

# **Knob Noster R-VIII School District**

**ATHLETIC/ACTIVITY**

**HANDBOOK**

Revised 2013

## ***Introduction***

This handbook has been written to inform students of what is expected of them as participants in the Knob Noster R-VIII School District athletic and/or activities program. Outlined in this handbook are the philosophy, objectives, standards, eligibility, and general rules of activity participation. Each participant and his/her parents/guardians should read this book carefully before choosing to participate in any activity offered at Knob Noster High School.

## ***Philosophy of the Activity Program***

Interscholastic activities are an integral part of the total curriculum at Knob Noster High School and Middle School. It is our goal to develop and conduct an activity program consistent with the philosophy of education in the Knob Noster R-VIII School District. Activity participation should contribute to health and happiness, development of physical skills, emotional maturity, social competence, moral values, a sense of cooperation, a spirit of competition, self-discipline, a realization of group goals, and an understanding of the democratic processes. Participation in extracurricular activities is a privilege, rather than a right or obligation. Students are required to meet standards and requirements prescribed by organizations in which they hold membership. *(Copies of individual coaches/sponsors rules and procedures are filed in the athletic director's office and/or principal's office.)*

## ***Objectives***

1. To develop good school citizens.
2. To develop good lifelong qualities: physical, mental, and moral.
3. To develop respect for authority by abiding by the rules of the game and/or competition and the decisions of the coaches/sponsors and officials.
4. To teach the rules and skills of the extracurricular activities.
5. To help the participant develop academically both in accomplishments and attitudes.
6. To promote good sportsmanship and appreciation of competitions in general so that the participant may function in society both as a spectator as well as a participant.
7. To develop pride in self, school, teammates, and classmates.
8. To learn to win graciously and lose like ladies and gentlemen.

## Conference Affiliation

Knob Noster R-VIII School District is a member of the Missouri River Valley Conference. Schools included in the east division of the conference are: *Carrollton, Higginsville, Holden, Knob Noster, Lexington, and Richmond*. Schools included in the west division of the conference are *Excelsior Springs, Grain Valley, Harrisonville, Oak Grove, Odessa, and Pleasant Hill*.

## Sports/Activities Offered By Season

### Fall

Football  
Middle School Football  
Volleyball  
Middle School Volleyball  
Girls Tennis  
Softball

### Levels

JV-Var  
7<sup>th</sup>/8<sup>th</sup> grades  
JV-Var  
7<sup>th</sup>/8<sup>th</sup> grades  
JV-Var  
JV-Var

### Season

Aug-Nov  
Aug-Oct  
Aug-Nov  
Aug - Oct  
Aug-Oct  
Aug-Oct

### Winter

Boys-Basketball  
Middle School Boys-Basketball  
Girls-Basketball  
Middle School Girls Basketball  
Wrestling  
Middle School Wrestling

### Levels

JV-Var  
7<sup>th</sup>/8<sup>th</sup> grades  
JV-Var  
7<sup>th</sup>/8<sup>th</sup> grades  
JV-Var  
7<sup>th</sup>/8<sup>th</sup> grades

### Season

Nov-Mar  
Nov-Jan  
Nov-Mar  
Nov-Jan  
Nov-Feb  
Nov-Dec

### Spring

Track Boys & Girls  
Middle School Track Boys & Girls  
Golf Boys & Girls  
Baseball  
Boys Tennis

### Levels

JV-Var  
7<sup>th</sup>/8<sup>th</sup> grades  
JV-Var  
JV-Var  
JV-Var

### Season

Mar-May  
Mar-May  
Mar-May  
Mar-May  
Mar-May

### Interscholastic Activities

Cheerleading  
Band – Marching  
Middle School Band – Marching  
Band – Jazz  
Vocal Music  
Middle School Vocal Music  
Speech/Debate/Drama  
Academic Bowl  
AFJROTC

Varsity  
  
8<sup>th</sup> grade  
  
7<sup>th</sup>/8<sup>th</sup> grade  
JV-Var  
JV-Var  
Varsity

Aug-Mar  
Aug-Nov  
Aug-May  
Aug-May  
Aug-May  
Apr-May  
Sept-Apr  
Sept-Apr  
Aug-May

## ***Athletic/Activity Council***

An Athletic/Activity Council exists to make recommendations relating to student participation. The council consists of the following individuals: 1. Principal 2. Athletic Director 3. Varsity Coaches/Sponsors

## ***Eligibility***

MSHSAA (*Missouri State High School Activities Association*) governs all middle and high school activities in the state of Missouri. Rules and regulations have been established for all high schools to follow. In addition, students must meet guidelines stated in the pamphlet "*How to Protect Your Eligibility*" which your coach/sponsor has available for your information.

## **Additional Areas Relating to Student Eligibility**

1. All students participating in interscholastic activities must be a credible school citizen. Credible school citizens are students whose conduct both in and out of school does not reflect discredit upon themselves or the school. Citizenship is a trademark of all high school activities. The high school principal can remove anyone's eligibility as a result of poor citizenship with input from the athletic/activity council.
2. Athletes must have a *current physical examination form and permission to participate form* completed and turned in to the coach/ athletic director before being permitted to practice or compete.
3. Athletes must submit *proof of insurance* before participation in practice will be allowed (*Proof of insurance requires a copy of the insurance card or written verification from the insurance company*).
4. Parents and athletes must attend one meeting with the activities director during their years at Knob Noster High School. This meeting must be attended in the athletes first season competing. The parent and athlete must sign a form indicating they are familiar with the guidelines set forth by Knob Noster High School once a year. **An athlete may not participate until this form is on file in the activities director's office.**
4. Athletes must meet scholastic eligibility requirements set forth by the school district along with all MSHSAA regulations.
5. Athletes must not have reached their 19th birthday prior to July 1 of the current school year.
6. Athletes/participants who have outstanding debts for equipment from a previous sport or activity are not eligible to participate in any contest until the equipment is returned or debts are paid in full.
7. Any equipment not turned in within two weeks after the final contest may be assessed a 1% charge of the total cost of the equipment per day. Track equipment must be turned in by the last day of school or the day after final competition.

## **MSHSAA Scholastic Eligibility Regulation**

1. A high school student wishing to participate in a fall athletic program/activity must have earned 3.5 units of credit for the preceding spring semester.
2. A high school student wishing to participate in any athletic program/activity student must presently be enrolled in 3 units of credit. To be eligible in the second semester of the current school year, a student must pass 3 units of credit (during the fall semester).
3. Summer school courses may count toward maintaining academic eligibility providing the following requirements are met: *The course must be a core requirement toward meeting graduation/promotion requirements in math, science, language arts, etc. No electives may count toward meeting the summer school criteria. Correspondence courses may not count as summer school credit. No more than one credit earned in summer school shall count toward maintaining academic eligibility.*

## ***Knob Noster R-VIII School District Scholastic Eligibility Regulation***

Students participating in the KNSD Athletic/Activity program must meet the following requirements:

Each student must maintain a **'D+' (1.33) grade point average [GPA] each quarter**. Any student failing to maintain the minimum **'D+' GPA standard (1.33)** will be ineligible for competition until midterm of the following quarter. If at that time, the minimum grade point average has been attained, a student may resume active participation. At midterm, any students participating in the Knob Noster Athletic/Activity programs whose grades have fallen below the **D+ (1.33) GPA** will be placed on academic probation and may be required to attend before or after school study sessions. Any student not attaining the **D+ (1.33) GPA** by the end of a quarterly grading period will be removed from participation. Fourth quarter and second semester grades will determine a student's eligibility the succeeding year by the same process mentioned above. Please note that in addition to the guidelines described above that any *middle school* student earning more than one failing grade will not be eligible for participation despite promotion or GPA.

Students must be in attendance at school **all day** to be eligible to participate in an activity that evening unless excused by the principal or their designee.

## ***Conflict With Other School Sponsored Activities***

Communication between all coaches/sponsors/teachers involved in athletics/activities is of utmost importance in the continued success of the educational process. If a student participates in two or more school sponsored activities and a scheduling conflict occurs, it will be the responsibility of the student and parent/guardian involved to notify coaches/sponsors/teachers of the conflict. The coaches/sponsors/teachers involved will attempt to resolve the conflict and make a recommendation in the best interest of the student. A final decision will remain with the student. In the event a solution cannot be reached by any of the parties involved, the building administration will be notified. In the event a student does not participate in a school sponsored event due to participation in another school sponsored event, the coach/sponsor/teacher of the event the student did not participate may assign the student a non-penalizing make-up assignment/activity not above or beyond the regular daily activity of that group.

## ***Athletic/Activity Injury***

Any student injured during practice or an interscholastic contest should report the injury (no matter how minor) immediately to the coach/sponsor. Coaches/Sponsors have responsibility of writing an accident report to place on file with the office.

## ***Athletic Training Rules—Activity Participation Rules***

Athletes and participants of extracurricular activities are recognized as leaders in our school and community. Student representatives are expected to set a good example in regard to conduct, personal grooming, and attire. Student actions and appearances represent our parents, school, athletic/activity program, and community. Training is a year around proposition. Members of any team/club or organization at Knob Noster High School should adhere to requirements set forth by each coach/sponsor.

Athletic/performance excellence, personal pride, and the desire to maintain good health habits usually make these rules an easy task for most athletes/participants. It is expected that all students dedicate themselves to the sport/activity in which they participate.

Prior to beginning an activity, a student should make sure he/she understands the rules and regulations to be followed. Each coach/sponsor will explain specific expectations at the beginning of a season. Any violation of athletic/participation training rules will be handled by each individual coach/sponsor or may be referred to the Knob Noster Athletic/Activity Council.

In order to maintain the highest possible standards for activities in the Knob Noster School system, the following minimum requirements have been established for all students participating in the athletic/activity program. Students should remember these are minimum requirements and each individual coach/sponsor may establish further guidelines.

In the event of an in-school suspension (I.S.S.), a student will not be eligible to participate in any interscholastic event until he/she has fulfilled all of the disciplinary requirements set forth in the I.S.S. assignment. A student may not participate in practice sessions during the I.S.S. period. A student will be required to attend all contests and activities in which he/she is involved during the I.S.S. period as a nonparticipating member unless directed otherwise by the coach/sponsor or principal. In the event of an out-of-school suspension, a student will not be eligible to participate in a practice or an interscholastic event until he/she has fulfilled all of the disciplinary requirements set forth by the administration or as recommended by the athletic/activity council. Any student serving an out-of-school suspension is not to be on school property or at-tend any school sponsored event (home or away) unless he/she has received approval from the Principal.

The use of alcohol, drugs, tobacco, or tobacco-related products is prohibited. Participants found to be under the influence or in possession of a controlled or prohibited substance will be subject to appropriate disciplinary measures by the administration, coaches and/or sponsors, or the athletic/activity council. Disciplinary measures may range from a suspension of at least 20% of the contests for a particular sports/activity season to dismissal from the activity or sport. The MSHSAA Official Handbook contains details of actions to be taken by the school in the event of incidents on and off school property.

A second substance abuse offense in any one school year will result in a suspension from all school sponsored activities for the remainder of the school year.

## ***Athletic Training Rules—Activity Participation Rules***

Theft and vandalism is a disgrace and will not be tolerated. The first offense will result in a suspension of at least 20% of the contests in the particular season and restitution in addition to any administrative discipline. The second offense will result in complete activity and athletic suspension for the current school year in addition to restitution and other administrative disciplinary actions.

### ***Termination of Participation***

For purpose of clarification, the athletic year is divided into three seasons: Fall, Winter, and Spring.

#### **1. Athlete voluntarily terminating participation:**

Any athlete who participates in a sport and subsequently drops from the squad on his/her own accord after the first interscholastic contest in that sport is not eligible to compete in another sport during that sport season without consent of both coaches involved or the Athletic/Activity Council. A student dropping from a sport on their own accord may participate in another sport following the conclusion of the current regular season.

Individual coaches/sponsors have the discretion of denying a student participation in the respective sport if it is felt the student will not be able to 'catch up' with other athletes/participants.

#### **2. Student involuntarily terminating participation:**

If any athlete/participant is cut from the squad for other than disciplinary reasons, he/she may seek a 'try-out' immediately for another sport in season **or** begin practice in a sport of an upcoming sports season.

### ***Sportsmanship***

Good sportsmanship is expected of all students participating in the Activity program. An unsportsmanlike act while participating in an event may result in loss of eligibility.

1. An unsportsmanlike act resulting in a player or team being penalized will be dealt with according to MSHSAA **and/or** individual coach/sponsor/school regulations.
2. Any player ejected from a contest as a result of an unsportsmanlike act may be required to appear before the Athletic Council to consider his/her eligibility for further athletic contests.

### ***Transportation to and from daily / weekend practice sessions***

The Knob Noster School District does not provide transportation to and/or from scheduled practice sessions. It is the responsibility of the student to secure proper transportation to and from practice sessions. Students must be picked up in a timely manner following practice sessions.

## ***Transportation to Away Activities***

All participants will ride school sponsored transportation provided by the Knob Noster R-VIII School District to and from each event. At no time will participants be allowed to ride with friends. Parents may take their son or daughter home from an away event with approval from the coach/sponsor. Parents must sign the parent transportation form with the coach/sponsor prior to departing the contest site. Any other arrangements must be pre-approved by the principal prior to the contest. Upon arrival back at school, students riding school sponsored transportation are responsible for making arrangements to return home. Students should be picked up in a timely manner following all home or away contests.

## ***Conduct at Away Activities***

Expectations for students from Knob Noster R-VIII School District increase at activities away from home. Students represent the entire student body and the city of Knob Noster by his/her appearance and behavior. Students are expected to conduct themselves in a polite and respectful manner at all times. Dress and grooming should be at its best. All facilities used (*i.e. shower, locker rooms, etc.*) should be left as they are found.

***\*\*Please Note that the remaining sections apply to high school athletes only.\*\****

## ***Athletic / Activity Letters and Awards***

To be eligible for consideration to receive a **K**, the participant must exhibit a proper attitude towards his/her teammates, game/contest officials, and opponents. He/she must exhibit good sportsmanship and school conduct as judged by coaches, sponsor, officials, and administrators.

A six inch block letter, plus a medal emblem indicating the sport/activity, will be presented to all participants, grade 9-12, who have met Varsity level requirements to earn a **K** in any one sport/activity. A bar will be presented each time the student earns a **K** thereafter. The 6-inch letter will be given only one time during the 4 years of high school.

In all cases of injuries suffered by a participant during participation in an activity which would make it impossible for them to meet requirements for earning a **K**, the coach/sponsor will consider merits of each situation individually to determine the possibility of lettering. All **K's** and medals are to be worn on the official *Knob Noster Letter Jacket* in properly designated areas.

## ***Knob Noster High School Varsity Letter Requirements***

In order for a player to receive a Varsity Letter (**K**), he/she must meet the following requirements **plus** complete the sports season in good standing. All requirements refer to competition occurring at the Varsity Level. Junior Varsity experience does not apply.

# ***Knob Noster High School Varsity Letter Requirements***

## **Academic**

A **K** will be awarded at the end of each school year to students who have obtained a 3.34 GPA or above for that year, provided they have not received a semester grade of “F” during the year (*A student receiving a temporary ‘F’ due to an incomplete performance standard will not be eligible to earn a K*).

## **Academic Bowl**

To earn a **K** in Academic Bowl, a student must reach a specific participation requirement and several specific achievement requirements.

## **Band**

To earn a **K** in band, a student must achieve point number one on the band lettering sheet plus a minimum of 25 points from the same sheet provided to each member by the band director at the start of each year.

## **Baseball / Softball**

To earn a **K** in baseball or softball, a student must play 1/2 of the total number of innings that the team plays, or make a significant contribution to the team as determined by the head coach.

## **Basketball (boys & girls)**

To earn a **K** in basketball, a student must play 1/2 of the total number of quarters the team plays, or make a significant contribution to the team as determined by the head coach.

## **Cheer Leading**

To earn a **K** in cheer leading, a student must earn points for attendance at games, practices, meetings and other required events. A student must finish the season with 95% (fall) or 85% (winter) of total possible lettering points.

## **Football**

To earn a **K** in football, a student must play 1/2 of the total number of quarters that the team plays, or make a significant contribution to the team as determined by the head coach.

## **Managers**

Student managers—Students who participate in the school’s activity program in the capacity of student managers for the entire season will receive a **K** upon recommendation from the coach/sponsor.

## **JROTC**

To earn a **K** in AFJROTC, a student must complete one year in MO-20052, JROTC grade of "B" or better, NO unexcused uniform wear or inspection score below 20, 80 points from Nomination Package, and be awarded six of the eight requirements listed here: Leadership Ribbon, Academic Ribbon, Service Ribbon, Recruiting Ribbon, Attendance Ribbon, Good Conduct Ribbon, One of the following - Color Guard Ribbon, Drill Team Ribbon, Activities Ribbon.

## **Speech/Drama/Debate**

To earn a **K** in speech/drama/debate, a student must earn 40 points during the school year. Points are earned by participation in various contests and productions.

## **Tennis (boys & girls)**

To earn a **K** in tennis, a student must play 1/2 of the varsity matches, or make a significant contribution to the team as determined by the head coach.

## **Track (boys & girls)**

To earn a **K** in track, a student must earn 50 points on a point system. Points will be earned by practice participation, results in competitions, and other criteria explained at the start of the season or make a significant contribution as deemed by the head coach.

## **Vocal Music**

To earn a **K** in vocal music, a student must achieve *point number one* on the band lettering sheet **plus a minimum of 25 points** from the same sheet provided to each member by the vocal music director at the start of each year.

## **Volleyball**

To earn a **K** in volleyball, a student must play 1/2 of the varsity matches, or make a significant contribution to the team as determined by the head coach.

## **Golf**

To earn a **K** in golf, a student must play 1/2 of the varsity matches, or make a significant contribution to the team as determined by the head coach.

## **Wrestling**

To earn a **K** in wrestling, a student must earn 100 points on a point system. Points will be earned by practice participation, results in competitions, and other criteria explained at the start of the season or make a significant contribution as deemed by the head coach.

## ***Conference, District, and State Recognition Patches***

Patches for individual Conference and District recognition will be the responsibility of the student/parent. State recognition patches will be ordered and paid by the booster club (*subject to availability of funds*).

Conference, District, and State Team Championship patches will be ordered and paid for by the school athletic department (*subject to availability of funds*).

\* Please note that School Board Policy supersedes any procedures within this handbook.