

Athletics and Activities Handbook 2020-2021



Smithville Middle School
Home of the Warriors

675 S. Commercial
Smithville, Missouri 64089

Telephone: (816) 532-1122

SPORTSMANSHIP

The Smithville School District is a member of the Suburban Conference and Missouri State High School Activities Association. As members of these groups, we adhere to policies set down for the display of good sportsmanship by athletes, students, fans, parents and patrons. Member schools are to enforce sportsmanship rules for our own school, players and spectators. Violation of rules can result in the following consequences: written reprimand, probation, suspension, ejection or permanent removal from events. Consequences are in force for players, coaches, students, parents and fans.

All school discipline policies and rules apply to the Smithville School District students at school activities whether they are held on school property or away from school.

GOOD SPORTSMANSHIP CODE

For Players, Coaches and Fans

1. Maintain pride in self and school.
2. Strive to keep high standards of conduct.
3. Cheering is always encouraged for one's own team.
4. No taunts, chants, noises, cheers, songs, profanity, signs or motions directed to the opposing team, coach, school or officials. Treat everyone with respect.
5. Positive signs may be displayed for one's own team.
6. No disrespect will be shown to the opposing team during introductions.
7. No noise makers.
8. No continuous standing.
9. Abide by the decisions of officials.
10. Accept victory or defeat graciously.

The Smithville School District grounds (inside and outside) are, by the Smithville School District Board policy, a tobacco-free environment. There is to be no smoking inside the building or outside on any school or athletic grounds.

INTRODUCTION

Welcome to the Smithville School District's activity/athletic program. Hopefully, your decision to take advantage of this portion of our co-curricular program will be educational, rewarding and challenging. This handbook is given to you so that you might be more aware of the programs that are available and their inter-relationships. The Smithville School District encourages you to take advantage of as many programs as your time and talent will permit. WE DO NOT ENCOURAGE SPECIALIZATION IN ONE SPORT; RATHER, WE WOULD ENCOURAGE YOU TO EXPERIENCE A VARIETY OF SPORTS AS WELL AS OTHER SCHOOL ACTIVITIES. Naturally, due to conflicts in seasons, practice times, schedules, etc., some choices will have to be made by you. Good luck to you as you strive to grow emotionally, mentally, socially and physically through activities/athletics.

PHILOSOPHY

We believe that interscholastic activities shall supplement the secondary curricular program, and as such become a vital part of a student's total educational experience. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his education.

Student participation in any part of our activities is a privilege which carries with it responsibilities to the school, to the activity, to the student body, to the community and to the student himself. This participation will help to develop the student physically, mentally, socially and emotionally.

GOAL STATEMENT

Student activities and athletics shall be an integral part of the total secondary educational program which shall provide experiences not otherwise provided and which will help students to acquire additional knowledge, skills and emotional patterns necessary as attributes of good citizenship.

RESPONSIBILITIES

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

1. Striving to achieve sound citizenship and desirable social traits, including control, honesty, cooperation, dependability and respect for others and their abilities.
2. Maintaining academic and eligibility standards as established by the Missouri State High School Activities Association and Smithville School District.
3. Learning the spirit of hard work and dedication.
4. Learning to attain mental and physical fitness through good health habits.
5. Desiring to excel to the limits of your potential.
6. Showing respect for both authority and property.
7. Be willing to accept the leadership role that is instilled through the activity program.

Keep in mind that you are in the public eye and your personal conduct always must be above reproach. You have an obligation to create a favorable image and gain the respect of your teammates, your student body and the community.

BASIC GUIDELINES FOR PARTICIPATION

1. Students will be allowed to participate in individual activities on the basis of ability and desire as well as the eligibility guidelines established by the Board of Education and the MSHSAA. The Board of Education is committed to allowing qualified coaches and their staff make management decisions for all activity teams. At the secondary level, each head coach with the cooperation of his/her staff has the option to establish criteria for both students and their parent(s) about individual activity participation (cut) policy. The participation criteria must include a code of conduct, calendar of events, lettering policies, coach and student

expectations, essential skills and traits necessary to participate, and the maximum number of students which will participate at each level of competition. This information must be distributed to the students and their parent(s) prior to, or on, the first practice of each activity season. This information must be submitted to the Activity Director prior to the beginning of each activity season. Each student can compete for a position on a respective team for a length to be determined by the head coach of that activity. Coaches must visit with each “cut” student individually to discuss areas the student can improve to participate the following season. All “cuts” must be made prior to the first competitive event in that activity or 14th day of practice for the student.

2. Students are free to make their own selections as to the activities in which they wish to participate. It is the Smithville School District’s policy that students facing a conflict between two school-sponsored activities will be given a choice of which to attend. Certain school activities (to be determined by the administrators) will have priority. Students are not to be penalized by the activity not attended.
3. A student who has gone out for a sport, but quits of his own accord, will not be eligible to start practicing for another sport before the end of the competition in the sport that was dropped, unless both of the head coaches agree. **EVERY ATHLETE SHOULD UNDERSTAND THIS POLICY.**
 - a. A student who has enrolled in an interscholastic co-curricular class, but then drops the course will not be eligible to participate in the activity unless prior permission is made with the teacher/director.
4. If it is necessary to be absent from practice, the student is expected to obtain permission from the head coach prior to the scheduled practice.
5. Students will not be allowed to participate in extracurricular activities (either through practice or competition) unless they have been in attendance the entire school day, without approval of the building principal or assistant principal. Students who are absent a portion of the school day because of illness will not be allowed to participate in extracurricular activities on that date unless the absence is the result of a verified medical appointment. Students who arrive at school late (after 7:45 a.m.) will not be allowed to participate in extracurricular activities on that date. MSHSAA also states that students that are deemed truant on any particular day will not be eligible to participate until they have been in attendance one full day.
6. In the event that truancy or suspension by a student takes place, the student will not be eligible for participation until he has fulfilled the disciplinary requirements established by the administration.
7. In the event that a student is assigned an afternoon detention period as the result of a classroom problem, he is not allowed to use the excuse of “I have practice, so I can’t stay.” **THE CLASSROOM OBLIGATION ALWAYS COMES FIRST.**
8. The use of alcohol, tobacco or non-prescriptive drugs is known to be detrimental to the individual as well as the team he represents. Therefore, disciplinary action will be taken, which may result in the removal from the team, should you choose to use any of the above mentioned. (This is more clearly defined in the following section).

SMITHVILLE SCHOOL DISTRICT **CODE OF ETHICAL BEHAVIOR AND STUDENT CONDUCT**

I. STATEMENT OF PURPOSE

The Smithville School District’s activity/athletic program is designed to provide a positive, healthy, drug-free atmosphere for the student. The student is encouraged to achieve academic success,

become involved in a variety of sports and be an ambassador of the school. It is fundamental that the student realizes that it is a **privilege** to represent his/her school and that he/she is expected to do his/her best to contribute to the success of the activity/athletic program.

Students are in the public eye and their personal conduct always must be above reproach. They have an obligation to create a favorable image and gain the respect of teammates, the student body and the community.

II. STUDENT/ATHLETE EXPECTATIONS

The student is expected to demonstrate good sportsmanship and good citizenship at all times, both in and outside of school. As a representative for his/her school and competing in our activities/athletic programs, the student is expected to fulfill certain responsibilities that include:

1. Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability and respect for others and their abilities.
2. Maintaining a lifestyle free of tobacco products, illicit drugs and alcoholic beverages.
3. Maintaining academic and eligibility standards as established by the Missouri State High School Activities Association and Smithville School District.
4. Adhering to public laws and school policies.
5. Showing respect for both authority and property.
6. Learning the spirit of hard work and dedication, desiring to excel to the limits of each student's potential.

III. SCHOOL RULES

1. Team Rules - Each sponsor/coach will establish team rules. Team rules will be distributed and discussed with parents and participants prior to the beginning of the activity/athletic program. The student is expected to comply with team rules and might forfeit his/her eligibility through noncompliance.
2. School Attendance - The student must attend all scheduled classes on the day of activity/competition to be eligible to participate in extracurricular activities on that day. The sponsor/coach may make exceptions to this standard with the approval of the principal or his/her designee.
3. Detention - A student assigned detention by teachers and/or administrators must report the detention to the sponsor/coach. The sponsor/coach will determine any additional action to be taken.
4. Suspension - A student suspended from school; in-house or out-of-school, will not be permitted to participate in the extracurricular activities while on suspension. He/she may become eligible following his/her first day back in regular classes.
5. Expulsion - A student who is expelled or who withdraws from school because of disciplinary action, shall not be considered eligible for extracurricular activities for 365 days from the date of expulsion/withdrawal.
6. Ejection from a Contest - A student ejected from an activity/athletic event because of unsportsmanlike action will not be eligible to participate in the next scheduled activity/athletic event.

V. DISCIPLINARY ACTION AND CONSEQUENCES

Students might be ineligible for extracurricular activities if they violate the Policies of the Smithville School District as outlined in the Student/Parent Handbook or Board of Education policy handbook or if they fail to exhibit good citizenship at all times. The length of non-participation will be determined by the coach, activities director and school administrator.

If school policies are violated, the procedures and penalties of those policies may take precedence over and/or be in addition to those described in the following disciplinary action and consequences for students.

Violations that take place during the current MSHSAA activities calendar year and the summer break (weekends, holiday breaks, etc.) fall under this policy. This time span includes all dates between the first date for team practices in the Fall to the final MSHSAA sanctioned contest in the Spring. In order for a student-athlete to serve a penalty during a sport season other than during the season in which the infraction occurred, the student must have participated in that sport the previous year (exception for Freshman students). If the penalty is not fully administered during that activity/sport season, the remainder of the penalty will be applied to the next activity/sport season in which he/she participates. 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 are **NOT** considered a “credible citizen”. This includes violations of public law and/or school policy.
 - a. **Violation Penalty** - The student who has been charged with a municipal ordinance violation, a misdemeanor or a felony may 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. School officials may deny participation in all extracurricular activities to a student convicted or found “not innocent” of a municipal ordinance, misdemeanor or felony. Coaches may also remove athletes from their squads if deemed necessary. It is a privilege to participate so athletes that break the citizenship clause may also follow the penalties listed under the next section.
2. **Alcoholic beverages and/or illicit drug possession, use and/or abuse** - Students should not use, abuse or possess alcoholic beverages and/or illicit drugs.
 - a. **First Violation Penalty:** If verification is found to be sufficient by the school administration, the student will lose eligibility for a minimum of 50% of the highest level of competition in which the student is a participant. During the time of loss of eligibility, the student-athlete must meet all other team obligations. At the discretion of the administration, the length of suspension for drug and/or alcohol related offenses may be reduced by 10% if community service hours are approved by the school administration. The community service must be done with an outside agency. If the offense takes place during the season there will be a 5 day suspension from practice and attendance of games.
 - b. **Second Violation Penalty:** If verification is found to be sufficient by the school administration, upon a student’s second violation, he/she will lose eligibility for 365 days. During the time of loss of eligibility, the student-athlete must meet all other team obligations.

The infraction given by the school will be added after all obligations are met to meet MSHSAA guidelines. The suspension from games will not start until those individuals are eligible to compete after meeting those guidelines.

Repeated violations of any of the above, may result in complete disassociation with any or all activity/athletic teams for the remainder of the student's high school career.

VI. PROCEDURE AND APPEALS

The coach/sponsor, in consultation with the activities director and school administrator, may suspend a student from activities after having given him/her the right to be heard. The suspension decision may be appealed to the principal. The principal's decision will be final. The student and/or his/her parent/guardian may appeal actions taken pursuant to this policy.

The school administration will send a written decision to the parent/guardian within two days of the appeal hearing.

VII. PARTICIPANT'S PLEDGE

A student who participates in extracurricular activities must sign the "Participant's Pledge" as a precondition of his/her participation. The student's signature on the pledge signifies the commitment to abide by the conditions of the Smithville School District's Code of Ethical Behavior and Student Conduct Policies and to remain free of alcohol, tobacco, illegal drugs and to be a "credible citizen". The parent's signature on the pledge signifies that the parent has read and understands the pledge.

VIII. EXTRACURRICULAR ACTIVITY TRANSPORTATION

The Smithville R-II School District assumes responsibility for the safe transportation of students participating in school-sponsored activities conducted away from school district property. Such transportation will be provided in compliance with all relevant Missouri statutes and regulations. In administering the extracurricular transportation program, the following guidelines will be observed:

1. Participating students will ride the school bus (or other district-provided transportation) to away activities if such transportation is provided. Exceptions must be approved in advance by the building principal. (preferably confirmed through email correspondence)
2. Participating students are not to drive to any school sponsored activity for which district transportation is provided.
3. Participating students are to ride the school bus (or other district-provided transportation) from the location of the activity back to the home school. Participating students may be released to their parents or guardians, who will assume responsibility for their return home. The release must be requested in writing (see attached) by the parent and verified by the activity sponsor. Exceptions must be approved in advance by the building principal.

CARE OF EQUIPMENT

In order to give the student a sense of responsibility and an appreciation of his/her equipment, each student will be held accountable for the abuse or loss of it. **ANY EQUIPMENT LOST OR STOLEN MUST BE PAID FOR BY THE STUDENT IN WHOSE NAME IT WAS CHECKED OUT.**

The following guidelines, if adhered to, will reduce the chances for lost or stolen equipment.

1. Do not exchange or loan any of the equipment checked out to you to another teammate. If exchange is warranted, clear it on your checkout card by having the coach make the adjustments.
2. Except when you are in visual contact, keep your locker closed and LOCKED at all times. This includes when you are in the shower. School and personal equipment and belongings should be locked up at all times.
3. Any loss of equipment should be reported immediately to the head coach, rather than waiting until the end of the season.
4. Any protective equipment that does not fit properly or that has any defective parts should be reported to a coach immediately. Do not wear the equipment until the necessary adjustments have been made. This is for your protection.
5. It is against the MSHSAA regulations to sell or rent any equipment to individuals. The athletic department of the Smithville School District strictly adheres to the regulation. Therefore, any equipment you may see out of the school environment does not belong to the individual(s). Please report any such violation to a coach or the activities director. By doing so, you are not only helping the athletic department, but also the individual who must pay for the stolen item(s).

SPORTSMANSHIP

As a participant representing the Smithville School District, you have the responsibility for exhibiting good sportsmanship/citizenship at all times. The moment you put on the school uniform or represent the school in competition, you become a representative of your student body, your school and your community. You will receive the ingredients of good sportsmanship through the teaching, coaching and examples of the coaching staff. So, be sure to exhibit what you learn.

A very important lesson we learn through interscholastic activities/athletics is that by hard work and dedication we can improve. In America, we recognize we can take the ability given us and through hard work and dedication become anything we want to be. No one can tell you what you must be. If you are willing to recognize the ability you possess and work hard, you can achieve success in activities/athletics.

Attitude is one of the principle requisites in being successful in any sport/activity, and of course, that is best defined by how you act and how you feel and think in showing your disposition. The desires to excel, to win, to pay the price, are all positive points or attributes of attitude that contribute to the winning philosophy.

Yes, a winning philosophy is important. But likewise, realize the importance of how the game is played as well as viewed. Simple acts or gestures of respect such as displaying good conduct, cooperating with officials, shaking hands with opponents before and after the contest, showing self-control at all times, accepting decisions and abiding by them, accepting both victory and defeat with pride and compassion, and never being boastful or bitter, will aid you, the individual, and your team as well to portray the standards of sportsmanship expected of athletes/participants in the Smithville School District.

Actually, interscholastic activities/athletics are much like everyday life. America thrives on competition that has made the country as great as it is today. You might say it is the backbone of our great nation. Regardless of your plans in later life, whether to be in labor, management, sales, professions or whatever, you must realize there will be competition. There are and will be disappointments in all of life's activities. It is how you react to these disappointments that will measure what values you have

learned through activity participation in contests, festivals, plays, contests, tournaments and athletic play on the athletic courts, fields and mats during your high school days.

PROTECT YOUR ELIGIBILITY

The Missouri State High School Activities Association (MSHSAA), of which the Smithville 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 the 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. Precedent 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 some information to acquaint you with the major rules and regulations you must follow in order to protect your eligibility.

1. You must be a credible school citizen. Credible school citizens are those students whose conduct, both in and out of school, will not reflect discredit upon themselves or their schools.
2. Academics
 - a. The student must be enrolled in seven courses.
 - b. A student may pass each course in which he/she is enrolled at Smithville Middle School during the previous quarter of attendance. A student failing a course will be declared on probation and ineligible for all contests and activities in any extracurricular program until the mid-quarter check of the next quarter. If the student is passing all of his/her classes at the mid-quarter check, the student will then gain eligibility at that date and can participate in activities the rest of the quarter. If the student is failing any class at the mid-quarter check then they remain ineligible for the remainder of the quarter.
 - c. "Extracurricular Activities" shall include all school activities in which the student's participation is based upon election or selection. The student who is academically ineligible may, at the discretion of the coach or sponsor, continue to work or participate with the team or organization, but may not represent the school in contests or activities, or participate in activities of a selective or elective nature during the period of ineligibility.
 - d. School organizations and teams may establish eligibility standards more stringent than those established by the Missouri State High School Activities Association and the Smithville R-II School District.
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).
 - b. If you move with your parents to your new school district you will be eligible immediately.
4. You must enter school within the first 11 days of the semester to be eligible.
5. 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.
6. 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.
 - 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.
7. 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.
8. You may not compete in an all-star game or contest before you complete your eligibility in all high school sports.
9. Sports camps/clinics
- a. You may attend a non-school sponsored summer specialized sports camp for as long as you wish, where you do not receive instruction or coaching from a member of your school’s coaching staff.
 - b. You may not attend a specialized athletic camp during the school year.
 - c. You may attend a camp or clinic where your school's coaching staff instructs or coaches for a period no longer than two weeks in duration.

A REMINDER: Any questions pertaining to eligibility that are not answered above should be brought to the attention of the activities director.

Athletic Health Care Team

It is important to have well-established athletic health care programs to ensure safety, stability and the overall promotion of good health. Having healthy athletes promotes good grades and active participation in all school activities. An athletic health care team will help keep students safe and active (National Athletic Trainers’ Association).

Smithville School District has established an athletic health care team (AHCT) that ensures appropriate medical care is provided for all participants. Physicians, athletic trainers and other health professionals representing various disciplines are involved in the provision of athletic health care to adolescents.

Athletic health care teams enhance communication between school medical personnel and local or team physicians. Individual responsibilities of other members of the team will be dictated by local needs and statutes.

Role of the Certified Athletic Trainer

The Athletic Trainer, certified by the Board of Certification (BOC) for the National Athletic Trainers' Association will be responsible for the Five Domains of Athletic Training and regulated under Chapter 334 of the Missouri Athletic Trainers' Practice Act.

The Domains of Athletic Training are as follows: Prevention of athletic injuries, Recognition, evaluation and immediate care of athletic injuries, Rehabilitation and reconditioning of athletic injuries, Health care administration and Professional development

The State of Missouri defines the Athletic Trainer as a "person who meets the qualifications of the section 334.708 and who, upon the direction of the team physician and/or consulting physician, practices prevention, emergency care, first aid, treatment, or physical rehabilitation of injuries incurred by athletes in the manner, means and methods deemed necessary to effect care or rehabilitation, or both." This person is a Health Care Professional at the very core of injury prevention and management and should be involved in all aspects, discussions and consultations with athletes, coaches, parents, and administrators.

Athletic Training Room Policies

The following policies and rules have been designed to provide the most efficient care for all sports personnel. Individuals are expected to abide by these rules, and Athletic Trainer is expected to enforce them.

- The athletic training room is a facility for sick or injured athletes. Treat it as such.
- Please address the Athletic Trainer with respect.
- All athletes entering the Athletic Training Room must sign in.
- The athletic training room is open after school daily or by appointment unless otherwise noted.
- No one is allowed in the training room without supervision by an Athletic Trainer.
- Athletes' who are coming into the ATR for treatment, taping, etc. must be actively involved in a rehabilitative exercise program.
- No foul language or horseplay will be tolerated.
- Individuals must be appropriately dressed.
- Report all injuries to the athletic trainer ASAP.
- A certified athletic trainer must administer all treatments. Any prescription medication taken by an athlete should be reported to the Athletic Trainer prior to participation.
- Do not remove any equipment (scissors, rehab equipment, supplies, etc.) from the training room.
- Any equipment issued (wraps, crutches, braces, etc.) to an athlete must be returned cleaned and in the same condition it was issued. Return this equipment immediately after you no longer have need for it. Failure to return equipment will result in a fine on student account.
- Leave personal items outside the ATR

Privit

Smithville School District requires that all student athletes in conjunction with their parent/guardian have a completed and cleared Privit profile prior to the start of any sanctioned activity. By completing Privit, parent/guardian and athlete will fill out and sign all required annual documents in the online platform. The MSHSAA required Pre-Participation Examination (see below) must also be uploaded to Privit.

PHYSICIAN EXAMS AND INSURANCE REQUIREMENTS

Per MSHSAA Bylaw 3.8 the school shall require of each student participating in athletics a certificate of an issued physical signed and authorized by a physician, an 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. MSHSAA further states a student's PPE (Preparticipation Physical Examination) Form to be valid for a two year period (730 days) from the date of which the physical examination was signed. However, all additional required paperwork from MSHAA and Smithville School District will be required on an annual basis through Privit (see above).

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 on file. This information is required to be entered through Privit (see above).

Referral Procedures

Parents can directly refer their son/daughter to a physician for medical treatment. The Athletic Trainer must receive written instructions on injury management and/or release to resume participation on physician office letterhead. The Athletic Trainer may not expand beyond the instructions from a physician; however the Athletic Trainer may imply a more conservative approach based on daily contact with the athlete. **Athletes will NOT be allowed treatment for injuries or to return to their sport until written notification from physician is received when they are under the care of a physician. NO EXCEPTIONS.**

In the secondary school setting, the main concern relates to the minority age of the student- athletes. Due to this fact, the parent is always responsible and should be allowed to control the health care of their child, as long as it does not interfere with the Athletic Trainer's' ability to perform their duties according to state and national standards and laws.

If the student athlete is inactive for several days whether from injury or illness, athlete must perform appropriate return to play based on applicable state laws and protocols. The amount of practice required (determined by the AT in cooperation with coaches and physicians) for game participation, will be determined based on each individual situation.

Concussion

All students and parent/guardians are required to review the concussion information provided by MSHAA and sign agreement to comply on an annual basis (through Privit)

Student-athletes participating in contact/collision sports will be asked to undergo baseline cognitive testing. Parent consent will be gained through Privit Profile prior to sport participation. It will be the discretion of the athletic trainer and the administrative team to allow a student to participate who has NOT PERFORMED baseline cognitive testing. The Smithville School District utilizes the ImPact Neurocognitive Testing System. Baseline testing will be performed every two years on the student-athlete. However, athletes with a history of concussions in any sport or deemed necessary may also be tested more frequently.

Any athlete with a suspected concussion will not be allowed to return to activity until clearance is received by the athletic trainer from a MSHSAA approved provider (MD/DO/PAC/LAT/ARNP/Neuropsychologist). MSHSAA follows very strict protocols for return to activity. Further information on this procedure can be found on the MSHSAA Website.

CONDITIONING AND THE PREVENTION OF INJURIES

Proper sports conditioning will improve the power, speed, and endurance of the athlete on the field or in the gymnasium. It will also help strengthen muscles and joints, increase flexibility, and maximize agility through the channeling of aerobic as well as anaerobic power. In addition to the benefit of increased performance, statistics indicate that sports conditioning will assist in preventing injury.

Year-round conditioning can increase athletic performance considerably. Training, unfortunately, is easily reversible and that is why year-round conditioning is so important. Opportunities are provided for athletes in the Smithville School District to be involved in year-round conditioning. It is strongly recommended that all athletes not involved in a sport during an off-season be participating in the conditioning program. Naturally, the best course of action is to stay involved in a competitive program each of the three seasons, where conditioning is built into the sport.

All athletes want to perform to the best of their ability, yet often a sprained ankle, a bad knee, or a pulled muscle will prevent one from doing the best he/she can. Though there is no guarantee these injuries will not occur, their frequency and seriousness can be reduced through simple measures -- such as the year-round conditioning mentioned above, training techniques, good sportsmanship-like behavior, and an awareness of the injury patterns in your chosen sport.

POLICY REGARDING OFF-CAMPUS RUNNING

STATEMENT OF CONCERN

1. In order to adequately train athletes for certain sports and conditioning, it is imperative that some off-campus running will be required.
2. It is our duty, as coaches, to maintain a program that considers the safety of our athletes at all times, especially when involved in any off-campus running.

PROCEDURES FOR OFF-CAMPUS RUNNING

The most serious hazard that any runner encounters while running on the roads is traffic. Off-campus running will follow pathways through city parks, routes with sidewalks, areas with minimal traffic flow, or roads with shoulders wide enough for a runner to be out of the way of normal traffic paths and flow.

Listed below are several safety guidelines that runners should adhere to when training off campus.

1. The coach and runner must always be alert to traffic and weather conditions.
2. Runners should always use sidewalks when available or run on the road's shoulder, not out in the street impairing traffic.
3. Runners should always face traffic, unless running on sidewalks or wide shoulders.
4. Runners should run in single file.
5. Most of the off-campus running should be done in daylight hours. If any early morning running is necessary, a reflective running vest should be worn.
6. Off-campus running in the afternoon should not begin until students and bus transportation have cleared the area.
7. No off-campus running should take place when weather conditions hamper visibility making it difficult to see runners or when the road conditions create hazardous driving.
8. Runners should not cut through or run on a patron's property.
9. Runners should be especially alert at intersections and obey all traffic laws. A runner should not block intersections.
10. For personal safety, runners should run using the buddy system.

CONFLICT RESOLUTION STANDARDS

Students should make the best choices when participating in activities so as to not create 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:

1. National contest
2. State contest
3. District contest
4. Conference contest
5. Academic class
6. Interscholastic contest
7. Required (dress rehearsal) practices
8. Regular practices

CODE OF CONDUCT FOR BEHAVIOR IN ACTIVITIES AND ATHLETICS

When observing improper behavior or problems with individual team/squad members, the best solutions are ones which address a problem at the time it is observed or occurs. Here is a two-step method:

1. Talk to the person (one-on-one) about what he/she is doing, and why it should be stopped. If the problem is not satisfied then move to Step 2.
2. Tell the sponsor. This, of course, brings any rules, codes, or consequences into effect. Every conflict resolution should begin with Step 1. It is best to stop the problem immediately by handling it informally on a person-to-person level while it is still a small matter. Do not let unresolved problems turn into a clash that will harm team unity. Rather, use it to enhance the bond within the team by emphasizing positive, high expectations for the people around you and, of course, yourself.

CODE OF ETHICS FOR ACTIVITIES

It is the duty of all concerned with school activities:

1. To emphasize the proper ideal of sportsmanship, ethical conduct, and fairness.
2. To eliminate all possibilities which tend to destroy the best values of the activity, i.e., hazing and initiations are not acceptable or condoned.
3. To stress the values derived from participating fairly.
4. To show cordial courtesy to coaches/sponsors, visitors, and each other.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sponsors, judges, and officials.
7. To achieve a thorough understanding and acceptance of the rules and expectations of the activity and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the participants in the activity.
9. To recognize that the purpose of activities is to promote the physical, mental, moral, social, and emotional well-being of the individual participants.
10. To promote good school citizenship standards and use them as a barometer for participation.

GENERAL POLICY GUIDELINES

1. All fund raising projects need to be placed on the school calendar with approval from the appropriate administrator.
2. Money should never be taken off school premises or left in a sponsor's personal possession.
3. When students receive merchandise either to sell or fill customers' orders, they should be required to sign a sheet that indicates what merchandise that student received, the number of items the student received, and the price per item.
4. All sponsors responsible for raising funds or charging fees should complete a reconciliation verifying the number of items or products sold times the price, and agreeing this with the amount of money collected. This reconciliation should be turned in to the school secretary and administrator.
5. Sponsors should keep their own set of books and compare them to the monthly reconciliation from the school secretary.
6. Students should not be given merchandise they have ordered for themselves before they have paid for it.
7. Fundraisers and monies collected through parent support groups, i.e., Music Parents and Booster Club, etc., should be collected by their representatives. No money or merchandise should be reconciled or collected by sponsors if an outside group is conducting the fundraiser.

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.

CURRICULAR / CO-CURRICULAR ORGANIZATION

Some organizations fall under both academic class guidelines as well as activity guidelines and requirements because a class period is given to the organization as well as academic credit. Such classes have academic objectives and independent grading criteria. Students enrolled in these courses may have other required expectations. The individual sponsors will acquaint the students with the full scope of responsibilities in those classrooms.

SPORTS BY SEASON

Fall	Winter	Spring
Football 7 th 8 th A, B, & C Volleyball 7 th 8 th A, B, & C Cross Country - 7 th 8 th Boys/Girls Cheer - 7 th 8 th	Boys' Basketball 7 th 8 th A, B, & C Girls' Basketball 7 th 8 th A, B, & C Wrestling 7 th 8 th Grade Cheer - 7 th 8 th	Track - 7 th 8 th Boys/Girls