

South Holt R-1 School District



2023-2024 Athletic Handbook

Board Approved June 2023

SOUTH HOLT R-1 INTERSCHOLASTIC PHILOSOPHY

Extracurricular participation has long played a major role in the educational development of public school students. The South Holt R-1 Schools are committed to providing a strong interscholastic program that emphasizes the student's moral, physical, mental, and emotional development.

As we strive to develop our young people in these four areas, it is important to establish a strong foundation for guidelines that will enhance these areas of student growth. It is also important to remember that students must first establish themselves both academically and as productive school and community citizens before they are allowed to represent South Holt R-1 in interscholastic activities.

As a member of the Missouri State High School Activities Association, we are obligated to both recognize and adhere to their guidelines and policies governing interscholastic activities.

As approved by the South Holt R-1 Board of Education, these guidelines will become our foundation for student success.

SPORTSMANSHIP

We believe good sportsmanship should be exemplified at all activities and contests. Opponents who enter our school should be treated as guests. The same goes for game officials. At all times, both participants and spectators should treat those around them with respect.

ACTIVITIES

The activities covered in this handbook will be only those that are governed by the **Missouri State High School Activities Association**. Activities, clubs, organizations and events not directly governed by MSHSAA will follow the guidelines set forth in the **Student/Parent Handbook**.

Sports

Football
Volleyball
Cross Country
Basketball
Wrestling
Track and Field
Baseball

Activities

Cheerleading
Scholar Bowl
Instrumental / Vocal

MASCOT

The teams at South Holt are known as the Knights.

Wrestling Co-op's with North Andrew and competes as Cardinals

SCHOOL COLORS

The teams or groups at South Holt are represented by the colors black and gold.

CONFERENCE AFFILIATION

South Holt is a member of the 275 Conference. Other conference schools include:

Craig Hornets	Osborn Wildcats
Fairfax Bulldogs	Rock Port Blue Jays
Dekalb Tigers	South Nodaway Longhorns
Jefferson Eagles	Stewartsville Cardinals
Mound City Panthers	Tarkio Indians
Nodaway-Holt Trojans	Union Star Trojans
North Nodaway Mustangs	West Nodaway Rockets
Northeast Nodaway Blue Jays	

CITIZENSHIP

All students in the South Holt R-1 School District are expected to conduct themselves in such a way as to only bring credit upon the team, group, school, community, their family, and themselves. MSHSAA requires that student participants in activities be “credible citizens: (BY-law 212). Any student judged to not be a “Credible Citizen” may be declared ineligible for any period of time by school administration. Expectations are as follows:

1. Student athletes are to be on their best behavior at all times. Good behavior in the classroom is mandatory. If a student athlete receives an I.S.S. during the sports season he or she is subject to the following punishment.
 - (a) **First Offense** - individual will miss one (1) games.
 - (b) **Second Offense** - individual will miss two (2) games.
 - (c) **Third and Subsequent Offense** - individual will miss five (5) games.

These offenses take place during a specified sports season and do not carry over from season to season.

2. Any student receiving an O.S.S. during the sports season will be subject to the following punishments:
 - (a) **First Offense** - two (2) game suspensions after the student is allowed to return to school.
 - (b) **Second Offense** - five (5) game suspensions.

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.

ACADEMIC ELIGIBILITY

- You must be currently enrolled in and regularly attending courses that offer a minimum of 3.00 units of credit.
- You must have earned 3.00 units of credit or pass 80% of the maximum allowable classes the preceding semester.
- If you are a beginning 9th grade student, you must have been promoted at the close of the previous school year.
- You must be making satisfactory progress toward graduation as determined by your school's policies.
- Do not drop courses without first consulting with your school principal or Athletic Director to determine whether it will affect your eligibility.

TRANSFERRING SCHOOLS

- a. If you transfer schools and your parents do not move into the district of your new school, you will be ineligible for 365 days, unless you meet one of the exceptions listed in the MSHSAA Residence and Transfer Rules.
- b. If you move with your parents to your new school district, you will be eligible at your new school provided you were eligible in all other respects at your former school. A student shall not be eligible to represent two different schools in the MSHSAA state tournament series in the same sport during the same season.
- c. Always check with your school principal before you transfer to determine whether it will affect your eligibility.

TRANSPORTATION

Students will usually be transported to and from respective activities via school-provided transportation. Some exceptions of this are when a parent makes a request to transport the student and contacts the Principal personally to seek permission, when the length of an activity makes it impractical to provide transportation, when the difficulties of working with a bus company make it impossible for them to arrive on time, or when the close proximity of the event makes providing transportation impractical. Student athletes are not allowed to drive themselves or receive rides from fellow students to and from sporting events unless consent is given by the schools administrator. **We highly desire students to ride the bus home from contests, as this adds to the team building concept. If a student desires not to ride home from an event, he/she needs to sign out with the sponsor/coach by a parent or guardian prior to leaving. A parent note is not acceptable unless previously cleared by the administration.**

STATE LEVEL COMPETITION

Students, teams, or groups who qualify for state level competitions in any activity will have the following expenses paid for by the school; travel, lodging, and a \$10.00 per meal allowance. If the qualifying competitor is a team or group, the competitors will be defined as team members who will suit up for the activity, managers, and cheerleaders who perform.

SOUTH HOLT CODE OF CONDUCT

STUDENT ELIGIBILITY STANDARDS FOR EXTRACURRICULAR ACTIVITIES

PHILOSOPHY

The South Holt R-I School District believes that participating in extracurricular activities is a valuable experience for all students. Additionally, the district believes that participation in extracurricular activities is a privilege and not a right. The purpose of extracurricular activities is to develop leadership, good sportsmanship, school pride, and new and lasting relationships.

ACTIVITIES

Activities are defined as any and all school-sponsored events, whether they occur on school property or off school property under the direct sponsorship of the school. Activities governed by the Missouri State High School Activities Association (MSHSAA) are included, as are other activities including but not limited to: FFA, FCCLA, Student Council, National Honor Society, academic contests, field trips (including senior trip), and school dances.

CITIZENSHIP

All students at South Holt R-I are to conduct themselves in a manner that brings credit to the group, team, school, community, family, and themselves. MSHSAA By-law 212 requires that student participants in extracurricular activities be “creditable citizens”. At South Holt R-I the citizenship requirement extends beyond MSHSAA activities to all school-sponsored activities.

CONDUCT AND CONSEQUENCES

Any student deemed to not be a “credible citizen” may be declared ineligible to participate in extracurricular activities by the school administration. The consequences outlined in this policy are minimum guidelines for student suspension from activities.

Coaches and sponsors may initiate their own rules and guidelines, provided they have been discussed with administrators and participants. Further disciplinary consequences as outlined in the school’s discipline policy may also be imposed.

Possession or use of any type of tobacco product; and substances appearing to be tobacco products; and substances appearing to be tobacco products are detrimental to the health and well being of staff and students. This prohibition includes electronic cigarettes, vaping and similar objects used in conjunction with vaping, alcohol, unauthorized prescription drug, narcotic substance, counterfeit (or look-alike) drug, drug-related paraphernalia, or any type of illegal drug on school property or off school property at a school-sponsored event will result in the immediate suspension from activities. Other actions could cause a student to be considered “a non-creditable citizen” and thus could lead to suspension from school activities. Such actions could include theft, vandalism, or destruction of property on school property or at a school-sponsored activity.

First Offense: The student will be suspended from all school-sponsored extracurricular activities for a period of 10 school days.

Second Offense: The student will be suspended from all school-sponsored extracurricular activities for a period of 30 school days.

Third Offense: The student will be suspended from all school-sponsored extracurricular activities for the remainder of the school year (through June 30).

Students not currently participating in extracurricular activities at the time of an offense will be expect to complete community service before participating in the next activity:

For a First Offense, five hours of community service must be served.

For a Second Offense, ten hours of community service must be served.

- “School days” are defined as days that school is in session and days on which school events take place.
- Consequences start over at the beginning of each school year (beginning July 1).

- Students who are suspended (under the 1st and 2nd offense) may continue to practice with a team or group, but may not participate in any contest or activity and may not wear any part of the uniform during the suspension.
- Students enrolled in band, vocal music, or other classes in which participation is part of the grade are expected to perform with the group as directed by the teacher. However, suspended students may not participate as an individual, nor may they participate in any special activities of the group during a suspension.

ATTENDANCE

A student must be in attendance the whole day in order to attend or participate in a school activity that same day. Certain instances will be excusable at the discretion of the principal (advanced approval required for appointments), or a doctor's note is presented. If an event is scheduled for a Saturday, students must be in attendance all day on Friday, or be excused by the principal, to participate.

STUDENT ATHLETE DRESS POLICY

A student will be required to practice good grooming habits and adhere to guidelines established by their respective head coach. If the head coach is not requiring or setting proper grooming and dress standards for his or her players, the administration can and will step in to make the necessary changes. No hats home or away.

EXPECTATIONS OF FANS

It is the belief of the South Holt R-I School District that our fans should be a favorable reflection of the school and community. Any behavior that is contrary to this should be carefully scrutinized.

The following expectations apply to students, patrons, and other fans of the South Holt R-1 School District:

1. Our opponents, their coaches, and fans are guests in our house and should be treated with courtesy and respect.
2. Fans should refrain from criticizing game officials. They are trained in the mechanics and rules of game officiating. Game officials are human and will make mistakes. That is simply a part of the game. They are here to assist in the administration of the game, they don't care who wins.
3. Fans should only make gestures or hold up signs that encourage our teams.
4. Fans should only engage in songs, chants, and slogans designed to encourage our teams.
5. Above all, fans should remember that the game is for the players.

FLAGRANT/UNSPORTSMANLIKE PENALTIES

Any student who receives a penalty for an unsportsmanlike penalty including but not limited to a technical foul or unsportsmanlike penalty in football, shall be suspended from that contest for one contest, and shall not resume play until the next contest at that same time on the clock. For each subsequent penalty during that sport's season, the player will sit an additional game (ex. 2 penalties= 2 games, 3 penalties= 3 games, etc.) There is some latitude afforded coaches. For example, a uniform violation would not be of the serious nature that falls into this category. However, an intentional late hit or overly aggressive foul resulting in a flagrant foul could. Therefore coaches will be given some latitude. If one of the fouls comes into question, the administration and coach will meet the next school day and determine the course of action to be taken.

PHYSICAL EXAMINATIONS

Current MSHSAA guidelines request a student athlete receive a sports physical prior to participating in a sport. Physicals are good for two school years, unless documented by a physician. Prior to participating in football, volleyball, cross country, softball, cheerleading, basketball, wrestling, track and field or baseball each student must have on file in the office:

1. A completed physical examination form. (Scout physical cannot be used as athletic physicals)
2. Accompanying insurance information please note.
3. Proof of insurance, parent permission, and student agreement must be completed yearly.

IMPACT SCREENING

Current MSHSAA guidelines request a student athlete receive impact screening prior to participating in a sport. Physicals are good for two school years, unless documented by a physician. Prior to participating in football, volleyball, cross country, softball, cheerleading, basketball, wrestling, track and field or baseball. Impact screening will occur for all incoming 7th, 9th, and 11th grade students as well as anyone moving into the South Holt School District.

Dual Sports or Activity Participation

The Missouri State High School Activities Association (MSHSAA) outlines the following **Sports** offered at South Holt R-1 School District: football, volleyball, cross country, softball, basketball, wrestling, track and field and baseball. The following **Activities** are also offered: Music Activities, Scholar Bowl, Spirit Activities, and Target Shooting. A South Holt R-1 School District student is permitted to participate in a sport and an activity at the same time, as many activities run through multiple sport seasons. However, a student will be allowed to participate in one sport per sport season.

CONFERENCES WITH COACHES AND SPONSORS

All coaches will be available at times to discuss the progress of your student. However, there are limitations to what a coach will discuss and at what times. The following is a summary of appropriate subject matter and timeliness:

1. Coaches/Sponsors will only discuss your student, their progress, attitude, and any other essential information. Coaches/Sponsors will not discuss other students.
2. Coaches/Sponsors will not discuss game strategy or play calling
3. Coaches will not discuss playing time issues with parents. Team members are encouraged to come to the coach to discuss these issues.
4. If a conflict exists between the student and coach/sponsor and the student does everything possible, the parent should first visit with the coach/sponsor in an effort to resolve the conflict. If that too does not yield results, the parent should visit with administration.
5. Parents should not contact a coach/sponsor at home to discuss conflicts, nor should they insist that the coach/sponsor address the conflict in a public place away from school grounds.

These guidelines are established to allow the most professional relationship possible among coaches, sponsors, students, and parents. They also serve as a guide to head off any situations that may be potentially embarrassing to the people involved.

24-HOUR RULE

Parents or relatives who wish to speak with coaches after a game or contest about conflicts (playing time, benching, technical fouls, etc.) must wait until the next day to do so, and schedule the parent-coach conference in advance. South Holt administrators will likely sit in on such meetings. This restriction serves as a “cooling off” period to allow both parents and coaches to think the situation over, and allows the school to gather any relevant information (Officials reports, attendance records, etc.) prior to the meeting. **Failure to adhere to the 24-hour rule may result in the parents being banned from attending athletic events for the rest of the season, both home and away per Board policy and regulation 1431.** (Other schools will honor any such South Holt ban.)

PROVISIONAL LETTERING

A provisional letter may be granted to a participant who is not able to complete the season due to illness, injury, or other extenuating circumstance except suspension for violation of policies or academic ineligibility. If a participant is granted a provisional letter or returns to fully letter in the succeeding year in that activity, they will be considered as having fully lettered in the provisional year.

Requirements for a provisional letter will follow the format of lettering requirements for that particular activity. The participant and head coach/sponsor of the activity will agree by contract on what further requirements must be met in lieu of participation.

VARSITY LETTERING REQUIREMENTS

Policies pertaining to athletic/activities awards:

1. A participant will be awarded a school letter, a sport emblem, and a bar the first time he/she earns a South Holt R-1 High School letter. Each succeeding year that he/she earns a letter in a particular varsity sport, he/she will be awarded an additional bar.
2. Method of receiving awards. Each coach will submit a list of award recommendations to the Athletic Director and Principal. These letters will be awarded at the sports social by the head coach.

Policy on completion of season to earn award: A participant must complete the sport or activity to qualify for an award, unless his or her season ends due to an injury.

Policy on lettering: Each sport will set its own lettering requirements. These requirements will be listed on the handouts given to students prior to the season.

2023-2024 Activities Handbook Agreement

(Statement provided here. Signatures required on separate sheet)

The activities handbook is a guideline for you and is issued to provide the needed information for students and parents. It is not all-inclusive, and the Board Policy Handbook takes precedence over this handbook should any conflict exist. Coaches may also have rules specific to their individual sport and season.

Thank you for reading the South Holt 7th-12th Grade Activities Handbook. If you have any concerns, please contact the high school administration. The handbook is a general guide and reference instrument. The school system will follow the handbook as accurately as possible. The administration does have discretionary power to interpret issues based on situations or events which may arise.

I have read the South Holt 7th-12th Grade Activities Handbook. If I have questions or concerns, I will contact the high school administration. I affirm that I understand and will abide by the guidelines set forth within the handbook. I agree that violations of these policies may result in disciplinary action as described in this handbook.

Mosaic Rehab and Sports Medicine

As a service to our students and coaches, Mosaic Rehab and Sports Medicine from Maryville provides certified athletic trainers to assist in recovery and following any type of athletic injury. The trainers advise students on recovery exercises and drills following an injury. The trainers are at South Holt 1-2 days a week. In addition, these trainers are in attendance at some of our athletic contests and can provide assistance if needed.

South Holt School Board Policy 2920

Activities and Athletics

Interscholastic Activities and Athletics

The District provides opportunities for students to participate in interscholastic activities and athletics. The interscholastic programs should encourage participation by as many students as possible and should be carried on with the best interests of the students as the primary consideration. The programs are expected to be well organized and well conducted and to have a positive influence on the students and the community.

Participation in interscholastic and extracurricular activities is a privilege and not a right. 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 set out by the Missouri State High School Activities Association.

Hazing

Student hazing is inconsistent with the educational goals of the District and poses a significant risk to the physical and mental welfare of District students. Hazing of students, on or off District property, is prohibited and may result in suspension or expulsion from school and from activity/athletic participation.

Adopted: June 2009