

Westran R-1

High School
&
Middle School

Activities Handbook

Adopted June 18, 2008
Revised July 2017



INTRODUCTION

Welcome to the Westran Middle/High School activity/athletic program. Hopefully, your decision to take advantage of extracurricular and/or co-curricular programs 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 Westran R-1 school encourages you to take advantage of as many programs as your time and talent will permit. Westran does not encourage specialization in one sport or activity. 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 our programs.

PHILOSOPHY

Westran R-1 believes that the activity/athletic programs 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 their education.

Student participation in any part of our activities is a **privilege** which carries with it responsibility to the school, to the activity, to the student body, to the community and to the student themselves.

OBJECTIVES OF THE WESTRAN ATHLETIC PROGRAM

1. To develop good school citizens.
2. To develop positive qualities: physical, mental, and moral.
3. To develop respect for authority by abiding by the rules of the game and the decisions of the coach/sponsor and officials.
4. To teach the rules and skills of each sport/activity.
5. To help the participant develop academically, in accomplishments, and attitude.
6. To promote good sportsmanship and the appreciation of athletics/activities in general so that the student may function in society 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 accept defeat like ladies and gentlemen.

CONFERENCE AFFILIATION

Westran R-1 Schools is a member of the Lewis and Clark Conference and the Missouri High School Activities Association. As a member of these groups, we will adhere to the rules and regulations of the conference and activities association. Presently there are nine member schools in the Lewis and Clark Conference. They are as follows: **Fayette, Harrisburg, Knox County, Marceline, Paris, Salisbury, Schuyler County, Scotland County and Westran.**

INTERSCHOLASTIC SPORTS BY SEASON

Fall (Practices generally begin around the first week of August.)

| | | |
|-----------------------------|-------------------------------------|-------------|
| Cheerleading (Girls & Boys) | | |
| | Middle School, Jr. Varsity, Varsity | Grades 7-12 |
| Golf (Girls) | | |
| | Jr. Varsity, Varsity | Grades 9-12 |
| Football (Boys) | | |
| | Middle School, Jr. Varsity, Varsity | Grades 7-12 |
| Softball (Girls) | | |
| | Middle School, Jr. Varsity, Varsity | Grades 7-12 |

Winter (Practices generally begin the last week in October.)

| | | |
|-----------------------------|---|-------------|
| Basketball (Girls & Boys) | | |
| | Middle School, Freshman, Jr. Varsity, Varsity | Grades 7-12 |
| Cheerleading (Girls & Boys) | | |
| | Middle School, Jr. Varsity, Varsity | Grades 7-12 |

Spring (Practices generally begin the last week in February)

| | | |
|----------------------|---|-------------|
| Baseball (Boys) | | |
| | Jr. Varsity, Varsity | Grades 9-12 |
| Golf (Boys) | | |
| | Jr. Varsity, Varsity | Grades 9-12 |
| Track (Girls & Boys) | | |
| | Middle School, Freshman, Jr. Varsity, Varsity | Grades 7-12 |
| Academic Team | | |
| | Middle School, Varsity | Grades 7-12 |

EXTRA/CO-CURRICULAR PROGRAMS

Student Council
Future Teachers Association (FTA)
Future Business Leaders of America (FBLA)
National Honors Society (NHS)
Family, Career and Community Leaders of America (FCCLA)
Art Club
Marching Band, Jazz Band, Pep Band, Flag Corp
Choir, Select Choir, and Honor Choir
Spanish Club
Future Farmers of America (FFA)
Key Club
Drama Club

PARTICIPATION GUIDELINES

These guidelines must be followed in all school-sponsored activities.

- Students are free to make their own selections as to what sports or activities in which they wish to participate as defined by gender.
- Participation in more than one sport within a sports season will be allowed if an agreement is worked out before the season with both coaches and the Activities Director/Principal.
- It is the Westran R-1 schools policy that when students face a conflict between extracurricular and co-curricular activities the coach and sponsor of the activities shall meet to determine a resolution with the best interest of the student and programs in mind. In situations where an amicable agreement cannot be reached, the Activities Director and/or Principal will become involved and will make an administrative decision. Students and parents will be notified of the decision and if desired, can request a meeting with all parties to discuss the situation further. Competition and performances will take precedent over practices and rehearsals unless arrangements have been made with the coaches/sponsors beforehand. District and State activities will have priority when there is a conflict between performances and competition. If a co-curricular activity is missed, an alternative assignment **may** be given in place of attendance in order to recover points missed. When an athletic competition or practice is missed, a student **may** be required to make up any skills or conditioning missed. The administration reserves the right to

intervene at anytime to preserve the best interests of the student and/or programs involved.

- Attendance at practice, meetings, and competitions is required. No one is excused without prior permission of the coach or sponsor, unless it is due to a family or personal emergency.
- Coaches/sponsors will post practice times at least a week in advance. These schedules are subject to change due to extenuating circumstances. The practice sessions will not be of such length as to work hardships on the athletes and their parents.
- No practices are to be scheduled on major holidays. Practices on Sunday's will be infrequent. If a participant notifies the coach/sponsor **in advance** that he/she cannot make a Sunday practice for any reason, it will be excused.
- During the winter months, when inclement weather forces school cancellation, all regular season games and practices will be cancelled. In the event of tournament games still being played at another school, Westran school administrators will determine if participation will occur.

COMMITMENT

When a student chooses to participate on an athletic team or to be a member of a co-curricular program, he and his parents must make a commitment to that program. This may bring about a few hardships for parents and participants. If the programs at Westran are going to be competitive and successful, there must be regular practice and the student should realize that his/her time at practice is very important. Coaches and sponsors consider practices to be as important as the classroom in these situations. In the classroom when a student misses an assignment, it is to be made up. The same theory applies to athletic teams and co-curricular programs. Participants will be required to make up the practice of the skills or conditioning that they have missed in an "official" practice.

PHYSICALS AND INSURANCE REQUIREMENTS

Athletic by-laws in the MSHSAA Handbook state: "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 (issued by Westran R-1 Schools) is on file at the school. The medical certificate is valid for the purpose of this rule if issued on or after February 1 of the previous school year. 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."

ELIGIBILITY FOR EXTRA-CURRICULAR AND CO-CURRICULAR ACTIVITIES

The Missouri State High School Activities Association, of which Westran School District is a member, is a voluntary, nonprofit, educational association of junior and senior high schools established for the purpose of working cooperatively in adopting standards for supervising and regulating interscholastic activities and contests.

One of the primary functions of MSHSAA is to establish eligibility standards that must be met by all students to attain the privilege of representing their school in interscholastic activities.

Eligibility is a PRIVILEGE to be granted by the school to a student, which allows that student to participate in interscholastic activities. Eligibility is not a student's right by law. 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 with the Westran R-1 Schools and MSHSAA:

- You must be a creditable school citizen. Creditable school citizens are those students whose conduct, **both in and out of school**, will not reflect discredit upon themselves or their school.
- Only students with a 2.0 grade point average for the previous semester will be allowed to participate in activities. Any student with less than a 2.0 the previous semester will be excluded from activities.
- You must be enrolled in courses offering 3.0 units of credit.
- You must have earned 3.0 units of credit the preceding semester.
- Students declared ineligible will be excluded from all activities with the team or organization. Attending meetings, conferences, practicing, sitting on the team bench, traveling with the team, serving as a statistician or manager, and weight training are all activities which will not be permitted.
- Ineligibility for a semester will begin the first day of the semester. For the fall semester, that will be considered as the first day of fall athletic practices. For the spring semester, that will be considered as the first day after Christmas break or the first day of the second semester if the calendar does not end first semester at Christmas break. The awarding of summer school credits will not affect a student's participation status in the Westran School District. Summer participation will not be affected by school eligibility guidelines; however, coaches and sponsors have the right to deny a student's participation in a school activity because of eligibility status.

- Students who are ineligible first semester will have an opportunity to begin practice for second semester if their grade point average at the end of first quarter and midterm of second quarter is above 2.0. If that is the case, students may begin practice fourteen (14) school days before the start of second semester to meet conditioning standards set forth by the MSHSAA.
- 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 promotions rules.
- You are eligible to participate in any sport for a maximum of four consecutive seasons. Your eligibility in high school activities begins when you first enter the ninth grade and for the first eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.
- You are eligible to participate in any sport for a maximum of four seasons. Any part of a contest played during a season counts as a season of participation.
- For students in grades 7-8, you are eligible for only your first two semesters of attendance in the seventh grade and for only your first two semesters in the eighth grade. You are not eligible to compete with or against students enrolled in the tenth grade or above when you are enrolled in either the 7th or 8th grade.
- Over-aged eighth graders may move up to the senior high to have eight semesters of eligibility.
- In order to participate on or against teams made up of only seventh graders, you must not have reached 14 years of age prior to July 1, preceding the opening of school.
- In order to participate on or against teams made up of only eighth graders, you must not have reached 15 years of age prior to July 1, preceding the opening of school.
- In order to participate on or against teams made up of only ninth graders, you must not have reached 16 years of age prior to July 1, preceding the opening of school.
- You must enter school within the first 11 days of the semester to be eligible.
- You may not receive cash, merchandise or gift certificates for participating in an athletic/academic contest.
- You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc.
- You may accept awards for participating in non-school sponsored athletic/academic competition only if the awards are symbolic in nature, such as medals, trophies, ribbons, plaques, etc.
- If you reach the age of 19 prior to July 1, you will be ineligible for interscholastic competition the next school year.
- You may not participate in any organized non-school sponsored athletic/academic competition and your school team IN THE SAME SPORT during the same season.
- 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.

- You may participate in an “audition” or “try-out” for a college team only after you complete your last season of eligibility in the sport for which you wish to tryout.

REMINDER: Any questions pertaining to eligibility should be directed to the Athletic Director. All MSHSAA by-laws are constantly being updated and/or modified on a yearly basis. The above listing may not represent the *current* MSHSAA by-law.

BOARD POLICY REGARDING INTERSCHOLASTIC ACTIVITIES AND ATHLETICS

Interscholastic competition for secondary school students shall be provided through a variety of activities and athletics. Students are allowed to attain the privilege of representing their school by meeting the standards of eligibility as set forth by the Missouri State High School Activities Association (MSHSAA) and Westran High School and Westran Middle School. These standards may include academic requirements, citizenship, age maximums, passing medical examinations, and other items that are posted in the school and discussed by the coaches and sponsors with their students as well as with the parents/guardians of all student participants at a parents meeting prior to the season.

Interscholastic competition may be withheld from any student as a condition of discipline. Furthermore, all policies that apply to the regular school day apply also to interscholastic competition. Coaches and sponsors may establish policies for their groups in addition to those stated herein. In the event that a student is assigned an afternoon detention as a result of a classroom problem (this includes tardies) and/or makeup of classroom work, he/she is not allowed to use the excuse of “I have practice, so I can not stay”. **THE CLASSROOM OBLIGATION ALWAYS COMES FIRST.**

A student must be in attendance for the full day on days of extracurricular participation. Failure to do so will eliminate the student from practice or participation that day. Exceptions may be granted in special cases.

The following criteria will be followed:

1. Students will meet the eligibility requirements set out by MSHSAA and Westran R-1 Schools.
2. Any student failing a class may be required to attend study sessions after school.
3. Students displaying unacceptable citizenship behaviors may be suspended from participation.
4. Each coach and sponsor will establish written guidelines for their groups. These guidelines shall be presented orally and in written format. A copy of such guidelines will be on file with the principal.

A student engaged in interscholastic competition must portray good citizenship in the school and community. He/she shall be required to be in conformance with all general school rules and regulations, rules established by the sponsors and coaching staff for the program in which he/she is participating, and conformance with the laws of the community.

ATTENDANCE

Participants are expected to be in school all day to be eligible for practice or contests. A student who is absent from school on the day of a contest or performance, or on a Friday before a contest or performance on a Saturday, will not be permitted to participate in said contest without a written release from the Principal or Activities Director. Exceptions to this rule are extremely rare and must be approved by the Principal or Activities Director **beforehand**.

Participants are also expected to arrive on time the day following a contest or performance. Getting home late from a game or performance does not excuse anyone from getting to school at the appropriate time. If you are late to school following a contest or performance, you will not be allowed to participate in the next practice or contest in any way.

DRESS/APPEARANCE

Coaches and sponsors reserve the right to establish grooming guidelines for their programs as long as the guidelines are fair and consistently monitored. Coaches/sponsors may also require specific clothing for practices, competitions, travel, or overnight lodging. Any out of pocket expenses expected to be covered by the participant or the participant's family will be discussed as far in advance as possible.

Tattoos must be appropriate for public display. If it is deemed by the coach/sponsor or administration to be inappropriate, it must be covered. Due to safety concerns, a coach/sponsor reserves the right to prohibit body piercings and hair coloring.

LETTERING REGULATIONS

Each coach will establish his own criterion for lettering. This information is expected to be given to the athletes and parents before the start of the season, either verbally or written. In all sports the athlete must finish the season in order to letter in that sport. Special consideration will be given to athletes who have been injured.

With the first letter earned in any sport the athlete will receive a W, sport pin and a bar. When subsequent letters are earned in different activities, an emblem will be awarded which represents the sport in which the letter was earned along with a bar.

SPORTS BANQUETS

Sports banquets will be held at the conclusion of a sport season. All coaches and players whose team is being recognized are encouraged to attend. At this banquet, coaches will summarize the season and present awards. Parents and family members are encouraged to attend.

Coaches will determine what team and individual awards are given. In addition, coaches will inform the team of expected behaviors and attire, which is appropriate for the event.

EQUIPMENT

In order to give the student a sense of responsibility and an appreciation of their equipment, each student is responsible for the abuse or loss of any equipment. This includes uniforms. The student who was issued the equipment must pay for any lost or stolen equipment.

The following guidelines, if followed, will reduce the chances for lost or stolen equipment or uniforms.

- Do not exchange or loan any equipment checked out to you to another teammate. If it becomes necessary to do so, the coach/sponsor will see to it.
- Except for when you have visual contact, your locker should be closed and locked at all times. This includes when you are in the shower. School and personal equipment should be locked up at all times.
- Any loss of equipment should be reported immediately to the coach/sponsor. Do not wait until the end of the season.
- Any protective equipment that does not fit properly or has defective parts should be reported to the coach/sponsor immediately. Do not wear the equipment until the adjustments have been made.
- Any equipment or uniforms that you see being used away from school should be reported to the coach/sponsor or the school administration.

TRANSPORTATION POLICY

All athletes will ride the team bus when traveling to a contest. When traveling, we all go as a team. When returning home athletes are **EXPECTED** to ride the bus home, but will be allowed to go home with **parents or legal guardian** only for the purpose of alleviating parental transportation problems. Team chemistry is often developed on a bus ride home after a big win or even a tough loss. It is important to finish the night as a team.

- Students may secure permission to return from contests with their parents providing that the parent requests permission from Activities Director, Administrator, or Coach/Sponsor.
- Students may provide their own transportation to and from home events, practices, meetings, etc.
- Students may transport another student to and from home events, practices, meetings, etc.

CONDUCT OF ATHLETES AT ALL ATHLETIC CONTESTS

The following are general rules of conduct that are to be followed by all athletes. Coaches reserve the right and are encouraged to stipulate additional guidelines for their athletes.

- Athletes are not to display in any way their anger, disgust, or disagreement with an official's decision by their actions.
- Athletes must be able to control their temper at all times. Coaches will remove anyone from the contest at the earliest indication that a player is losing self-control.
- Fighting and swearing will not be tolerated under any circumstances. Do not talk to opponents. If an incident does occur, **DO NOT RETALIATE**. Let the game officials handle it. Any athlete involved in a fight may be subject to suspension from the team and/or school.
- When appropriate, following a game, we will immediately shake hands with the opponents and go straight to the locker rooms or designated meeting area.
- Players will not show disrespect to their coach or to their teammate at any time.
- Pouting or apathy on the bench during a contest will not be accepted.
- Recognize great plays by your teammates. Acknowledge super efforts.
- Never bad mouth a teammate or his performance. It is the coach's job to constructively criticize players.
- Accept the coach's decisions regarding playing time. If you have questions regarding playing time, save them for after practice.
- Coaches and players will demonstrate decorum and sportsmanship above all things during athletic contests.

PARENT-COACH/SPONSOR COMMUNICATION

Parent-Coach/Sponsor Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to the student. As parents, when your student becomes involved with our program, you have a right to be informed of the expectations that are placed on your student. This begins with a clear communication from the coach of your student's program. Coaches have the option of conducting practices that are closed to the public. Please understand this may be done to limit outside distractions to the team, NOT keep parents from being involved in the program.

Communication You Should Expect From Your Student's Coach/Sponsor

- Philosophy of the coach/sponsor.
- Expectations the coach/sponsor has for your student as well as the players on the squad.
- Locations and times of all practices and contests.
- Team requirements such as fees, special equipment, etc.
- Procedure to follow if your student is injured during participation.
- Discipline that results in the denial of playing privileges for your student.

Communication Coaches/Sponsors Expect From Parents

- Concerns expressed directly to the coach/sponsor.
- Notification of any schedule conflicts, well in advance.
- Any illnesses or injuries.

As your student becomes involved with our programs, they will experience some of the most rewarding moments of their lives. It is important to understand that there are also going to be times when things do not go the way your student wishes. At these times, discussion with the coach/sponsor is encouraged.

Appropriate Concerns To Discuss With Coaches/Sponsors

- The physical and mental treatment of your student.
- Ways to help your student improve.
- Concerns about your student's behavior.

It is very difficult to accept that your student is not playing as much as you may have hoped. Coaches are professionals. They make decisions based on what they believe to be the best for the TEAM. As you can see from the above list, certain things should be

discussed with a coach. Other things, such as the list to follow, should be left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coaches/Sponsors

- Playing time.
- Team strategy.
- Play calling.
- Other students.

There are situations that may require a conference between the coach and parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others' position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issues of concern.

Procedure To Discuss Concerns With A Coach/Sponsor

- Call the coach/sponsor **at school** to set up an appointment.
- If the coach/sponsor cannot be reached at school, do not call them at home, instead set up an appointment through the Activities Director/Principal.
- Please do not confront the coach/sponsor before or after a contest or practice. These times are usually emotional for both the parent and coach. Meetings at these times rarely establish a resolution.

The next step...

What To Do If The Meeting With The Coach/Sponsor Did Not Resolve Your Issues

- Call and set up a meeting with the Activities Director/Principal to discuss the situation.
- At this meeting, the appropriate next step will be determined.

STUDENT DRUG TESTING

The Board recognizes that drug and alcohol abuse is a serious problem in America and America's schools, including Westran High School and Westran Middle School, are not immune from this problem. Students are increasingly experimenting with "gateway" drugs such as marijuana and at younger ages than in the past. Such experimentation is not limited to marijuana and alcohol but, rather, includes a variety of other drugs, all of which are subject to possible testing under this policy. Accordingly, the Board has determined that it will not tolerate the abuse of drugs by its students.

Participation in extracurricular activities is a privilege, not a right or entitlement. Thus, no student is guaranteed participation in any extracurricular activity. District officials possess the authority to eliminate this privilege at any time. Similarly, at the high school level, student parking is provided solely at the discretion of the district and may be withdrawn at any time. Deadline for sign up for drug testing each year will be the first Friday after Labor Day except for students moving into the district after this date. Students moving into the district after the first Friday after Labor Day will have to sign up within the first week of attending classes at Westran R-1.

The district uses the following protocol when testing for drugs and when addressing violations of this policy.

Definition of Terms

Extracurricular Activity (competitive) – Activities that take place outside the regular course of study in school.

Drug Use Test – Scientifically substantiated method to test for the presence of illegal drugs in a person's urine.

Alteration – The process where an individual ingests large amounts of water, vitamins and/or other various chemicals in an attempt to interfere with testing results. In drugs-of-abuse (DAU) screening, it is important to ensure the integrity of samples. The test provides information on the possible alteration of urine samples submitted for DAU testing. The object of tests for alteration is to discover deviations in urine samples, such as dilution or the addition of drug-test interfering substances.

Tested Drugs – The specific drugs that are subject to testing, at the discretion of the district. Such drugs are named within this policy.

Positive Test Result – When referring to a drug test administered under this policy, a toxicological test result that is considered to demonstrate the presence of an illegal drug or the metabolites thereof using the standards customarily established by the testing laboratory administering the drug use test.

The following procedure shall govern the implementation of the Westran R-I School District's student drug testing policy.

Student Sign Up

Any student interested in representing Westran R-I in extracurricular activities or wanting to drive to school must be signed up for the program by the Friday following Labor Day each year. A student moving to our district after the cut-off date will have five days after enrollment to sign up.

Random Selection Process

The district will randomly test (for drugs and alcohol) eligible students in grades 7-12 at a frequency and volume deemed appropriate for the effectiveness of the program. The tested drugs are specifically identified in this policy. The random selection process will ensure an equal probability that any eligible student could be selected. No Westran R-I School District employee shall have the authority to waive the testing of any student selected in the random selection process.

When students who are randomly selected are on an IEP, the administrator must confer with the Director of Special Services to determine if the disability the student has will hinder the collection procedure. If the Director of Special Services determines there will be a concern, the parent or legal guardian and case manager shall confer to determine the best procedure for specimen collection. The Director of Special Services will make any final decisions regarding specimen collection.

Confidentiality

All aspects of sample collection and testing under this procedure shall be conducted so as to ensure the confidentiality of all personal information and/or privacy rights of students in accordance with law.

Testing Procedure

Upon receiving a notice from the building principal that the student has been selected for a random drug test, the student will go to the nurse's office. Appropriate steps will be taken to respect the privacy of students while, at the same time, preventing the falsification of testing. Upon entering the testing site, the student will be asked to provide the identification number given to him/her by the supervising administrator. The student will then be asked to remove the contents of his/her pockets and remove outer garments. Next, the student will be asked to wash his/her hands. The collection technician will secure the bathroom by putting blue dye in the stool, taping off water supplies, removing trashcans, and using other legally permissible security mechanisms. The collection technician will then open a collection container in the presence of the student, remove the contents and hand the collection cup to the student, explaining that the student is to provide a urine specimen in the collection cup and then place the cup on a predesignated flat surface upon completion of the void. The student will also be reminded not to flush the toilet or to use the faucet until the collection is completed. The collection technician will step outside the bathroom and shut the door, allowing the student to provide a specimen in private.

Once the student has completed the void and opened the bathroom door, the collection technician will check the specimen for appropriate temperature, foreign color and odor. If, in the judgment of the collection technician, the specimen does not show signs of tampering, the student will be allowed to wash his/her hands. Prior to performing an initial screening, the specimen collected will be poured into the specimen vials that came in the collection cup. The collection technician initiates

a preliminary drug screen of the specimen. If the initial screening test indicates the presence of a tested drug, or if the collection technician is conducting an internal self-audit of a testing device, the technician, using a Custody and Control form, that, when completed, will be sent (along with the specimen) to a SAMHSA-certified laboratory for a second screening test. If the second screening test is also non-negative, the laboratory will conduct a more in-depth test by means of a gas chromatography/mass spectrometry (GC/MS) analysis. The collection technician will conduct all procedures in accordance with accepted industry practices.

If the GC/MS test is non-negative, the results will be forwarded to the Designated School Official (DSO). The DSO will contact the student's parent/legal guardian and ask for a meeting. At the meeting, the DSO will inform the parent/legal guardian of the non-negative result and ask for permission to forward the results to a Medical Review Officer (MRO). If permission is granted, the DSO will obtain the parent/legal guardian's name, ID # and contact phone # and forward that information to Employee Screening Services, who will then forward the information to the MRO. If permission is not granted, or the parent/legal guardian will not meet with the DSO, the lab results will be accepted as the final results.

When the MRO receives the above information, he/she will contact the parent/legal guardian, verify identification and then discuss the medications the student is taking. If any of the medications being taken by the student, in the sole judgment of the MRO, explain the non-negative result, the MRO will verify with the prescribing physician that there is a legitimate prescription in the student's name. Once all pertinent information has been obtained, the MRO will make a final determination of the test results. Those results will be forwarded to the professional drug selection company, who will then forward them to the DSO.

If the parent/legal guardian contests the MRO's decision, the parent/legal guardian may request, within 72 hours of the MRO's decision, to have the split specimen sent to the same or a different laboratory for a second-opinion analysis. The cost of the split specimen test will be at the district's expense.

Tested Drugs

The urine samples may be tested for any or all of the following drugs:

1. Alcohol.
2. Opiates: morphine, codeine, hydrocodone (Vicodin, Hycodan, Panacet, Anexsia) and hydromorphone (Diluadid).
3. Amphetamines: Adderal, Dexedrine, Benezedrine. Methamphetamine will usually show up in an amphetamine panel.

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4. Benzodiazepines: diazepam (Valium), chlordiazepoxide (Librium), oxazepam (Serax), alprazolam (Xanax) and others.
5. Barbiturates: pentobarbital, butabital, amobarbital, secobarbital and Phenobarbital.
6. Methadone: Dolophine.
7. Oxycodone: Percodan, Percocet, Oxycontin, oxymorphone (Numorphan), hydrocodone (Vicodin) and codeine.
8. Cocaine.
9. Legally prohibited methamphetamine (meth).
10. Marijuana.
11. Phencyclidine (PCP).
12. MDMA (methylenedioxymethamphetamine): Ecstasy.
13. Propoxyphene (Darvon), a synthetic opiate.
14. K-2 or any of its derivatives.

Refusal to Submit for Testing

An eligible student refuses to submit for drug and alcohol testing when he or she 1) fails to provide adequate urine for testing when notified of the need to do so (students will be given a minimum of two hours to produce enough urine), or 2) engages in conduct that obstructs the testing process. An eligible student who refuses to submit for testing, or who acts to falsify testing results, shall be suspended from all eligible activities for the remainder of the school year.

Positive Test Results

Positive test results shall be reported to the DSO. The DSO will notify the student, the athletic coach or extracurricular sponsor, other administrators with a need to know the information (such as the superintendent), and the parent or legal guardian of the student. All documentation regarding drug and alcohol test results shall be maintained separately from all other student records. Access to the confidential drug testing files shall be limited to school personnel on a need-to-know basis. No testing results will be used to initiate or substantiate any criminal charges against a student.

All positive test results will accumulate during a student's middle school career. Once a student enters high school, any accumulation of positive tests will start over and then span the course of a student's high school career.

Failure to abide by the consequences set forth below shall constitute ineligibility for all athletics, extracurricular activities and on-campus parking for the respective period of time designated below.

Consequences

First Offense: Following a confirmed positive test result, the RSO shall schedule a conference with the student, his or her parent or legal guardian and the athletic coach or extracurricular sponsor. At the conference, the administrator will implement the following consequences:

1. The student shall be suspended from participating in all eligible activities for a period of 16 consecutive days with 14 additional days where the student may not participate in contests, but may participate in practices. The student also shall have his or her parking permit revoked for a period of 30 consecutive days.
2. The student shall be evaluated by a physician – at the expense of the parent/student – before resuming participation in eligible activities to certify that substance use or abuse no longer interferes with the student's mental or physical ability to participate in eligible activities.
3. The student shall voluntarily submit to a second drug test administered at the first opportunity that the school district provides. A non-negative result will be considered a second offense.

Second Offense: Following a second confirmed positive test result, the responsible school administrator shall schedule a second conference with the student, his or her parent or guardian and the athletic coach or extracurricular sponsor. At the second conference, the administrator will implement the following consequences:

1. The student shall be suspended from participating in all eligible activities for a period of 90 consecutive days. The student also shall have his or her parking permit revoked for a period of 90 consecutive days.
2. The student shall be evaluated by a physician – at the expense of the parent/student – before resuming participation in eligible activities to certify that substance use or abuse no longer interferes with the student's mental or physical ability to participate in eligible activities.
3. The student shall voluntarily submit to alcohol and drug testing for the remainder of the school year. A non-negative result will be considered a third offense.

FILE: JFCI
Critical

Third Offense: Following a third confirmed, positive test result, the student shall be prohibited from participating in all interscholastic athletics, competitive extracurricular activities, public performances and on-campus parking for a period of one calendar year.

Following a student's one-year suspension, in order to resume activities, a student must complete the following steps:

1. The student shall be evaluated by a physician – at the expense of the parent/student – before resuming participation in eligible activities to certify that substance use or abuse no longer interferes with the student's mental or physical ability to participate in eligible activities.
2. The student shall voluntarily submit to alcohol and drug testing for the entirety of a calendar year following the suspension. A non-negative result will be treated as a third offense.

Appeals

Because participation in extracurricular activities is a privilege and not a legal entitlement, there is no right to a hearing to challenge a suspension or ban under this policy. However, the district will provide the opportunity for a student or parent/legal guardian to appeal any suspension or ban from activities under this policy. This appeal process shall not be used to challenge the judgment or determination of the MRO or the substantive validity of the test result. Rather, this appeal process is designed to permit the parent/legal guardian the opportunity to comment on the application and implementation of this policy to the student. The consequences of this policy (i.e., suspension or ban) remain in effect during all appeals.

An appeal may be made in writing to the district's superintendent within five school days of the issuance of the suspension. Failure to appeal in a timely manner to the superintendent waives any further right to appeal.

After receiving the written appeal, the superintendent will meet with the student and student's parent/legal guardian (who are responsible for clearing their schedules to meet with the superintendent at the designated time). During this meeting, the student and parent/legal guardian will be permitted to explain their position and the facts that they believe warrant reversal of the decision. The superintendent shall thereafter determine whether a different result is warranted.

The student or parent/legal guardian may appeal the decision of the superintendent to the Board of Education by submitting a written appeal request no later than five working days after the superintendent has communicated the decision. In the written appeal request, the student or parent/legal guardian should set forth the specific relief sought, as well as the reasons why the Board should grant that relief. The Board has the right, in its sole discretion and judgment, to determine the appeal on the written documentation provided or, alternatively, request that the student and parent/legal guardian appear before the Board to address the matter.

Effect on Other Policies

This policy intends to limit the participation opportunities of a student found to be in violation of its terms. However, if a student engages in conduct that constitutes a violation of any part of the district's/school's student code of conduct, that student may also be subject to the respective disciplinary consequences set forth under the applicable code. Further, this policy does not invalidate or supplant other policies and practices of the district regarding drug-related issues.

* * * * *

Note: The reader is encouraged to check the index located at the beginning of this section for other pertinent policies and to review administrative procedures and/or forms for related information.

Adopted: 06/20/2012, effective 07/01/2012

Cross Refs: IGAEA, Teaching about Drugs, Alcohol and Tobacco
IGD, District-Sponsored Extracurricular Activities and Groups

Legal Refs: U.S. Const., amend. IV
Board of Educ. of Ind. Sch. Dist. No. 92 of Pottawatomie County v. Earls, 536 U.S.
822 (2002)
Vernonia Sch. Dist. v. Acton, 515 U.S. 646 (1995)

Westran R-I Public Schools, Huntsville, Missouri

STUDENT DRUG TESTING

(Drug Testing Program Participation and Consent Form and Waiver/Release of Liability)

NOTE: This document is in two parts. Both parts must be reviewed carefully, signed by the appropriate individual and returned to the principal before a student may participate in activities.

The term "Activities" applies to all extracurricular activities as defined in policy JFCI, Student Drug Testing.

Part One: Student

I am voluntarily choosing to participate in Activities, and thus agree as follows:

1. I have read and understand the Westran School District's student drug testing policy. I agree that participation in school-sponsored Activities is a privilege and not a right and may be withdrawn by the District at any time.
2. I will be a participant in, and fully and knowingly consent to participation in, the Westran School District's testing program contained in the student drug testing policy ("Testing Program"). To this end, I have carefully read and understand the terms of the student drug testing policy that explains the Testing Program and I agree to comply with and abide by the terms of that policy.
3. I understand that my signature below authorizes the District to obtain a urine sample from me in accordance with the Testing Program. I further understand and agree that the District may respond to a positive drug test result in accordance with the provisions of the Testing Program. My consent will remain in effect unless I have provided written notice of revocation to the principal.
4. By signing this form, I hereby waive and release the District – the term "District" defined as including the District as an entity and its employees, Board members, agents, representatives and volunteers, in their respective official and individual capacities – from all claims, demands and/or liability for any injury, harm, loss and/or damage arising in any manner from my participation in Activities. I agree to hold the District harmless against all claims and/or other demands arising as a result of my participation in Activities. I acknowledge that my waiver and release applies to all acts and/or failure to act, whether intentional, reckless or negligent, on the part of the District (as defined above). I know that by signing this waiver and release I am immunizing the District (as defined above) from all liability. I will not bring any legal action or assert any claims of any kind against the District (as defined above) for any injury, harm, loss or damage arising out of my participation in Activities. I sign this waiver and release voluntarily and with a full and complete understanding of its contents.

Today's Date: _____ Grade _____

Student's Signature (sign legibly): _____

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Part Two: Parent

I understand that my child is voluntarily choosing to participate in Activities, and thus agree as follows:

1. I have read and understand the Westran School District's student drug testing policy. I agree that participation in school-sponsored Activities is a privilege and not a right and may be withdrawn by the District at any time.
2. I consent to my child's participation in the Westran School District's testing program contained in the student drug testing policy ("Testing Program"). To this end, I have carefully read and understand the terms of the student drug testing policy that explains the Testing Program, and I agree to comply with and abide by the terms of that policy. In addition, I have directed my child to read and understand the terms of the student drug testing policy. I further agree to direct my child to comply with and abide by the terms of the student drug testing policy.
3. I understand that my signature below authorizes the District to obtain a urine sample from my child in accordance with the Testing Program. My consent will remain in effect unless I have provided written notice of revocation to the principal.
4. By signing this form, I (on behalf of myself and my child) hereby waive and release the District – the term "District" being defined as including the District as an entity and its employees, Board members, agents, representatives and volunteers, in their respective official and individual capacities – from all claims, demands and/or liability for any injury, harm, loss and/or damage arising in any manner from my child's participation in Activities. In addition, I agree to hold the District harmless against all claims and/or other demands arising as a result of my child's participation in Activities. I further acknowledge that this waiver and release applies to all acts and/or failure to act, whether intentional, reckless or negligent, on the part of the District (as defined above). I know that by signing this waiver and release I am immunizing the District (as defined above) from all liability, and that such immunization is on behalf of myself and my child. I further understand that because I am signing as the parent/legal guardian of a minor-aged participant, I am specifically waiving and releasing all of the rights that the minor-aged participant might otherwise have had. I will not bring any legal action or assert any claims of any kind against the District (as defined above) for any injury, harm, loss or damage arising out of my child's participation in Activities.

I sign this Consent Form and Waiver/Release of Liability voluntarily and with a full and complete understanding of its contents.

Today's Date: _____

Parent/Legal Guardian Signature (sign legibly): _____

My child's name is: _____

My daytime contact number is: _____ My nighttime contact number is: _____

* * * * *

FILE: JFCI-AF
Critical

Note: The reader is encouraged to review policies and/or procedures for related information in this administrative area.

Implemented: 07/01/2012

Westran R-I Public Schools, Huntsville, Missouri

CITIZENSHIP POLICY

At Westran, we believe that extracurricular and co-curricular activities supplement the secondary curricular program, and are a vital part of a student's total educational experience. These experiences contribute to the development of each student's intellectual, emotional, and social abilities. They provide the student with the opportunity to maximize their overall educational experience.

Student participation in any of our activities is a **privilege** which carries with it responsibility to the school, to the activity, to the student body, to the community, and to the student's themselves. Students who represent Westran in one of our activities must be considered creditable citizens by the administration and the coach/sponsor. Those students whose character or conduct is such as to reflect discredit upon themselves or their school are not considered "creditible citizens." The student's conduct **in and out of school** shall be satisfactory in accord with the standards of good discipline.

Any behavior or action by a student that discredits themselves, their school, or their team/program will affect the student's status as a creditable citizen and the student will face punitive action as determined by the administration or the coach/sponsor. Truancy, tardiness, disrespect, or any other act that places a student in any form of suspension from school will automatically affect a student's eligibility to participate in our programs. Felony or misdemeanor charges or acts by the student may justify suspension or dismissal from the program. Violations of established training rules will also result in suspension or dismissal from the program.

This citizenship policy becomes effective immediately upon completion of 6th grade and ends upon high school graduation. It is in effect 365 days a year, so infractions committed during summer months will affect a student's eligibility status.

It is also recommended that if a student knows he/she has violated this policy, that they inform the administration or the coach/sponsor as soon as possible. Being forthright is a sign of maturity and may positively impact decisions regarding eligibility.

Below is the 2013-14 MSHSAA By-Law concerning Citizenship

MSHSAA BY-LAW 2.2.1 CITIZENSHIP REQUIREMENTS

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 "creditible citizens". Conduct shall be satisfactory in accord with the standards of good discipline.

- 2.2.2. Law Enforcement: A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony stature 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 conditions 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. Minor moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries. 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.

2.2.3 Local School:

1. A student who violates a local school policy is ineligible until completion of the prescribed school penalties.
2. The eligibility of a student who is serving detention or in-school suspension shall be determined by local school authorities.
3. A student shall not be considered eligible while serving an out-of-school suspension.
4. A student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal.
5. 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.
6. 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
7. Each school shall diligently and completely investigate any issue that could affect student eligibility.

2.2.4 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.

****Policy in effect for 2008-09 school year*

PARTICIPANT CODE OF CONDUCT

The following violations and consequences are minimum guidelines only; all coaches/sponsors have the right to impose additional consequences within their respective programs as they see fit.

Incidents that may occur which are not covered by these guidelines, will be reviewed on an individual basis and decisions related to penalties will be made jointly by the school administration, Activities Director, and head coach. Final decisions of all incidents will be at the discretion of the administration.

The loss of a student's privilege to participate carries over to the next season in which a student participates if the suspension cannot be completed by the end of the current season. A season is defined as fall, winter, or spring. Violations will not accumulate for a

student's high school career, however suspensions may carry over from one school year to another. If a student participant is in violation of this code regularly, participation privileges can be revoked indefinitely.

Hearsay and/or anonymous sources will not be used to substantiate violations of this code. A violation of this policy can be substantiated either verbally and/or in writing by:

- A law enforcement official.
- A medical official.
- A faculty member or staff member
- A school administrator.
- The parent of that student participant.
- The confession of that student participant.
- A coach or sponsor.

A. Misconduct While At School

A student is expected to exhibit characteristics of good discipline and self-control during the school day. If it is brought to the attention of the Activities Director, Principal, or the coach/sponsor that a student participant was involved with a disciplinary problem while at school, penalties may range from a verbal reprimand to permanent restriction of participation depending on the severity of the situation and the attitude of the student.

In-school suspension (ISS): On any day that a student has served an in-school suspension, that student may attend, but not participate in any extracurricular or co-curricular contest, performance, competition or practice.

Out of school suspension (OSS): On any day that a student misses school due to OSS, that student may not attend or participate in any extracurricular or co-curricular activities (practices and contests). If a student is serving OSS on a Friday or on the last day of school before a vacation he/she will not be allowed to participate until a full day of school is completed.

B. Unsportsmanlike Conduct

Any actions that would result in ejection from a contest will cause the student to be restricted from representing the school for at least the next contest. Any student who commits such an act but is not ejected may also be subject to at least a one game restriction from representing the school. Each case of this type is to be reviewed by the head coach, sponsor, Activities Director, and Principal before a final decision is reached.

C. Possession/Use of Tobacco Products

Student participants, regardless of age, are not permitted to possess or use tobacco in any form on or off school property. Therefore, the following penalties will be assessed to students who are in violation of this policy.

First offense: The student will be held from participation for 25% of scheduled contests.

Second offense: The student will be held from participation for 50% of scheduled contests.

Third offense: The student will be held from participation for 365 days.

D. Possession, Use, or Distribution of Alcoholic Beverages

Possession, use, or distribution of alcoholic beverages will not be permitted by student participants. Therefore, the following penalties will be assessed to students who are in violation of this policy.

First offense: The student will be held from participation for 50% of scheduled contests.

Second offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 days.

E. Possession, Use, or Distribution of Controlled Substances, Imitation Controlled Substances, Drug Paraphernalia, or Items Represented To Be Such

Possession, use, or distribution of a controlled substance, imitation controlled substances, drug paraphernalia, or items represented to be such will not be permitted by student participants. Therefore, the following penalties will be assessed to students who are in violation of this policy.

First offense: The student will be held from participation for 50% of scheduled contests.

Second offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 days.

G. Misdemeanor Acts

If a student is charged by law enforcement for committing a misdemeanor other than minor traffic violations, the following penalties will be assessed:

First offense: The student will be held from participation for 25% of scheduled contests.

Second offense: The student will be held from participation for 50% of scheduled contests.

Third offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 days.

If a court assigns any sentence other than general probation, the student participant will be held from activities until the sentence has been fulfilled. (MSHSAA By-Law 212.0)

H. Felonies

If a student is charged by law enforcement for committing a felony, the following penalty will be assessed:

First offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 days.

If a court assigns any sentence other than probation, the student participant will be held from participation from all extracurricular and co-curricular activities for 365 days, or until the sentence has been served, whichever is longer.

I. Hazing

Hazing is defined as harassment, abuse, or humiliation by way of initiation. It can be physical, mental, or emotional. Some people think hazing is an acceptable practice that builds team unity and acceptance. It is however, an act of violence. It is not a legitimate rite of passage but is intimidation, and in many states a crime. Because of the seriousness of our belief that hazing must not take place at the interscholastic level, or any other for that matter, students who commit hazing acts or rituals will be penalized.

First Offense: The student will be held from participation for 25% of scheduled contests. The student will also be mandated to make a public apology to the victim. Depending on the severity of the incident, the administration also reserves the right to suspend participation indefinitely.

Second Offense: The student will be held from participation for 365 days.

J. Inappropriate Physical Contact of a Sexual Nature

All students, including student athletes and those who participate in other extra-curricular activities, have the right to be free from inappropriate physical contact of a sexual nature in connection with school activities. Therefore, student participants who engage in such conduct will receive consequences under this paragraph separate and independent from, and in addition to, consequences administered under any other provision of the Student Code of Conduct or Participant Code of Conduct that may also be applicable to the conduct. For purposes of this paragraph only, "inappropriate physical contact of a sexual nature" shall mean any "sexual conduct," "sexual contact," "sexual intercourse," or "deviate sexual intercourse," as such terms are defined in Section 566.010 of the Missouri Revised Statutes on the date this paragraph is adopted, or as the statute may later be amended- when such conduct is either (1) unwelcome or (2) otherwise inappropriate for a school activity, as determined by the coach, sponsor, administration and/or Board of Education. The definitions in Section 566.010 are available on-line under the "Missouri Revised Statutes," and are available through the athletic and administrative offices in print.

Consequences: (Nothing in the consequences specified below is intended to limit in any way consequences that may be provided under the Student Code of Conduct, or any other provision of Board Policy or Regulation or state or federal law.)

First Offense: Up to a 365-day suspension from extra-Curricular activities, with referral to law enforcement authorities. The student will also receive consequences specified in the Student Handbook.

Second Offense: Long term suspension or expulsion from school, and permanent expulsion from extra curricular activities, with referral to law enforcement authorities.

K. Due Process

Student participants who are disciplined for violating any of these standards will be afforded due process. The student will be allowed to explain their position to the Coach/Sponsor and/or Activities Director/Principal before any penalties are invoked. If the disciplinary action results in the suspension of a participant in an extracurricular or co-curricular program for more than one week, the student participant may appeal to the Activities Director, to the Building Principal, to the Superintendent of Schools, and ultimately, to the Westran School District Board of Education, according to their policies and procedures.

If a single violation occurs in two or more different categories, the most restrictive category will be used to assess the penalty. The percentage of games lost due to a violation is based on the number of games scheduled at the beginning of the sports season.

SPORTSMANSHIP

As a participant representing the Westran R-1 Schools, you have the responsibility for exhibiting good sportsmanship at all times. The moment you agree to participate, you become a representative of your student body, your school, your community and, most importantly, yourself. You will receive the ingredients of good sportsmanship through the teaching, coaching, and examples of the coaching/sponsoring staff. Be sure to exhibit what you learn.

A very important lesson we learn through interscholastic athletics/activities 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 athletics/activities.

Attitude is one of the principle requisites in becoming a champion in any sport. Your attitude is defined by your thinking, feeling, and actions. The desire to excel, to win, and to pay the price, are all positive points or attributes of attitude that contribute to a winning philosophy.

Yes, a winning philosophy is important. Likewise, realize the importance of how the game is played as well as viewed. Simple acts or gestures of respect will aid you and your team in portraying the standards of sportsmanship expected of participants at Westran Middle/High School. Examples of such acts are:

- 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.
- Never being boastful or bitter.

Interscholastic athletics/activities 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, or other professions, 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 and athletic play on the courts, fields, and diamonds during your high school days.

**Westran School District
Activity/Athletic Commitment Pledge**

| Participant's Name (Print) | Grade | Sport/Activity |
|----------------------------|-------|----------------|
|----------------------------|-------|----------------|

Prior to participating in any practice or tryout session for any interscholastic sport, each athlete must:

1. Successfully pass a physical examination to participate in athletics, by a licensed physician and the copy of such examination must be on file in the office of the building activities director. Physical exams are valid if issued on or after February 1 of the previous school year.
2. Return this Activity/Athletic Commitment Pledge Form with the student and parent(s) signatures.

As a school's student/athlete voluntarily participating in interscholastic activities/athletics, I acknowledge that:

1. I have read this Student Activity/Athletic Handbook and understand what the Westran R-1 School District expects from me in regard to the expectations set forth in this handbook and to sportsmanship, citizenship, scholastics, and staying free from drug, alcohol, and tobacco use while enrolled in this school. **I understand this is a year-round commitment.** I understand the consequences for violating school policy and I will not do so while a Westran School District student participant.
2. I will be responsible for all equipment issued to me throughout the season, will return such equipment at the conclusion of the season and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
3. I have been properly advised, cautioned, and warned by administrative and coaching personnel of the Westran School District that I am exposing myself to the risk of injury, including, but not limited to, the risk of sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial, or complete impairment in the use of my limbs, brain damage, paralysis, or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury and with full consent of my parent/guardian.
4. I, along with my parents, certify that I have read and understand all of the Westran School District activity/athletic policies in this handbook. In order to be eligible for participation, I understand I must comply with all requirements listed.
5. I agree that I will refrain from participating in any student hazing activities as a participant or as an observer. I further understand that violation of the district's hazing policy may result in suspension from school and suspension from participating in all activities.

Student's Signature

Date

As a parent/guardian of a student participating voluntarily in interscholastic athletics/activities, I have read this handbook, discussed it with my son/daughter, and will support the Westran School District in its efforts to promote good citizenship and sportsmanship.

Parent's/Guardian Signature

Date