounds, could be considered ineligible by the school administration under the MSHSAA citizenship standard, By-Law 2.2.

Hazing: Willful conduct directed at a student that is intended to physically or emotionally intimidate, punish, embarrass, humiliate, ridicule, or place any student in a disconcerting position for the purpose of initiation, affiliation, inclusion or membership in any team or organization.

Harassment: Unwelcome conduct by a person that is sufficiently serious, persistent or pervasive, so that it affects another person's ability to participate in or benefit from the school program or activity by creating an intimidating, threatening or abusive environment.

Bullying

Includes Cyberbullying (see Board policy JFCF)

Intimidation or harassment of a student or multiple students perpetuated by individuals or groups. Bullying includes, but is not limited to: physical actions, including violence, gestures, theft, or damaging property; oral or written taunts, including name-calling, put-downs, extortion, or threats; threats of retaliation for reporting such acts; sending or posting harmful or cruel text or images using the Internet or other digital communication devices; sending or posting materials that threaten or raise concerns about violence against others, suicide or self-harm. Students will not be disciplined for speech in situations where the speech is protected by law.

First Offense: Detention, in-school suspension, or 1-180 days out-of-school suspension.

Subsequent Offense: 1-180 days out-of-school suspension or expulsion.

SPORTSMANSHIP

The Sherwood Cass R-VIII community is very proud of its school. It is important that each student-athlete portray the standards of good sportsmanship. Many times communities and schools build reputations on behalf of the school sports teams and the conduct of their athletes. These school teams, student-athletes and sponsored activities are the most widely visible opportunity for people outside of our district to learn and understand how a school operates. These opportunities can build a positive or negative view of the school and community. Let's make our school and community look good by handling disappointment and success with pride.

The moment that you put on a Marksmen uniform, we hope that you are filled with a sense of pride and accomplishment. It takes a lot of hard work and sacrifice in order to earn the privilege of wearing the black, white and red. In that moment you become a representative of Sherwood school, the communities, your family and yourself both in school and outside of school. If each student-athlete exhibits the traits of good sportsmanship and is willing to recognize the abilities they possess it will only take hard work to be successful. A winning philosophy is important, but a winning attitude helps make a champion. Attitude is best defined by how a person thinks, feels, and acts. The desire to excel and win in your activity, and to defeat your opponent gracefully are all positive points and attributes of a positive winning attitude. Student-athletes must realize the importance of how the game or activity is played and viewed. Simple gestures of respect and participation in the proper manner will lead to the learning of life lessons.

Some examples of good sportsmanship are:

- Conducting themselves in a proper manner.

- Cooperating with and respecting official's calls and decisions.

- Accepting and complying with decisions of coaches and officials.

- Shaking hands with an opponent before and after a contest.

- Showing self control at all times.

- Accepting both victory and defeat with pride, compassion, grace and never being boastful.

There can be repercussions for unsportsmanlike conduct.

MSHSAA by-law 5.5.1.c states:

- A player who is ejected from a contest for unsportsmanlike conduct shall at a minimum be prohibited from playing in the next interscholastic contest for that sport at the same level.

MSHSAA also allows for schools to enforce more strict penalties based on the conduct, the severity and situation.

INTERNET AND SOCIAL MEDIA

As technology expands, so does its use in schools and school activities. While the internet and social media have become fact of life for many students, it can lead to many negative consequences for improper use. Many students get a false sense of security when posting things online. They feel that when they post something that there can be no consequences at school. If posts on social media, blogs, chat boards, or other forms of online communication interfere with the daily school function or cause a disruption at school, they can have repercussions at school, whether the posts were made at school or not. Please be advised when using social media to be positive and be cautious about what you say and who you say it to. MSHSAA also has a policy in regards to social media.

42. BOARD POLICY ON USE OF INTERNET MESSAGE BOARDS / SOCIAL MEDIA

The Missouri State High School Activities Association strongly encourages its coaches, administrators and officials to take an active role in the prevention of unsportsmanlike materials on internet message boards and posted through social media. School administrators should discourage student participants and coaches from posting objectionable or unsportsmanlike material on internet web sites; however communication of a positive nature is always encouraged. (June 2002; Revised 2013)

CARE OF EQUIPMENT AND FACILITIES

In order to give each student a sense of responsibility and appreciation of their equipment, each student will be held accountable for the abuse or loss of said equipment. If any equipment, uniform or other items checked out to a student-athlete is lost or stolen, the student-athlete who checked out the lost or damaged equipment **must** pay for **its replacement or repair**. The student could also have their grade card held until the equipment is either returned or paid for. The same accountability will be enforced regarding the facilities. **Intentional damage** to buildings, windows, locker rooms or any other facilities located on school property is a crime. If a student commits this crime, they may be required to clean, replace, repair or pay for the damage. Legal action could also be pursued. If any accidental damage to equipment or facilities takes place, outside of normal wear and tear, please report it to your coach or a school administrator as soon as possible.

PHYSICAL EXAMS & INSURANCE INFORMATION

MSHSAA has established a policy that no student-athlete will be able to participate, in any fashion, in any sport or activity that requires a physical until the physical is completed by a physician and insurance is obtained and reported to the school. Physicals forms are available in the middle school and high school offices, a link on the school web page or on MSHSAA's website.

MSHSAA Policy

3.8 PHYSICAL EXAMS AND INSURANCE

3.8.1 Physical: 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 two years (730 days) from the date of issue for the purpose of this rule.

3.8.2 Insurance: 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.

SEARCHES

Students should have no expectation of privacy with district provided equipment or areas such as lockers, desks, computers, etc. Additional searches of pockets, purses, vehicles and other personal possessions may be done in accordance with the law, if there is reasonable suspicion that a violation of the student code of conduct or crime has occurred.

GROOMING POLICY

Because the student-athlete does represent Sherwood Cass R-VIII school and the community while participating in interscholastic events, a statement can be made about the school and community in regards to the appearance of the student-athlete. In general, hair should be groomed in a tasteful manner with the safety of the individual, their teammates, the school, community and opponents in mind. It is important that each student-athlete represent the school in an appropriate manner.

Coaches may establish higher codes of grooming if necessary. It is also acceptable to require a certain dress code for their student-athletes on game days, at school, or on sponsored trips. All student-athletes representing Sherwood Cass R-VIII school are expected to wear appropriate clothing. See the student handbook for specific requirements.

CONFLICT RESOLUTION

Student-athletes, coaches and sponsors of non-athletic activities should practice good behavior at all times. Those involved in activities should make the best choices when participating in activities as to not create conflicts between non-athletic activities, athletic activities, peers or other coaches and sponsors. This involves good communication, decision making, prioritizing, and planning of long range goals and aspirations. However, when a conflict does arise between two different activities, administrative priority will examine the order of precedence below. This does not mean that other decisions will not be made.

Order of Precedence:

1. Academic Class
2. National & State Events
3. District & Conference Events
4. Interscholastic Events
5. Required Practices
6. Regular Practices
7. Tryouts

When observing improper behavior or problems between two parties, the best solutions are ones that address the problem at the time it is observed or occurs. Please understand that conflict resolution is best done with level heads and calm emotions. Approaching someone you have an issue with when you are upset may cause a bigger issue. Please use common sense when this occurs and try to solve the problem once your emotions are not running as hot. Here is the proper method of conduct that needs to be followed when attempting to resolve a conflict:

1. Talk to the person one-on-one (please be open to discussion and not upset or combative)
2. Tell a captain or a designated team leader
3. Tell the sponsor or coach
4. Set up a meeting with the Activities Director or school counselor (when necessary)

5. Set up a meeting with the building Principal or school counselor (when necessary)

MERITS & LETTERING PROCEDURE

The Sherwood Cass R-VIII school district likes to recognize student-athletes who participate in our activity programs. For a student-athlete to earn a varsity letter, participation certificate or team award, they must complete the following universal rule:

Student-athletes must complete a full activity season. An exception will be made if an injury has been diagnosed by a professional that ends their ability to participate. In this situation, the student-athlete must still need to be involved with the team or coach in a manner decided by the coaching staff or administration.

If a student is removed from a team as a result of academics, discipline policy violations or a coach's decision, he or she forfeits the privilege of attending the awards banquet and any letters/awards they may have earned while they were participating.

List of Awards

1. Varsity Letter - can only be given to those students who compete at the varsity level. These minimum requirements must be met in order to receive the award.
 - a. Student must compete in 60% or more of the varsity quarters or games (dependant upon activity).
 - i. **A few activities have different participation requirements to earn a varsity letter. Please ask the coach or sponsor for those specific guidelines.**
 - b. Participation to earn a varsity letter does not carry over from one activity to another.. It must be earned with a single sport, or activity.
 - c. Participation to earn a varsity letter must be completed during the season. If a student-athlete does not meet the requirements during that season, they can not use the participation time during the next season.
 - d. Students may letter in more than one sport or activity. Sherwood Cass R-VIII will provide the official school letter. The school will only provide one letter per student throughout their high school career.
2. Participation Certificates - are given to all student-athletes who complete a full activity season.
3. Team Awards - are solely up to the coach or sponsor of the team or activity
4. Special Awards - may be awarded at the discretion of the Activities Director. **There may be certain requirements that must be met.** These awards do not have to be given annually.

PROPOSAL GUIDELINES FOR NEW ACTIVITIES

The following steps are suggested for those who desire to initiate a new activity or program. Following the steps does not guarantee that a new activity or program will be instated. Many factors may go into a decision to create a new activity.

1. Investigate the interest and needs of students for the activity through surveys.
2. Hold a preliminary meeting with potential sponsors and students
3. Correlate information on the total cost and possible locations for the activity. All other important and pertinent information, such as safety requirements, regarding the activity should also be gathered.

4. Provide the activities director with all information gathered. The activities director may ask for additional information or request other steps to be taken. Please wait 7-10 business days for a response. If no response is made, then take the information to the school administrator.
5. The activities director will take the proposal to the high school or middle school administrator for consideration or approval. If the activities director or school administrator denies the proposal, then the person leading the proposal will need to seek further assistance.
6. If the proposal is accepted by the activities director and principal(s), then the proposal will be taken to the information to the superintendent of the school.
7. The superintendent will make the decision to deny, approve, or take the proposal to the school board.
8. If the proposal is denied by the superintendent, then the next step is to take the information gathered and the proposal to the school board to discuss direct approval.

*If steps 1-8 are not followed, it is unlikely that the proposal for the new activity will be approved.

COACH SECTION

COMMITMENT TO THE STUDENT- ATHLETE

A coach is in a unique position in a student-athlete's life. Many times a coach will spend as much time with, or possibly more, than the student-athlete does with their own parents. Coaches are leaders who can inspire the student-athlete and get them to accomplish things they didn't know they were capable of. As a coach, we should strive to be those role models. Coaches at Sherwood Cass R-VIII need to be mindful of our position in the community, understand that we live a life in the spotlight regardless of where we are at any given time. We need to lead with the best interests of our student-athletes in mind, not self interest. We need to be compassionate, forgiving, courteous, patient, respectful and firm but positive. Treat the student-athletes as you yourself would like to be treated. If we do these things we will teach them to be good people, and therefore winners, regardless of the outcome of the contests.

We encourage all of our students at Sherwood Cass R-VIII to participate in activities of interest. We also promote our student-athletes to participate in more than one activity throughout the year. We ask all of our coaches and sponsors to respect each other and their programs. Do NOT require a student-athlete to attend a conflicting activity or training while they are committed to another activities season. Allow the student to stay focused and committed to their team so that they can be successful. We understand that there will be conflicts at times. Always keep the lines of communication open and cordial between coaches and staff. Allow the student-athlete to grow by making their own decisions.

CODE OF ETHICS

Guiding Principles

Coaches/sponsors at public schools are first and foremost educators. Coaches/sponsors have a duty to supplement a student-athlete's academic endeavors by imparting valuable life skills and emphasizing the positive attributes of athletic/student competition. Recognizing that coaches mold the minds of formative youths, this Code requires coaches/sponsors to instill in their student-athletes the values of respect, honor, discipline, duty, leadership, fairness, and sportsmanship. These basic tenets of a coach/sponsor's responsibility are embodied in the following coaching guidelines.

Obligation to the School

- The coach/sponsor will never place the goal of winning on a pedestal, such that winning is valued more than the need to develop the student-athlete's academic abilities and personal character. The coach/sponsor will have the responsibility to harmonize the interests of developing student-athlete's skills with the promotion of academic achievements.
- The coach/sponsor, as a representative of the school and a role model for student-athletes, will be held to the highest possible ethical and moral standard and will conduct all of their affairs with dignity and honor.
- As part of this high ethical and moral standard, the coach/sponsor will refrain from using profanity, making obscene gestures, or verbally abusing any individual at practices, competitions, transportation to or from any practice or competition, or at any other setting where the coach/sponsor is acting in an official capacity as a representative of the school.
- The coach/sponsor will control his or her emotions and ego when representing the school and will avoid displays of anger, intimidation, or frustration.
- The coach/sponsor will never seek to assert influence over any school faculty for the purpose of according student-athletes privileges not ordinarily accorded other students.
- The coach/sponsor will be familiar with the requirements of this Code. The coach/sponsor will honor the spirit and purpose of this Code and require all others associated with the sport/activity to abide by the Code as well.

Obligation to Officials, Parents, and Fans

- The coach/sponsor will demonstrate proper sportsmanship when in contact with all officials, parents, and fans.
- The coach/sponsor will proactively seek the cooperation of parents and fans in maintaining the appropriate emphasis of sportsmanship.
- The coach/sponsor will treat others equitably and require all student-athletes to do the same.
- The coach/sponsor will communicate with parents in a respectful manner and provide parents with an opportunity to express any concerns in a cooperative environment, free of any hostility.
- The coach/sponsor will not engage in any taunting of opponents, fans, or officials, and will ensure that student-athletes refrain from taunting as well.
- The coach/sponsor will treat all officials with courtesy and respect. The coach/sponsor will refrain from public criticism of officials.

Acknowledgment

Many of the ideas for this Code of Ethics were drawn from numerous other codes. The most significant of these were developed by the National Federation of State High School Associations, National Coaching Foundation, and the British Institute of Sports Coaches.

SUPERVISION

All coaches and sponsors are responsible for supervising their student-athletes at all times while on school grounds or on school sponsored trips. They are our responsibility until they leave the school grounds or until they are in the care of a parent or guardian. Times of special attention need to be paid after times of practice, events, training sessions, and other times that we are in charge of student-athletes but they are waiting for parents/guardians **or other forms of transportation**. Do NOT leave student-athletes alone in the school, or allow them to wander around the school. Follow and be familiar with the Athletic Trip Traveling Guidelines. After practices and home and away events it is important that we monitor the locker rooms for damage and gather any items left behind on trips. Also, students are NOT to be in the gym without direct supervision.

EMPHASIS ON SPORTSMANSHIP

The Sherwood Cass R-VIII school has made a strong emphasis on good sportsmanship. We feel strongly that it needs to be important to all coaches, student-athletes, fans and parents who wish to be a part of any activity. The school district does not support or condone any negative conduct that is directed towards another school, school official, coach, student-athlete or official. MSHSAA policy on unsportsmanlike conduct explains this clearly.

5.5.1 Unsportsmanlike Conduct: The Board of Directors is vested with the power to suspend schools from membership for the unsportsmanlike conduct of teams, coaches, students or fans. Each school is responsible for the conduct of its teams, coaches, students and fans at games both at home and away.

- a. The Board may delegate to the Executive Director power to take immediate action when a situation demands such. The party or parties concerned shall have the privilege of requesting a hearing before the Board of Directors at its next regularly scheduled meeting for a review of the case and the action taken by the MSHSAA office.
- b. The Board of Directors may, at its discretion, substitute a fine for each offense in lieu of suspension from the Association or to take any action that it deems advisable that does not exceed the maximum penalty of 365 days suspension from the association.
- c. A player who is ejected from a contest for unsportsmanlike conduct shall at a minimum be prohibited from playing in the next interscholastic contest for that sport at that same level.
- d. A coach who is ejected during a contest for unsportsmanlike conduct shall at a minimum be prohibited from coaching and attending the next interscholastic contest for that sport or activity at that same level, and must satisfactorily complete an approved online sportsmanship training course, prior to being reinstated.
- e. Ejections must be appealed at the contest site. All appeals must be made at the time of occurrence by using MSHSAA Board Policy for On-Site Protests, and the decision made at the contest site is final. (See full procedures for protests in the Board Policies in the back of the Handbook.)

Sportsmanship is more than just your, or the student-athlete's, behavior during the game. It can be shown at any time, during practice, scrimmages, competitions or in conversations with parents, student-athletes and community members. It can also be displayed online and in social media. Please encourage positive use of these resources and refrain from any negative comments or posts. Please advise your student-athletes that what they say online can hold consequences in the school setting if it causes a disruption of school functions, and as a school ambassador could lead to team punishments. Please be aware of the internet and social media policy in the student section.

The school holds the right to implement a punishment that is more strict depending on the individual circumstances.

DRUGS, TOBACCO AND ALCOHOL

MSHSAA has policies in place governing the use of alcohol, tobacco and drugs for the student-athletes. As they are underage, there are legal repercussions for their use outside of the school realm. However, when it comes to coaches, they are of legal age to use these products in a legal manner. When it comes to interscholastic athletics, coaches must hold themselves to a higher standard and refrain from using these products. Coaches must be the role models that the student-athletes look up to. MSHSAA also has a policy when it comes to use during competitions.

43. BOARD POLICY ON USE OF TOBACCO AND ALCOHOL PRODUCTS BY COACHES AND OFFICIALS

It is important that all adults involved in the interscholastic activities program set the proper example for our participants with regards to the use of tobacco products and alcoholic beverages. We cannot let actions teach a philosophy of double-standards. Therefore, the Board of Directors has adopted the following policy statement to apply to all interscholastic athletic and non-athletic activities. Coaches, directors, sponsors, and contest officials are prohibited from using tobacco products or alcoholic beverages while directly involved in interscholastic activities. Involvement is defined in this policy as being in public view and when students are actually participating under the jurisdiction of the coach, director, and official. Proper enforcement is expected. Violations shall be reported to the school's administration and the MSHSAA.

COACHES CONFLICT RESOLUTION

As stated previously in this document in the student-athlete section on conflict resolution, "Those involved in activities should make the best choices when participating in activities as to not create conflicts between non-athletic activities, athletic activities, peers or other coaches and sponsors." Please read and be familiar with the student-athlete section of conflict resolution as it also pertains to the coaches. In addition to the student-athlete's section coaches should also follow these steps should a conflict arise between two coaches or sponsors.

1. Set up a face-to-face meeting between the coaches/sponsors. Trying to solve these issues without administrative intervention is ideal.
2. Set a meeting with the athletic director.
3. Set a meeting with the building principal.
4. Set a meeting with the superintendent.

FUNDRAISING POLICY

Fundraising has become an essential part of the school athletic world as funds become increasingly scarce. Before you plan a fundraiser, it is important that you talk to your student-athletes, assistant coaches, coaches of other sports and the administration to make sure that the fundraiser is both feasible and doesn't interfere with another program or their fundraisers. Please keep the community in mind when scheduling a fundraiser so that it doesn't create tension. We know that you only have the best interest of the student-athletes in mind.

1. A fundraiser is any event where a coach, teacher or sponsor collects money for their activity.
2. ALL fundraisers must be approved by the administration. If the athletic director, principal or superintendent approves the fundraiser, then a date must be scheduled through the central office secretary.
3. Sports camps that charge a fee to attend, other than for merchandise purchased, will be required to follow the same procedure as all other fundraisers. We want all of our student-athletes to be able to attend the camps that take place at our school. All sponsors need to be reasonable when charging a fee. See below for merchandise information.
4. No money can be collected and kept by the teacher, coach or sponsor. All bills and debt must be paid through the central office account.
5. Make sure that the school has a designated account for your activity. If there is not one, a new account will need to be established. This process is done through the central office accountant.
6. The money raised from the event must be given to the building secretary. Ask for a receipt and try to keep your funds organized.
7. Make sure that documentation from the event is also given to the central office accountant.

8. If the funds are needed for a purchase, the activities director, principal, or superintendent must still approve the request. Please always get approval before ordering the item(s) in question.
9. When holding a camp where the student-athlete's order apparel, equipment, or other items, but do not pay for the camp itself, please make sure that you keep track of all the items ordered and try to distribute them during the camp if possible. Please turn the money into the offices so that you can pay your vendors as soon as possible as well. Be courteous to those who do not purchase the items from the camp and please don't forget anyone who did purchase items from the camp.

MSHSAA SUMMER CONDITIONING POLICY

The Sherwood Cass R-VIII athletic department urges all student-athletes to condition all year round. We also urge our coaches and sponsors to prepare their squads in the offseason. The period of time between the end of one school year and the beginning of the next school year gives coaches time to prepare their athletes for the upcoming seasons. MSHSAA has set some guidelines governing the amount of contact days that you can have with an athlete in activity related instruction. Please read the following MSHSAA guidelines and be familiar with them.

3.15 SPORT PARTICIPATION AND CONTACT – DURING THE SUMMER

3.15.1 Definitions: The following definitions are provided:

- a. Definition of Summer - High School: Summer is defined as the period beginning with the day following the last day of school or the Friday preceding Memorial Day, whichever is earlier and ending Sunday of Standardized Calendar Week Number Five for all fall-season sports (See By-Law 3.29.6) and ending Sunday of Standardized Calendar Week Number Six for all other sports.
- b. Fall Sport No-Contact Period: The seven days prior to the first allowable practice date for the fall season shall be a seasonal no-contact period in which no "contact" as defined in By-Law 3.15.1.c takes place between school coaches of MSHSAA sponsored fall sports and students enrolled in the member school, or who will be enrolled in the member school during the upcoming school year.
- c. Definition of Contact Day: A day of contact is defined as any date on which any coaching or instruction in the skills and techniques of any sport takes place, regardless of whether activity-specific equipment is used. Any of the following would count as a day of contact – school competition, non-school competition, practice, review or chalkboard sessions, open facility, camp/clinic, evaluation events, group lessons, private lessons. Conditioning/Strength activities will not count as a contact day, as long as the activity adheres to the provisions outlined in By-Law 3.14.6.a - h. Simply being at a school facility will not count as a day of contact unless both coach and student are there and the sport (as defined above) is taking place.

3.15.2 During the summer, students may participate in sports activity, as long as such activity meets the provisions contained in other applicable MSHSAA By-Laws, and under the following conditions.

3.15.3 Limits on Contact – High School: For High Schools (Grades 9-12), a limit of 20 contact days is allowed per sport, per gender during the summer (as defined in By-Law 3.15.1.a). Sports contact, as defined above, between any coach for a particular sport and gender and any student enrolled at the member school or who will be enrolled in and attending the member school that fall will count as one day of contact toward the limit of 20 days for that sport. Summer contact days shall be documented and available upon request to other member schools and/or the MSHSAA office. By-Laws 3.13 (fall sports) and 3.14 (winter and spring sports) shall govern contact taking place after "summer" has concluded. (See also By-Law 3.15.7 for enrollment requirement, and By-Law 3.1, Coaching Requirements.)

3.15.4 Limits on Contact – Junior High: A maximum of 20 contact days are allowed per sport, per gender during the summer (as defined in By-Law 3.15.1.a). Sports contact, as defined above, between any coach for a particular sport and gender and any student enrolled at the member school or who will be enrolled in and attending the member school that

fall will count as one day of contact toward the limit of 20 days for that sport. Summer contact days shall be documented and available upon request to other member schools and/or the MSHSAA office. By-Laws 3.13 (fall sports) and 3.14 (winter and spring sports) shall govern contact taking place after “summer” has concluded.

3.15.5 General Requirements:

- a. Summertime Dead Period: See By-Law 1.5 regarding the required Summertime Dead Period.
- b. Voluntary Participation: All participation of students during the summer shall be voluntary and cannot be required directly or indirectly for team membership.
- c. Amateur Standards: Students must adhere to the Amateur Standards outlined in By-Law 3.6.
- d. Any camp fee (tuition) shall be provided by the student or the student's parents. Any use of school equipment and/or facilities must be approved by school administration.
- e. Non-School Sponsored Summer Activities & Events: No school owned personal player uniforms or equipment shall be used in summer activities that are not school-sponsored, other than as outlined in By-Law 3.15.6.b. Member schools may not rent, sell, lease, or loan their uniforms or player equipment for use in non-school sponsored camps or clinics or contests, other than outlined in By-Law 3.15.6.b.
- f. School-owned personal player uniforms and equipment may be used during the summer for school-sponsored summer activities at the school's discretion. Editor's Note 1: Private, one-on-one instruction: By-Law 3.13.6.b.1 is in place 365 days a year. Editor's Note 2: Students participating in any school-sponsored summer activities must be enrolled in the school prior to participation. (See also By-Law 3.15.7.)

3.15.7 School Sponsored Summer Sports Instruction/Camps: A member school may sponsor its own summer sport(s) camp(s) (team and/or individual camp) during the summer provided the following criteria are met:

- a. Only students enrolled to enter the 7th grade (Junior High membership or 7-12 membership) or the 9th grade (9-12 membership) who will attend the school, and currently enrolled students in the sponsoring member school, may attend the school-sponsored camp. A school district may offer a summer camp to students enrolled in the school district for the upcoming year in grades 7-12. (See By-Law 3.12.4 for youth camps which do not include 9-12 graders.)
- b. For a school-sponsored team camp (i.e. various high schools bringing a full team for a team camp), each school team participating in the camp shall be coached and supervised at all times by a member of that school's coaching staff.
- c. Late Release: Schools that release for summer following the defined start of summer may hold summer camps prior to school release for summer as long as students do not miss any instructional time. Further, these days shall be counted as summer contact days as defined in this section. Football is included in this allowance as well. Editor's Note: See By-Law 3.12.4 for coverage of youth camps.

3.15.8 Non-School Sponsored Summer Sports Camps: There is no restriction on the number of non-school sponsored specialized sports camps an individual athlete may attend during the summer provided all of the standards in this By-Law are met. Editor's Note: No MSHSAA catastrophic insurance coverage is in place during the summer.

Please see the MSHSAA Handbook for sports specific summer guidelines. Also please be aware of summer weather conditions and follow all district safety guidelines when conducting events at the school even during the summer.

COACHING EVALUATIONS

Sherwood Cass R-VIII attempts to hire the best coaches, sponsors and teachers to reach our students-athletes both academically and athletically. This process is repeated every year to assure that our school is heading in the best direction. Our coaches are evaluated at the end of each sports season to make sure that performances are consistently exceptional in meeting the performance criteria set forth by this handbook and the other various documents that we have that advise coaches. Each coach and sponsor of our

activities will be expected to demonstrate the ability to show their expertise through instructional strategies and their ability to reach young minds. Our coaches will be evaluated by the activities director using a form that spells out the different expectations that coaches are expected to master. High character qualities such as respect, honesty, hard work, determination, perseverance, and good communication skills will be assessed in these evaluations.

The evaluation process is private between the coach and the administration. These are not open records and the public will not have access to them. Our goal is to make the Sherwood Cass R-VIII school district not only competitive on the athletic side, but also on the academic side. Coaches need trust from their administration that they will not be openly scrutinized behind their backs. It is with this trust that they can make the athletic experience more enjoyable for the student-athletes, as well as the parents, and community.

SPECTATOR EXPECTATIONS

SPECTATOR BEHAVIOR

Sherwood Cass R-VIII takes pride in its athletes, coaches, sponsors, teachers and staff. It takes a lot of hard work and dedication from both the student athletes and coaches to perform at the different events that we host and take part in throughout the school year. We welcome all patrons, fans, parents, officials, and visitors from all schools to watch and enjoy the competitions that we host. When visiting Sherwood, we encourage good sportsmanship and behavior from all fans and spectators in all situations. Here are a few tips to help promote good sportsmanship and appropriate behavior:

1. Always use positive cheers and be supportive of the players.
2. Show respect and listen to the instructions of school staff.
3. Be respectful towards officials and their decisions.
4. Be respectful towards opposing players and coaches.
5. Be respectful to the facilities.
6. Avoid use of alcohol, tobacco and other illegal drugs while on campus.
7. Never enter a playing surface or disrupt a competition in progress.

If a spectator's behavior is determined to be inappropriate either by local administration, officials or law enforcement, spectators may be asked to leave the venue and property. Any ticket cost or entry fees will be forfeited and appropriate repercussions could be instituted at a later time. Schools are often judged by their athletes, coaches and fans. Please help us make Sherwood an enjoyable place to play and watch a game.

SHERWOOD CASS R-VIII SCHOOL DISTRICT EXTRACURRICULAR PLEDGE SHEET

I, _____, as a student of Sherwood, have read the rules, policies and guidelines set forth for participation of extracurricular activities in the Student Activities Handbook. I understand that my expectations are to follow the rules and regulations set by not only the activities handbook, but those set by the Missouri State High School Activities Association, the Sherwood student handbook and those set by the coach or sponsor. I fully understand my expectations in regards to citizenship, staying free from drugs, alcohol and tobacco and academics. I also understand that consequences will take place for breaking school policy while I am a student at the Sherwood Cass R-VIII school district.

I, _____, as a parent/guardian of the above student, have read the rules, policies and guidelines set forth for participation of extracurricular activities in the Student Activities Handbook and give my student permission to participate under these conditions and other conditions set by the coach or sponsor. I (We), the parents of the above student understand what is expected and the consequences of these actions should a violation take place.

Signature of Parent/Guardian Date

Signature of Student Date

Please return this pledge sheet to your coach or sponsor after you have read and signed.
Thank you and best of luck this season!