

- College tryouts, auditions, evaluation events-
  - a. A student may participate in an unlimited number of auditions, tryouts, or evaluative events after he/she completes the last season of eligibility in the sport for which he/she wishes to “tryout.”
  - b. Students may accept an invitation (*based on athletic accomplishments*) to participate in one evaluation event, per sport, per year and maintain eligibility.
  - c. The student may attend as many “Open” evaluation events as permitted by By-Law 242. There is no limit on college tryouts sponsored by the institution.
  - d. Administrator approval is required for a student to participate in a “tryout” during a season in which he/she is competing in a different school sport.
  - e. Administrator approval is required when the student must miss school time to travel to or participate in a “tryout”.
  
- Sports camps/Clinics-
  - a. Before a student participates in a sports camp during the school year, he/she should check with the athletic director to make sure that MSHSAA standards are met.

## **Hermann High School Guidelines And Expectations For Participation In Extracurricular Activities**

### **Introduction**

Welcome to the Hermann High School interscholastic activities program. It is the desire of the activities department that your decision to take part in our extracurricular activities program will be educational, rewarding, and challenging. The Gasconade County R-I School district encourages you to take advantage of as many programs as your time and talents will permit. We do not encourage specialization in one activity, rather, we would encourage you to experience a variety of activities. Naturally, due to conflicts in seasons, practice times, schedules, etc., some choices will have to be made. Good luck to you as you strive to grow physically, mentally, socially, and emotionally through interscholastic activities.

### **Hermann Athletic Mission Statement**

The Hermann athletic department values both team and individual sports. Athletics shape young people on and off the fields of competition. Success in athletics often mirrors success in life because both demand commitment, responsibility, respect, cooperation, and confidence. The athletic department sees the parallels in each, and we strive to teach our athletes these vital traits. Gaining these traits now will lead to future successes as contributing members of society.

### **Philosophy**

The activities department believes that extracurricular activities supplement the secondary curriculum and as such, become a vital part of a student’s total education experience. The experiences will contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his/her education.

Student participation in any part of an activity program is a privilege which carries with it responsibilities to the school, to the activity, to the student body, to the community and to the student himself/herself.

This participation privilege represents year round commitment and will help to develop the student physically, mentally, socially, and emotionally.

### **Responsibilities**

As a student-athlete, you are in school to secure the best secondary education you are capable of achieving. Deciding to take advantage of the “other half of education” plays a significant role in your total educational development. However, with this decision also comes certain responsibilities if the value of activities is to be achieved, namely:

- Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
- Maintaining academic and eligibility standards as established by the Missouri State High School Activities Association and Hermann High School.
- Learning the spirit of hard work and sacrifice.
- Learning to attain physical fitness through good health habits.
- Desiring to excel to the limits of your potential.
- Showing respect for both authority and property.
- Being willing to accept the leadership role that is instilled through the activities program.

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

## **Sportsmanship**

Hermann High School is a member of the Four Rivers Conference and the Missouri State High School Activities Association. As members of these groups, we adhere to policies for the display of good sportsmanship by athletes, students, fans, parents and patrons. Member schools enforce sportsmanship rules for their own school, participants and spectators. Violation of these rules can result in written reprimand, probation, suspension, ejection or permanent removal from events. Consequences apply to all players, coaches, students, and fans.

As an athlete representing Hermann High School, you have the responsibility for exhibiting good sportsmanship at all times. You are representing your student body, your school and your community.

A good attitude and a winning philosophy are important. It is also vital that you remember, that "how the game is played", is of equal importance. Simple acts or gestures of respect will aid you, the individual, and your team to portray the standards of good sportsmanship that are expected of athletes at Hermann High School. Such acts of respect include:

- 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 graciously
- Interscholastic athletics mirrors everyday life. There are and will be wins and losses in athletics. There will be victories as well as disappointments in all of life's activities. It is how you react to these victories and disappointments that is important. Many of the values you learn in high school athletics will serve you well as you approach life's victories and disappointments.

- Participation limits-
  - a. Students are eligible to participate in any sport for a maximum of four seasons. Any part of a game played during a season counts as a season of participation.
  - b. Eligibility to participate begins when you first enter the ninth grade and lasts for the next eight consecutive semesters.
- A student must enter school within the first eleven days of the semester to be eligible.
- Transferring schools-
  - a. If there is a corresponding change of residence of parents from the district where the student was enrolled, to the new school district, the student is eligible immediately.
  - b. If a student moves from the home of one parent to that of the other parent, and transfers schools as a result of the move, eligibility must be considered under the Hardship Transfer. The parents must file proper paperwork in the office of the athletic director. The student will become eligible, in this case, when the school receives MSHSAA approval on the paperwork.
  - c. If a student transfers to a new school and the parents do not move to the new school district, the student is ineligible for 365 days unless he/she meets one of the exceptions to the transfer/promotion rules. (Ex.—As stated in section b above.) All students in this situation must see the athletic director to check eligibility status and fill out proper paperwork.
- A student shall not have reached the age of 19 prior to July 1 preceding the opening of school. If a student reaches the age of 19 on or following July 1, the student may be considered eligible for the ensuing school year.
- Awards standards-
  - a. Student-athletes may not receive cash or other monetary compensation for school or non-school competition.
  - b. Student-athletes may accept merchandise awards that shall not exceed \$250.00 in manufacturer's suggested retail price.
  - c. Student-athletes may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc
- Non-school competition-
  - a. A student may participate in organized non-school athletic competition in a different sport than the school sport that is currently in-season.
  - b. A student may not participate in any organized non-school athletic competition in the same sport during the school sport that is currently in season.
  - c. A student may not participate in an All-Star contest during the school sport season for the sport concerned.
  - d. Before a student joins any non-school team or participates in any non-school competition, it is vital that he/she checks with the athletic director to make sure that all standards are being met.

## MSHSAA Guidelines For Protecting Eligibility

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

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

Eligibility is a privilege to be granted by the school to a student which allows that student to participate in interscholastic activities. Eligibility is not a student's right of 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.

The following list will acquaint students/parents with the major rules of the MSHSAA that must be followed in order to protect eligibility:

*Eligibility to represent a school in interscholastic activities is a privilege to be attained by meeting the standards of eligibility cooperatively set by the member schools through MSHSAA and any additional standards set by a member school for its own students. Because many of our district expectations for student-athletes overlap with MSHSAA standards, those have been listed elsewhere in this handbook. Those standards will be mentioned only briefly in this section.*

- Students must be creditable citizens. Creditable citizens are those students whose conduct, in and out of school, will not reflect discredit upon themselves or their school.
- Academics-
  - a. Students must be currently enrolled in courses offering 3.50 units of credit.
  - b. Students must have earned 3.50 units of credit the previous semester.
  - c. Summer school credit earned for re-establishing eligibility must meet MSHSAA guidelines listed under our district guidelines on page 7 in this handbook.
- A student is not eligible while under suspension.
- A student who is expelled or withdraws for disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal.
- Absences-
  - a. If a student misses class(es) without being excused by the principal, the student shall not be eligible to compete on that date.
  - b. The student shall attend classes for one full day following any unexcused absence before being eligible to compete.

## Gasconade County R-1 Good Sportsmanship Code

For players, coaches, and fans:

- Maintain pride in self and school.
- Strive to keep high standards of conduct.
- Cheering for one's own team is always encouraged. All cheering should be for our team and not against opponents.
- Maintain a respectful, competitive atmosphere showing respect for your own team, opponents, and officials. There should be no negative cheers, chants, or behavior.
- No noisemakers, vulgarity, or suggestive gestures.
- Do not question the authority of the game officials. There should be no booing of game officials.
- Know and adhere to the rules of the sport.
- Fans are to keep quiet during events that require player concentration such as volleyball serving or basketball free throw shooting.
- Show respect for facilities and property of the host school. Only authorized school personnel should be on the playing floor or field.
- Accept victory or defeat graciously.

## Athletic Opportunities at Hermann High School

### FALL

Boys Cross Country (V,JV)  
Football (V,JV)

Girls Cross Country (V,JV)  
Softball (V,JV)  
Volleyball (V,JV,9<sup>th</sup>)  
Cheer (V)

### WINTER

Boys Basketball (V,JV,9<sup>th</sup>)

Girls Basketball (V,JV,9<sup>th</sup>)  
Cheer (V)

### SPRING

Baseball (V,JV, 9<sup>th</sup>)  
Golf (V,JV)  
Boys Track (V,JV)

Girls Track (V,JV)  
Golf (V,JV)

## Athletic Awards

A certificate of participation shall be awarded to all student athletes who complete the season of competition and are recommended by the head coach. Letter awards, sports pins, and service bars are awarded when the student-athlete meets the established criteria for lettering set by the coaching staff.

The following awards are distributed at each level:

9 <sup>th</sup> grade sports	4" block letter
Junior Varsity/B Team	4" block letter, sport pin, service bar
Varsity	6" block letter, sport pin, service bar

Each athlete shall receive only one 4" letter and/or one 6" letter. If the student letters at the varsity level prior to lettering at the junior varsity level in another sport, only the varsity letter shall be awarded. Only one sport pin shall be awarded to each athlete per sport. Each athlete shall be awarded a service bar for each successive year of lettering at the junior varsity or varsity level.

**Attendance at the athletic award night is part of the criteria established for an athlete to receive their certificate, letters, and/or pins. If the student-athlete must miss the award night, he/she must receive prior approval from his/her coach in order to receive any awards earned.**

## **Code of Conduct**

Eligibility to participate in interscholastic activities is a privilege – not an inherent right. Eligibility is granted if you meet the eligibility standards of the Missouri State High School Activities Association (MSHSAA) and the Gasconade County R-1 School District. According to MSHSAA and Gasconade County R-1 eligibility standards, students must be good citizens in their school and community. More specifically, students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper school authority certifying a list of students for competition. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered “creditable citizens.” Conduct shall be satisfactory in accord with the standards of good discipline.

It is understood that citizenship eligibility cases are handled on an individual basis at the school level by the coach, athletic director, principal, parents, and athlete. However, it is felt that system-wide guidelines will assist in the handling of such cases.

### **1. Acts For Which Charges May Be Filed By 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 statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. 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.

### **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 of the MSHSAA..

The following guidelines will reduce the chances for lost or stolen equipment:

- Do not exchange or loan any equipment checked out to you to another participant. If exchange is necessary, clear it with the coach who can make the adjustments and record the change.
- Except when you are in visual contact, keep your locker closed and LOCKED at all times. This includes when you are showering. School and personal equipment/belongings should be locked up at all times when you are not in direct visual contact with your locker.
- Any loss of equipment should be reported immediately to the head coach/sponsor. Do not wait until the end of the season.
- Any protective equipment that does not fit properly or that has or develops a defect should be reported to the coach immediately. Do not wear the equipment until the necessary adjustments have been made. This is necessary to protect you.
- School equipment/uniforms are not to be worn/used outside of school and school activities.

All equipment is to be kept in good condition and checked in at the conclusion of the season. Before a student will be allowed to participate in the next season's activity, all equipment that was checked out for the previous season, must be returned. **Students who fail to return uniforms/equipment may be charged replacement costs.**

## **Team Locker Rooms/Locks**

The Team Locker Rooms are to be used by the teams that are in-season only. When there is an overlap, coaches shall issue lockers/locks and make arrangements to accommodate all athletes. Student-athletes shall return their lock from the team room when they return their uniform/equipment. Their team room locker shall be cleaned of all personal belongings at the time that equipment is returned.

If the student-athlete will be participating in a sport later in the school year, arrangements may be made to keep the lock, but the coach may request that the lock and all personal belongings be moved to another locker in the team room.

## **Student-Athlete Parking At School**

ALL STUDENT-ATHLETES ARE EXPECTED TO PARK IN THE STUDENT PARKING LOTS ONLY. Student-athletes may not park in any of the reserved/visitor parking spaces in front or behind the building, along the drive on the south side of the building or along any areas marked by a yellow line. These guidelines apply to all practices, out-of-season weight room activities, summer activities and games/contests.

Students are not to move vehicles prior to any practice/contest that will begin immediately after school is dismissed. The only exception would be to leave the parking lot to go to a practice or contest off campus.

For safety reasons, students are not to ride on the back of any vehicle (ex: pick-up trucks) to or from any practice or contest, on or off campus.

- Occasionally there are other school-sponsored activities that overlap with athletic practices/contests. It is expected that the student-athlete will communicate with sponsors/coaches of each activity well in advance so that there are no surprises and all parties involved may have an opportunity for discussion and to make arrangements.

### **Conflict Resolution Standards**

When a conflict arises between two school-sponsored activities, administrative priority will examine this order of precedence:

- |                              |  |
|------------------------------|--|
| 1. National events           | 5. Interscholastic events                |
| 2. State events              | 6. School performances                   |
| 3. District/sub state events | 7. Required practices (dress rehearsals) |
| 4. Conference events         | 8. Regular practices                     |

### **Parental Permission/Physical Exams/ Insurance**

According to MSHSAA By-laws and Gasconade County R-I policy, prior to each year of interscholastic athletic participation, a student shall furnish:

- A statement, signed by the student's parents/guardians, which grants permission for the student to participate in interscholastic athletics. The statement of permission is found on the physical examination form.
- Complete the physical examination as prescribed by the MSHSAA. This physical must be completed by a qualified physician, nurse practitioner in collaborative practice with a physician, or a physician's assistant who works in collaboration with a sponsoring physician. A student shall not be permitted to practice or compete for a school until a complete, signed certificate is on file at the school. The completed physical must be kept on file in the high school office. The physical 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/she has basic athletic insurance coverage. Parents/guardians should verify this information on the back of the physical form.

### **Dismissal/Quitting**

Any participant, who is dismissed from an athletic team as a result of disciplinary action, shall not be eligible to participate on another athletic team during that same season of competition.

Any participant who quits any interscholastic athletic activity may not participate in another athletic activity during the same season unless:

- All equipment is checked in and in satisfactory condition
- He/she has a signed note of release from the head coach of the sport that he/she quit
- The head coach of the new sport involved accepts the athlete

### **Care Of Equipment**

When equipment (including uniforms, warm-ups, and related apparel), is issued to participants, they assume responsibility for the care and timely return of that equipment at the conclusion of the season. They will be held accountable if equipment is lost or stolen. Any equipment that is lost or stolen, must be paid for by the student to whom it was issued.

School Penalties for violations are:

- Misdemeanor – up to six months restriction from participation
- Felonies- up to permanent suspension from participation
- Subsequent offenses- up to permanent suspension from participation

### **2. Use, possession or distribution of alcohol, non-prescribed drugs, tobacco, or e-cigarettes (including nights, weekends, and summer months):**

- If a participant is found to be in violation of this regulation or admits to having violated this regulation, his/her violation will be reviewed by the coach/sponsor, athletic director and/or the principal. Following the review, the athlete and his/her parents/guardian will be notified of the decision.
- Penalties for violation are:
  - First offense—suspension from participation the next five days of practice and/or competition. The athlete shall attend practices and games in street clothes and sit on the bench during the suspension.
  - Subsequent offense during that school year – automatic suspension from all activities for one full year from the day of the infraction. The participant will not attend practices and will not sit on team benches during this suspension.

### **3. Misconduct while at school or while in attendance at school activities (including nights, weekends, and summer months):**

- All participants are expected to abide by the Gasconade County R-1 School District Discipline Policies. The Gasconade R-1 Discipline Policies handbook and the Activities Handbook will be used as the guideline for determining consequences for violation of said policies.
- A student who violates a local school policy is ineligible until completion of the prescribed school penalties.
- The serving of consequences for misconduct at school shall take precedence over activity practices or contests. Participants are expected to take care of classroom obligations first.

### **4. Suspensions:**

- Any participant under out-of-school suspension will be ineligible to practice, compete, or attend any school activity for the period of the suspension.
- Any participant who is placed in in-school suspension will not participate in practices or competitions on the days that he/she is in in-school suspension. Those participants are required to attend practices and contests in their street clothes on the days of the in-school suspension.
- The 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.
- 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.

5. **Unsportsmanlike Acts:**
  - Such acts during a contest resulting in ejection will, in most cases, cause the participant to be restricted from representing the school for at least the next contest. If a participant commits such an act, but is not ejected, he/she may also be subject to at least a one game/contest restriction from representing the school. Each case will be reviewed by the coach/sponsor, athletic director, and principal before a final decision is reached.
  
6. **Out-of-town trips:**
  - All participants are expected to accompany the team on all out-of-town trips using the mode of transportation arranged by the school. Any deviation from this policy requires the following:
    - a. Requests regarding an alternate mode of transportation to a contest, must be made by parents or guardians personally and in advance. Those requests must be approved by the athletic director or principal.
    - b. A parent must see the coach/sponsor personally to request permission to have his/her son/daughter ride home following a contest. Parental signature may be required.
    - c. A parent may request that his/her son/daughter ride home with another adult who is over the age of 21, but said request must be made personally or in advance to the athletic director or principal. Notes will be verified by contacting the parent/guardian. If the parent/guardian may not be reached, the request may be denied.
    - d. Under emergency conditions, the coach/sponsor in charge of the team will use his/her best judgement in approving the request.
    - e. If there is any doubt about the circumstances surrounding such a case, the athlete will stay with the team.
  
7. **Due process:**
  - Participants will have the opportunity to express their side of an incident in which they may be involved. If the participant is dissatisfied with any decision he/she has the right to appeal through the following channels:
    - a. Athletic director
    - b. Principal
    - c. Superintendent
    - d. Board of education
  
8. **Individual activity rules:**
  - Participants are required to follow any additional rules set up by the individual coaches/sponsors and approved by the administration. These rules will be given to the participants in handout form.

Participation in activities is a privilege that must be earned and maintained by each participant. Any incidents which occur that are not covered by these guidelines will be reviewed on an individual basis and decisions related to consequences will be made jointly by the administration and the head coach/sponsor.

## **Academic Requirements**

A participant should be making appropriate progress toward graduation. The requirements are as follows:

- The participant must be currently enrolled in courses offering three and a half (3.50) units of credit. (Seven Classes)
- The participant must have earned three and a half (3.50) units of credit the preceding semester to be eligible to compete. (The student must pass seven classes.) (A beginning ninth grade student shall have been promoted from the eighth grade to the ninth grade for first semester eligibility.) If a student does not maintain the district's academic requirement, he/she is ineligible to participate in interscholastic activities the next semester.
- You may earn up to one (1.00) unit of credit during summer school to re-establish eligibility for the fall semester providing:
  - a. the class is a class that is required for graduation
  - b. the credit is recorded on the high school transcript
  - c. electives shall not count
  - d. correspondence courses shall not count
- Athletes whose grades drop below 60% in any class may be required to attend a study hall during their season of competition and/or during the off-season. An athlete's attendance at study hall may be a prerequisite for practice and competition.

## **Attendance And Participation**

### **Attendance during the school day:**

A student is expected to be in attendance at school during the day if he/she wishes to practice or compete that evening.

- A participant is ineligible to participate in a contest if he/she has missed any part of that school day unless they have been excused by the principal/assistant principal and given permission to participate. If a student misses class(es) without being excused by the principal/assistant principal, the student shall not be considered eligible on that date. It is expected that the student will receive permission to participate from the principal/assistant principal prior to the absence when possible. When a student misses part of a school day to obtain needed professional services, they must adhere to school policy and bring a signed note back to school upon their return.
- A student must be in attendance for one full day following an unexcused absence before being eligible to compete.

### **Attendance at practices/contests:**

Participants are expected to be dependable and prompt about attending practices and games/contests.

- If it is necessary to be absent from practice or a contest, the student is expected to obtain permission from the coach/sponsor prior to the scheduled practice/contest.