

PHILOSOPHY

The athletic program at Meadow Heights R-II School District is closely coordinated with the instructional program. Athletics are educationally and psychologically sound because of the training they offer for living in a competitive society. It is the goal of the athletic department to promote sportsmanship, motivation, self-discipline, leadership, loyalty, extra effort, and a winning attitude. Our athletic programs attempt to teach students how to work as both an individual and a team member to accomplish a positive goal. Inherent in athletics are the goals of improved motor skills, better health and physical fitness, and an appreciation of wholesome recreation and entertainment. Coaches of each sport have their varying philosophies regarding their sport. These items and topics will be addressed at the beginning of each season.

REQUIRED PHYSICAL

1. Meadow Heights R-II School District shall require all participants in 7-12 grade, a physical examination each calendar year stating that the student is physically able to participate in athletic contests of his/her school. This medical certificate is valid for the purpose of this rule and that of the MSHSAA. This physical exam is required prior to any student beginning practice for his/her sport.
2. A student shall not be allowed to practice or compete for Meadow Heights High School until school officials have received verification that he/she has basic athletic insurance coverage.
3. A parent permission slip at the end of this handbook is required to participate in athletics each year. This is to verify that the parent/guardian has gone over the Athletic Handbook, Concussion Information, and communication form with their child.
4. The athlete is requested to use the physical forms provided by the school.

SPORTSMANSHIP

Good sportsmanship is the responsibility of every athlete at Meadow Heights R-II School District. Wherever you might be, you represent our school. Your attitude, conduct, and appearance reflect on our school system. Make every effort to be courteous and respectful to those schools visiting us, as well as to our hosts when traveling to another school. Meadow Heights High School is proud of the reputation we have for good sportsmanship. Let us all do our part to maintain this positive image.

EXPECTATIONS OF STUDENT PARTICIPANTS

- Treat opponents with respect; shake hands prior to and after the contest.
- Respect judgment of contest officials, abide by rules of the contest, and display no behavior that could incite fans.
- Cooperate with officials, coaches, and fellow participants to conduct a fair contest.

- Accept seriously the responsibility and privilege of representing the school and community; display positive public action at all times.
- Live up to the high standard of sportsmanship established by your coach.

EXPECTATIONS OF PARENTS AND OTHER FANS

- Realize that a paid admission is a privilege to observe a contest and support high school activities, not a license to verbally assault others or be generally obnoxious.
- Respect decisions made by contest officials.
- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
- Respect fans, coaches, and participants.
- BE A FAN.....NOT A FANATIC!!

MSHSAA ELIGIBILITY STANDARDS

1. Students must be creditable citizens in their school and community.
2. a) Students must be currently enrolled in, and regularly attending courses that offer a minimum of 3.0 units of credit.
b) Students must have earned 3.0 units of credit the previous semester.
c) If you are a beginning 9th grade student, you must have been promoted at the close of the previous school year.
3. Students are eligible to participate in any sport for a maximum of four seasons.
4. Students must enter school within the first 11 days of the semester in order to be eligible.
5. Students must not accept cash or merchandise for participating in an athletic contest other than an award given by your school.
6. If a student reaches 19 years of age prior to July 1, he/she will be ineligible for the next school year.
7. If a student transfers schools and his/her parents do not move to the new school district, he/she will be ineligible for 365 days unless he/she meets the requirements of one of the exceptions.
8. Students are not eligible to practice or compete on days they have been absent for more than one-half of the day without a pre-arranged, excused reason.
9. A student who transfers schools under conditions that do not meet the terms of the transfer standards may be eligible to participate on a sub-varsity level.
10. Students will be ineligible for 365 days if they are influenced by a person or persons to transfer schools for athletic or activities purposes.
11. If a student commits an unsportsmanlike act while participating in a high school event, he/she could become ineligible.

NOTE: These 11 standards are a condensed version of the MSHSAA standards. They, in no way, attempt to be comprehensive in regards to eligibility standards.

If you have any questions concerning your eligibility, ask the Athletic Director.

DISCIPLINE

Meadow Heights R-II School District is fortunate to have athletes who exhibit good conduct in the classroom and at school activities. However, there are instances when the school must take the responsibility to exercise disciplinary measures.

When disciplinary measures are necessary, it is best that students and parents be aware of expectations and the consequences of their infractions. This handbook is designed to provide this information.

DEFINITIONS/DISCIPLINARY ACTION

1. Association: Defined as being viewed by a credible faculty/staff/administrative member.
2. Conference: A formal conference is held between the student and coach/administration. During this conference the student must agree to correct his/her behavior.
3. Denial: Prohibiting athlete from participating in their next projected sport.
4. Dismissal/Termination: The student is informed that he/she is being removed from the sport in which he/she is participating for the remainder of the sports season. These actions will be implemented in addition to the School Disciplinary Code in incidents where that is applicable.
5. Extra Work: The student may be required to do extra conditioning (i.e. running, calisthenics, etc.) or be required to spend extra time at practice.
6. Suspension: Missing an approximate time period of two weeks, minimum of two games, but not more than 20% of the regular season schedule.

OFFENSES

Academic dishonesty or academic misconduct: is any type of cheating that occurs in relation to a formal academic exercise. It can include. **Plagiarism:** The adoption or reproduction of ideas or words or statements of another person without due acknowledgment.

Level 1- Warning-2 games

Level 2- 3-5 games

Level 3- 5 games +

ALCOHOL AND/OR TOBACCO: Association, Possession, Use, or Sale

OUT/OFF SEASON

First Offense: Suspension. Athlete will miss first two weeks of regular season contests at the projected level of that athlete (JV or Varsity). Penalty will be no less than two games and no more than 20% of regular season games. The student will serve the suspension for one sport. Must be an activity that the student would normally participate in. (Ex: Student is caught in September and plays both basketball and baseball. The suspension will take place during the basketball season and not both.)

Second Offense: Denial in participation in upcoming sport. Must be an activity that the student would normally participate in. Example – student may not claim they were going out for basketball during the winter of their junior year so they may participate in baseball the following spring.

IN SEASON

First Offense: Same as first offense in off season.

Second Offense: Dismissal from team

ILLEGAL DRUGS/SUBSTANCES: Association, Possession, Use, or Sale

OUT/OFF SEASON

First Offense: Denial for one full year in any sport (365 days)

Second Offense: Denial for two consecutive years.

IN SEASON

First Offense: Termination/Dismissal

CRIMES (MISDEMEANORS):

OUT/OFF SEASON

First Offense: Conference with athlete, possible denial, suspension/termination, and compliance with MSHSAA guidelines (by-law 212). This must be a decision by the coach/administration. A minor traffic violation is not as serious of a crime as stealing \$475; however both would be listed as misdemeanor crimes.

Second Offense: Same as First Offense.

CRIMES (FELONY):

OUT/OFF SEASON & IN SEASON

First Offense: Denial, possible for one full year.

Second Offense: Denial for one to two years.

STOLEN PROPERTY: Theft and/or Receipt (Knowingly), Sale or Distribution

First Offense: Conference/Termination

Second Offense: Termination

GENERAL MISCONDUCT:

First Offense: Conference/Extra Work

Second Offense: Conference/Extra Work

Third Offense: Conference/Termination

GESTURES (Inappropriate or Abusing):

First Offense: Conference/Termination

Second Offense: Conference/Termination

Third Offense: Conference/Termination

HAIR/FACIAL HAIR/TATTOOS OR OTHER ADORNMENTS DEEMED NOT

ACCEPTABLE FOR ATHLETIC WEAR: It will be the discretion of each coach in determining any style of hair, hair length or hair color (other than athlete's normal hair color). Facial hair will not be allowed. Any adornments worn by an athlete found to be not acceptable by coaches/administration should be removed when representing the Meadow Heights R-II School District. Any fabricated body markings that cannot be removed will need to be covered up appropriately.

SEVERITY CLAUSE

Although every reasonable effort has been made to identify the more common incidents of unacceptable behavior, and the range of disciplinary consequences for such actions, it is impossible to anticipate every situation that may be faced. When such extenuating situations occur, the administration and/or coaching staff will take appropriate action if the situation brings about any discredit to the individual, the team, the programs or school. All attempts will be made to be consistent with the provisions of these policies. In the case of multiple violations that occur at the same time or over a period of time, the sequence of the penalties may be altered.

SCHOOL LETTERS

Letters will be awarded only at the varsity level. The first letter awarded to an athlete is free. If he/she letters in another sport or in the following years, he/she will receive a certificate of award. Letters will be awarded to those athletes who fulfill the following qualifications in each varsity sport listed. However, Head Coaches have the right to withhold or award a varsity letter to any athlete based on attendance, games, practice, attitude, leadership and character.

Special circumstances such as an injury will be evaluated by the coaching staff.

VARSIY VOLLEYBALL

Athletes must meet two of the following criteria:

1. Attendance of all mandatory practices and meets unless excused by the coach.
2. Must play in eight of the varsity matches.
3. Must be a member of the tournament team for all tournaments.
4. Be a member of the team in good standing at the end of the season.
5. Seniors who have participated for more than one year.

All players who have faithfully participated for the full year will receive a certificate of participation.

CROSS COUNTRY

1. Attendance of all mandatory practices and meets unless excused by the coach.
2. Participation in three varsity meets.
3. A senior who has participated for at least two consecutive years.
4. Be a member in good standing at the end of the season.
5. Any subjective judgment, as felt necessary by the coach, for special circumstances.

GIRLS VARSITY BASKETBALL

1. Attendance of all mandatory practices and games unless excused by the head coach.
2. Be a participating fourth year senior.
3. Be a member in good standing at the end of the season.
4. Accumulate at least 20 quarters of playing time during the season.
6. Any subjective judgment as felt necessary by the head coach for special circumstances.

BOYS VARSITY BASKETBALL

The following are established criteria for earning a varsity letter in boys' basketball:

1. Attendance of all mandatory practices and games unless excused by the head coach.
2. Be a participating fourth year senior.
3. Be a member in good standing at the end of the season.
4. Accumulate at least 25 quarters of playing time during the season.
5. Any subjective judgment as felt necessary by the head coach for special circumstances.

CHEERLEADING

The following are established criteria for earning a varsity letter in cheerleading:

1. Must follow the Cheerleading Merit/Demerit Contract
2. Attendance of all practices, games, and tournaments unless excused by the coach.
3. Complete the cheer season with NO demerits.

4. Cheer the following tournaments:
 - a) Woodland Invitational Tournament
 - b) Southeast Missourian Christmas Tournament
 - c) District Tournament

VARSIITY BASEBALL

A letter is earned when one or more of the following criteria are met:

1. Participation in five games.
2. Participation in ten innings.
3. Seniors who have participated for more than one year.
4. Be a member of the baseball squad in good standing at the end of the season.
5. Any subjective judgment, as felt necessary by the coach, for special circumstances.

All players participating for a full season will receive a certificate of participation.

VARSIITY GIRLS SOFTBALL

Any athlete may earn a letter by meeting all of the following criteria.

1. Participation in three games.
2. Participation in five innings.
3. Participation in District Tournament.

Athletes must complete the season as a player in good standing.

BASIC FIRST AID FOR INJURIES SUSTAINED IN ATHLETIC COMPETITION AND/OR PRACTICES

The most important thing to remember is to prevent excessive swelling and prevent additional blood flow to the injured area. We can do this at home by the ICE method (Ice, Compression & Elevation) especially during the first 48-72 hours.

Ice: Place an ice pack on the injured area if possible. Compression: Wrap a sprain or strain with elastic wrap, tape or ankle brace to keep swelling from increasing, causing more extensive tissue damage. Elevate: If possible, place the injured limb above the level of the heart to prevent further swelling.

DO NOT put an injured limb in warm/hot water or apply heat to a muscle sprain/strain for the first 72 hours following the injury. This will cause further tissue damage and will ultimately take additional time to rehabilitate the injury.

If there are any questions as to the nature or severity of the injury, or for suggestions on how to alleviate pain, swelling, or further injury call the coach.

TRANSPORTATION TO/FROM ATHLETIC EVENTS

1. All students must ride school-provided transportation to a contest in order to participate in that contest.
2. Coaches may give students permission to ride home from a contest with their parents only. Coaches must receive a note from the student's parents.
3. In order for a student to be transported by any other means than listed above, students must receive written permission from the Athletic Director and/or Principal prior to noon on the date of the contest. This permission will be forwarded to the coach.

PRACTICES

1. Each athlete is expected to attend all pre-arranged practices.
2. If athletes are unable to attend a practice, they must take the responsibility to contact the head coach of his/her sport and inform them of the reason.
3. The head coach will inform the athlete at the time of the contact, whether this is a valid reason to miss practice and/or whether extra effort will be required at the following practice.

Meadow Heights R-II School District expects a great deal from its athletes. You represent the Meadow Heights community as well as our school, both as hosts and as guests of other schools. We are proud of the accomplishments and traditions of athletics here at Meadow Heights. We ask that you give your best in maintaining school spirit, a winning attitude, good sportsmanship, and being a good citizen.

Updated 8-17-2017

Student Signature

Date

Signature of parent/guardian

Date