

2019-2020

**Crest Ridge
Cougar
Athletic/Activities**

Handbook

2019-20 Cougar Athletic/Activities Handbook

Table of Contents

Introduction	3
Activity Pledge Sheet	3
Philosophy	3
Participant Responsibility.....	4
Basic Guidelines for Participation.....	5
Disciplinary Procedures.....	5
Substance Abuse	6
Due Process.....	6
Academic Eligibility	6
Protection of Eligibility.....	7
Care of Equipment.....	10
Sportsmanship.....	11
Injuries.....	12
Letter Awards	13
Physical Requirements.....	13
Parent/Coach/Sponsor Relationship.....	14
Information for Prospective College Athletes.....	15
Conference Affiliation	16
Dual Participation.....	16
Activities and Athletics listing	17
Pledge Sheet.....	18
Student Communication Permission Form	19

2019-20 Cougar Athletic/Activities Handbook

Introduction

Welcome to the Cougar Activities program. Hopefully your decision to take advantage of the district extra-curricular programs will be educational, rewarding, and challenging. We encourage you to take advantage of as many programs as your time and talents will permit. We do not encourage specialization in any one activity but, rather, we encourage you to experience a variety of activities. This handbook is given to you so that you might be aware of:

1. The programs that are available to you.
2. The responsibilities that go along with participation in any activity.

Naturally, due to conflicts during seasons, practice times, schedules, etc., some choices will have to be made by you. Good luck to you as you strive to grow through these activities.

Activity Pledge Sheet

The Crest Ridge School Activity Department currently requires that all students and their parents/guardians review the Cougar Activity Handbook. Each student, prior to participation, is required to acquire a handbook from the secondary office. This handbook contains necessary information used to inform the participant and their parents/guardians of the rules, regulations, and procedures of the Cougar Activities Department.

Upon review of the material in this handbook the student and their parent/guardian are **required to sign the Extra-Curricular pledge sheet** on the final page of this document. The pledge sheet acknowledges that the participant and their parents/guardians **have read and understand this handbook as well as agreed to abide by all information provided. In addition, the student communication form must be completed by all participants and their parents.**

Philosophy of the Cougar Activities Program

Interscholastic activities are recognized as an integral part of the secondary school's total educational program. The responsibility for the control and regulation of the school's activities programs rests with the Board of Education. The responsibility for administering the activities program of the school, however, is delegated to the principal, activities director and coaches/sponsors.

Crest Ridge School District is committed to the belief that participation in interscholastic activities is a **PRIVILEGE, not a right**. This requires individual responsibility by the student to the team, school, and community. Crest Ridge School is a member of the Missouri State High School Activities Association (MSHSAA) and shall be regulated by

the code of this association, which has been established by a vote of all members' schools.

Students are subject to the Crest Ridge District's discipline policy, as outlined in the student handbook, as well as specific rules in the activity handbook and rules set by the coach/sponsor. Copies of the policy may be obtained in the Superintendent's office, school offices or from the coach/sponsor.

As a participant in the activities provided by Crest Ridge, you are accepting standards that are over and above that of the non-participating student.

Keep in mind that you are in the PUBLIC EYE and that your personal conduct must be above reproach! You have an obligation to create a favorable image and gain the respect of your fellow participants and teammates, the entire student body, and the entire Crest Ridge community.

Participant Responsibility

As a student, you are in school to secure the best education that you are capable of achieving. Deciding to take advantage of the other half of education, by participating in school related activities, plays a significant part in your total educational development. However, with this decision come certain responsibilities if the value of extra-curricular activities is to be achieved, namely:

1. Not doing anything detrimental to yourself, team, program, and school.
2. Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their capabilities.
3. Maintaining academic, residence, and citizenship standards as established by MSHSAA and the Crest Ridge School District, along with related state and national associations.
 - a. MSHSAA By-Law 2.2.1 – “Students who represent a school in interscholastic activities must be credible 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 school are not considered “**credible citizens**”. Conduct shall be satisfactory in accord with the standards of good discipline.”
4. Learning the spirit of hard work and sacrifice.
5. Learning to attain physical fitness through good health habits.
6. Desiring to excel to the limits of your potential.
7. Showing respect for both authority and property.
8. Be willing to accept the leadership role that is instilled through the extra-curricular program.

Basic Guidelines for Participation

Following is a list of basic participation guidelines that will be required of the participant. It is important for the participant to observe and abide by these requests.

1. Make the selection of the activities you wish to participate.
2. If you quit one activity, you will not be allowed to go out for another activity during the same season unless permission is granted by the sponsor/coach of the activity you quit and the new activity sponsor/coach you wish to participate.
3. No student will be allowed to practice or participate as a member of an activity until they have fulfilled all obligations of the preceding activity (All uniforms, equipment, and materials must be accounted for prior to allowing the individual to act as a member of another activity).
4. All students will be transported to and from their respective activity event by school transportation. The only exception is when the student/athlete is signed out by their parent at the event. The coach or sponsor will make the final decision in these matters. Any other travel situation must be approved in writing by the administration prior to the event.
5. No student will be allowed to participate in an activity, athletic event, or practice unless he/she was in attendance for all periods of that school day, except in cases of medical/dental appointments, family emergencies or **PRIOR** approval by the administration. This rule also applies for the day prior to an event, which comes on a weekend. It is important to be in attendance the full day following an event. Do not use activities as an excuse to miss school.
6. Absence from practice or events must be cleared with the coach/sponsor before missing a practice or event.
7. All disciplinary actions must be satisfied before you are eligible to participate in an activity.
8. Classroom obligations and rules are to come first. After school detentions will be served as scheduled. Practices and events are not valid excuses for not serving detentions.

Disciplinary Procedures for Participants and Athletes

The Missouri State High School Activities Association Official Handbook states, “In accord with the MSHSAA Board of Directors policy, a student who is found guilty of a law violation shall not be considered a creditable citizen as defined by By-Law 2.2. The local school administration will ultimately determine whether or not he/she has met all local requirements for citizenship eligibility.”

Substance Abuse Policies

What constitutes abuse?

- * **Student has been deemed under the influence by school staff and or school administration.**
- * **Student has tobacco/alcohol/illegal drugs/paraphernalia in his/her possession.**
- * **Student has admitted abuse to school staff or administration.**
- * **School staff has received information from law enforcement agencies regarding an incident involving substance abuse off school property.**

Tobacco:

- 1st offense: Suspension from 10% of total competition events in season
2nd offense: 30 calendar day suspension from games/practices
3rd offense: Dismissal from team or activity

Alcohol:

- 1st offense: 15 calendar day suspension from games/practices
2nd offense: 45 calendar day suspension from games/practices, must undergo alcohol abuse counseling (10 hours).
3rd offense: Dismissal from team or activity/Possibility of 365 days suspension from activities.

Illegal Controlled Substance/Mood-altering chemicals:

- 1st offense: 45 day suspension from all activities including practices, and dismissal from squad, team or activity. If the offense occurs at the end of a season; the suspension will then carry over and finish into the next season the student participates in.
2nd offense: Will lose eligibility for 365 days from the date of violation for all activities.

Due Process for Activities

In all cases involving dismissal of a participant from his/her activity or complete removal from Crest Ridge's activities program, due process is available through the district's regular administrative channels.

Final administrative appeal may be made to the superintendent of schools.

Academic Eligibility

A student in grades 9-12 must be currently enrolled in and regularly attending courses that offer a minimum of 3.0 units of credit and must have passed all classes in which they were enrolled for the preceding semester of attendance or 100% of the maximum allowable credits which may be earned, whichever is greater; or a student must be enrolled in a full course at his or her level in a special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent age, and that student must have made standard

progress for his or her level the preceding semester. A beginning 9th grade student shall have been promoted from the 8th grade to the 9th grade for the first semester of eligibility.

A 7th / 8th grade student must be currently enrolled in and regularly attending the normal course for that grade or must have enrolled in a full course at his or her level in any public school special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent chronological age.

Summer school courses may count toward maintaining academic eligibility provided the credit earned for each course is placed on the school transcript, such course(s) must count toward meeting graduation/promotion requirements, and no more than one credit earned in summer school shall count toward maintaining academic eligibility.

Any student who does not meet the MSHSAA standards of passing 3.0 credits for a semester will be ineligible to participate in any school activities, non-curricular field trips, sports, royalty, dances and/or programs. This ineligibility is based on the previous semester and the student will be ineligible for the current semester. If the activity is co-curricular the student will be able to participate with the permission of the administrators. (FFA, Band, Choir, etc.)

Protection of Eligibility

In order to represent the Cougars in our activities or athletic programs, a student must meet all eligibility requirements of the Missouri State High School Activities Association, as well as those of the Crest Ridge School District.

As By-Law 2.4.1 defines in the Official Handbook of the Missouri State High School Activities Association, "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 this Association and any additional standards set by a member school for its own students."

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. Case Law cases have determined that eligibility is a privilege to be granted only if the student meets ALL standards adopted by the school.

Listed below is some information to acquaint you with the major rules and regulations of MSHSAA that you must follow in order to protect your eligibility.

1. Citizenship

You must be a credible citizen. To be considered a creditable citizen your actions must not reflect discredit on yourself or the school. Your conduct shall be satisfactory in accord with the standard of good discipline. Therefore, you should not have any major obligations with the courts.

A. Out of school Conduct

A student who is guilty 1) by his or her own admission or 2) substantiated by evidence gathered by school officials or 3) convicted by the court – of a

violation of the law, other than minor violations, shall not be permitted to represent his or her school until he/she has satisfied the court-imposed fine or penalty. If the student is placed on probation as a result of the violation he/she may be eligible to represent his school, provided the terms of the probation are not violated. A second violation of the law, other than minor violations, will cause a student to be disqualified from all activities for the remainder of the school year.

2. Academics

- A. You must be enrolled in courses offering 80% of the maximum allowable courses that can be taken. This is equivalent of 6 courses at your school.
- B. You must have earned 100% of the credits that you were enrolled in the preceding semester.
- C. High School students who receive one or more “F’s” on a semester report card are ineligible until the close of the following semester.
- D. Additional academic eligibility restrictions are at the discretion of the school administration.

3. Transferring Schools

- A. If you transfer schools and your parents/guardians do not move to your new school district, you will be ineligible for 365 days unless you meet the exceptions to the transfer rule (see the activities director).
- B. If you move with your parents to your new district, under normal circumstances, you will be eligible immediately.

4. Participation Limitations

- A. You are eligible to participate in any sport or activity for a maximum of four seasons. If you are listed on an eligibility roster and participate in any part of a game during a season, this counts as a full season of participation.
- B. Your eligibility to participate in high school activities begins when you first enter ninth grade and lasts for eight semesters.
- C. A student is eligible for only two semesters in eighth grade beginning with the first semester of entrance in this grade. A student who is repeating a grade is not eligible.
- D. You must enter school within the first eleven days of the semester to be eligible. Unless transfer rules apply **MSHSAA By-Law 2.5.2**

5. Awards Standards

MSHSAA By-Law 3.6.1 Amateur Status

- A. An athlete forfeits amateur status in a sport by:
 - 1. Competing for or accepting money or other monetary compensation (necessary meals, lodging, and transportation is acceptable).
 - 2. Receiving any awards or prize of monetary value which exceeds the amount that has been approved by the MSHSAA.
- B. Accepting a nominal standard fee or salary for instructing, supervising, or officiating... youth sports programs... shall not jeopardize amateur standards.

MSHSAA By-Law 3.6.2 Awards

A student may accept an award for participation in an athletic contest, or for athletic honors or recognition of athletic achievements in the interscholastic program. Awards presented to students shall meet the following criteria:

- A. A student may receive the following... unattached school letters or emblems, medals, ribbons, trophies, certificates, etc.
- B. A student shall not have accepted or competed for the following... services, cash, or gift certificates.
- C. A student may receive a merchandise award that shall not exceed \$100.00 in manufacturer's suggested retail price.

6. Age Requirements

You shall not have reached the age of nineteen (19) prior to July 1 preceding the opening of school. If you reach the age of nineteen (19) on or following July 1, you may be considered eligible for the ensuing school year.

7. Non-School Competition MSHSAA By-Law 3.13

You may compete in organized non-school sponsored athletic competition under the following conditions:

- A. You may neither practice nor compete as a member of a non-school team in organized non-school competition in that same sport during the same season.
- B. You may practice or compete as a member of a non-school team in organized non-school competition in a different sport than the school sport season under the following conditions:
 1. No school time is missed to compete, practice for, or travel to the site of such non-school competition unless the absence is approved in advance by the administration.
 2. You shall not practice for or compete in the non-school competition on the same date you practice or compete for the school team without approval from the school administration.
- C. If held during the school year but outside the designated school season for the sport, the participant shall receive no coaching from a member of the coaching staff of the school the student attends or will attend the following year. During the summer months only, a member of the school coaching staff may coach the participants in any sport the participant has or will attend next year.
- D. Prior to joining any non-school team or entering any non-school athletic competition, check with your activities director to ensure that all standards are being met.
- E. Amending by law 3.13.2 by eliminating the non-school team composition requirement of one non-team member on court/field at all times for basketball, football, and volleyball during the school year outside the designated school sports season.

8. College Try-Outs

MSHSAA By-Law 3.13.4

College try-out, audition or evaluation event defined as: A college try-out, audition or evaluation event is an event which is conducted by a collegiate institution(s), on behalf of the collegiate institution(s) or by an independent organizer in which one or more students participate in physical activity for the purpose of revealing, demonstrating or displaying the student's abilities.

MSHSAA By-Law 3.13.4

A student may participate in a college try-out, audition or evaluation event, as defined above, outside of the school sport season of the sport concerned under the following conditions:

- a. The student shall not participate in such a "try-out" during a season in which he/she is competing in a different school sport, without prior approval from the coach and administrator.
- b. No school time is missed to travel to or participate in the college try-out, audition or evaluation event, unless the absence is approved in advance by the school administrator.
- c. The student may not miss a MSHSAA sponsored postseason athletic event to participate in or travel to and from such a "try-out" as defined above.

9. All-Star Games MSHSAA By-Law 3.13.5

You may compete in an all-star game or contest only after you have completed your high school eligibility in that sport.

10. Sports Camps or Clinics MSHSAA By-Law 3.13.6

You may participate in a specialized camp, clinic, or other similar program involving coaching and instruction in a sport provided the following criteria are met:

- a. The student or their parents shall provide the camp fee.
- b. No school owned uniforms or player equipment should be used.
- c. You may not attend a summer sports camp for longer than two calendar weeks in one year where you receive instruction or coaching from a member of the school coaching staff.

Care of Equipment

In order to give the student a sense of responsibility and appreciation of their equipment, each student will be held accountable for the abuse or loss of it. If any equipment is lost or stolen, the student who checked it out must pay for it.

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

1. Do not exchange or loan any of the equipment issued to you to another teammate. If an exchange is necessary, clear it with the coach or sponsor.
2. Keep your equipment locked up at all times.
3. Any loss of equipment should be reported to the coach or sponsor immediately.

4. It is against MSHSAA regulations to sell or rent any equipment or uniforms to individuals. The activities department of the Crest Ridge School District strictly adheres to this policy. Therefore, any equipment or uniforms that you may see out of the school environment does not belong to the individual(s). Please report such violations to the coach or administration.
5. All uniforms and equipment must be returned to the coach or sponsor immediately following the season. The uniforms/equipment must be cleaned and in appropriate condition. Report any damage to your equipment and uniform to the coach or sponsor immediately. No student will be allowed to participate in another activity or event until all his/her equipment has been returned to the coach/sponsor of the preceding activity.

Sportsmanship Expectations

1. Consider the athletic opposition and officials as guests and treat them as such.
2. Respect the rights of students and spectators from opposing schools.
3. Respect the authority and judgment of the coaches.
4. Respect the property of the school and the authority of school officials.
5. Commend or cheer good plays by either team.
6. Show respect toward an injured player when he or she is removed from the game.
7. Support the cheerleaders wholeheartedly.
8. Accept official decisions as final.
9. Show self-control at all times during and after the game.
10. Consider it a privilege and a duty to encourage everyone (players and spectators alike) to live up to the spirit of the rules and of fair play and sportsmanship. Students, patrons, and visitors exhibiting poor sportsmanship may be subject to consequences ranging from temporary removal to a permanent ban from extracurricular activities.

As an athlete or participant representing Crest Ridge School, it is your responsibility to exhibit good sportsmanship at all times. The moment that you put on a Cougar uniform or take part in any type of interscholastic activity, you become a representative of our student body and our community in school and out of school. You will receive the ingredients of good sportsmanship through the teaching, coaching, and examples of the staff. Be sure to exhibit what you have learned.

A winning philosophy is important. It is a tradition within the Crest Ridge Activities Department. Also, please realize the importance of how the activity is played as well as viewed. Simple acts or gestures of respect such as displaying good conduct, cooperating with the officials, shaking hands with the opponents before and after a contest, showing self-control at all times, accepting the decision by the coaches/sponsors and officials and abiding by them, accepting both victory and defeat with pride and compassion, never being boastful or bitter, will all aid you as an individual and as a team member to portray the standards of good sportsmanship that is expected of participants at Crest Ridge School.

Listed below are Board of Education policies, concerning violations of sportsmanship guidelines, as they are stated in the Official Handbook of the Missouri State High School Activities Association.

Players – When a player is assessed a penalty by a game official for unsportsmanlike conduct, the coach should remove the player from the game for a period of time. If there are extenuating circumstances making the participant's conduct more serious, the penalty imposed by the school should be more severe. This may range from a ½ game suspension to the rest of the season suspension. The coach/sponsor may do more if they see the need.

In any situation in which a player becomes involved in a fight or in which a substitute leaves the bench to go onto the floor or field when a fight breaks out among participants, the Board of Education expects as a minimum penalty that the administration and coach suspend the individual for the remainder of that contest and for the next contest in which the team plays.

1st offense – One game suspension

2nd offense – Suspended for the rest of the school year activities.

The coach/sponsor may do more if they see the need.

Student/Fans – Action regarding the misconduct of a student or fan shall range from a warning to being required to appear before the Board of Education to show reason why that person should not be prohibited from attending future games. Violent acts shall result in charges being brought against the individual or information being provided to the prosecuting attorney, who may bring charges under Missouri Law.

Actions regarding all other acts of poor sportsmanship or misconduct will be referred to the administrators.

Injuries

Injuries can and will occur no matter how much effort is made to prevent them. For that reason, the following must be observed for the participants:

1. Participants must have insurance that will cover injuries sustained through participation.
2. All injuries must be reported to the coach/sponsor immediately.
3. Accident forms must be filled out and turned into the office as soon as possible.
4. In case of emergencies, the student will be transported to the nearest hospital or doctor unless the parents indicate otherwise.
5. Participants must notify coaches or sponsors of any special medical problems or conditions.
6. If an injury is discovered after the student has gone home from practice/game, he/she shall notify the coach/sponsor immediately.

Letter Awards

At the present time, letter awards are presented in all varsity level athletics and in certain activities. In order to earn a varsity letter, athletes must participate in a minimum of 25% of that sports competition events.

The participant must have finished the season in good standing with his/her coach/sponsor. They must attend the banquet or ceremony at the end of the season unless they have permission from the coach/sponsor and administrator to miss. A certificate will be presented to each participant that meets the lettering standards established in the specific activity. When the participants earn his/her first varsity letter, the activities department will present them with the appropriate chenille award. The chenille award is given in addition to the letter certificate, but is awarded only once during the student's participation.

Physical Requirements

The Crest Ridge Cougar Activities Department, in accordance with the MSHSAA, requires that all students meet the following physical requirements:

Parental Permission

MSHSAA By-Law 3.7.1 – Prior to each year of interscholastic athletic participation, a student shall furnish a statement signed by the participant's parents or guardians, which grants permission for the student to participate in interscholastic athletics.

Physical Examination and Insurance Requirements:

MSHSAA By-Law 3.8

- a. The school shall require of each student participating in athletics a certificate of an issued physical signed by a physician, advance nurse practitioner in written collaborative practice with a physician, or a certified physician assistant in collaboration with a sponsoring physician stating that the individual is physically able to participate in the athletic practice and contests of his/her school.
- b. A student shall not be permitted to compete for a school until the school has verification that he or she has basic athletic insurance coverage.
- c. The following MSHSAA Bylaw is in the process of being changed and will be enacted and finalized on August 1, 2019. **MSHSAA Bylaw 3.8.1 and 4.5.4 now allows a physical exam certified by a medical professional (MD/DO/ARNP/PA/Chiropractor) to be valid for a duration of two years (730 days) from date of issue (unless a physician specifically notes on the PPE that the physical is only valid for one year).**

The Crest Ridge Secondary utilizes the services provided by PRIVIT for the storage and maintenance of individual student physical health information. Prior to participation in athletics practice and competitions, each student must have completed the electronic forms on PRIVIT annually. These forms include: Personal/Emergency Contact information, Parent Permission Form, Health History Form, Student Agreement Form, MSHSAA Concussion Materials Form, Upload Physical form from Health provider.

Conditioning Standards:

MSHSAA By-Law 3.9 – Each squad must have 14 days of practice and each individual must have 14 practices on 14 different days prior to the first interscholastic contest in all sports. This requirement shall be waived if a student has been a member of another school sports squad immediately preceding the sport season and has had 14 days conditioning.

Parent/Coach/Sponsor Relationship

Parenting and coaching are extremely challenging. By establishing an understanding of each other's position, we are better able to provide greater benefits to our young people. As parents, when your child becomes involved in one of our programs, you have the right to understand what expectations are placed on your child. This begins with clear communication from the Coach/Sponsor of your child's program.

- A. Communication you should expect from your child's Coach/Sponsor
 1. Philosophy of the Coach/Sponsor
 2. Expectations the Coach/Sponsor has of your child.
 3. Locations and times of all practices, meetings, and contests.
 4. Team requirements – fees, special equipment, off-season training requirements, etc.
 5. Procedures should your child be injured during participation
 6. Firm, fair, and consistent enforcement of rules
- B. Communication Coaches/Sponsors expect from parents
 1. Concerns about the student's health.
 2. Notification of any schedule conflict in advance
- C. Appropriate concerns to discuss with Coaches/Sponsors
 1. The treatment of your child mentally or physically
 2. Ways to help your child improve
 3. Concerns about your child's behavior
 4. Special needs of your child
 5. Non-school team membership
 6. Eligibility concerns
 7. Your child in the total team concept
- D. Appropriate time and place for discussion of concerns
 1. Please do not attempt to confront a Coach/Sponsor before or after a contest or practice. These can be emotional times for both parties. Meetings of this nature do not promote solutions.
 2. We encourage your child to discuss any of his/her concerns with the Coach/Sponsor first, as this develops responsibility and a working relationship between your child and the Coach/Sponsor.
 3. If necessary, the next order in the chain of command would be for YOU to contact the Coach/Sponsor. This will provide a clear understanding of the problem and first hand solution to your concern.
 4. The final step would be to contact the Activities Director or Building Administrator at 660-656-3391.

Coaches and Sponsors are professional. They make judgment decisions based on what they believe to be the best interest for all members of the team. Decisions involving issues such as Team Strategy, Play Calling, Team Personnel and other student participants are not appropriate items to discuss with the Coach/Sponsor.

Information for Prospective College Athletes

For those student-athletes who feel that they may have the time and talents to become a college athlete, the NCAA puts out the NCAA Guide for the College Bound Student-Athlete. This publication is a summary of rules and regulations governing the transferring, recruiting, eligibility, and financial aide that would be beneficial to any senior.

A student who is planning to enroll as a freshman and wishes to participate in Division I or II athletics must be certified by the NCAA Initial-Eligibility Clearinghouse. The proper forms and materials for the NCAA Clearinghouse are available through the activity director's office.

Students who are interested in college athletics should be aware of the following academic guidelines for all Division I and II schools in the NCAA. These rules require that all incoming freshmen must have earned a grade point average of 2.00 on a 4.00 scale in a core curriculum of at least 13 academic courses, which were successfully completed during grade 9 through 12.

Core Units Required for NCAA Certification

	<u>Division I</u>	<u>Division II</u>
English Core	4 years	3 years
Math Core	3 years	2 years
	<ul style="list-style-type: none"> • For Division I certification an athlete must have completed at least 1 year of algebra and 1 year of geometry (or a course for which geometry is a prerequisite). 	
Science Core	2 years	2 years
Social Science Core	2 years	2 years
From English, Math or Science	1 year	2 years
Additional Core (English, Math, Science, Social Science, Foreign Language, Computer Science, Philosophy, Non-doctrinal Religion)	4 years	3 years
Total Core Units Required	16	14

Students must have also earned a score of at least 18 on the ACT or a combined score of at least 820 on the reentered SAT (or 700 on the non-reentered SAT on a national test

date). Career and Technical ELA and Math through the Warrensburg Area Career Center will not fulfill NCAA requirements.

Please check with your guidance counselor if you have any questions pertaining to meeting the above requirements.

Conference Affiliation

We are members of the Missouri State High School Activities Association (MSHSAA). As such, we are committed to abide by all rules, regulations, and policies established by MSHSAA in activities that come under its jurisdiction.

In addition, Crest Ridge is a cooperating member of the I-70 Conference. As a member, we are committed to adhere to the rules and regulations of the conference.

Presently, there are eight members of the **I-70 Conference**:

Concordia Orioles, Crest Ridge Cougars, Orrick Bearcats, Santa Fe Chiefs
St. Paul Saints, Sweet Springs Greyhounds, Wellington-Napoleon Tigers, Lone Jack Mules

Dual Participation Policy

The Crest Ridge School District wants to provide our students with a variety of opportunities in which to participate. There are many activities and athletic teams in which the students can be involved. Some of these are conducive to doing more than one at a time, while others are not.

It is our position that the students' participation in any and all activities is conducted with the best interest of each individual in mind, as well as what is best for their group or team. Therefore, the following guidelines have been established to govern the situations that may arise.

The keys to successfully participating in more than one activity during the same season are communication and planning. This is the responsibility of the student, the coaches, and the administration.

Guidelines

Fall Sports: Football, Volleyball, Cheerleading

Football / Cross Country

Volleyball / Cheerleading

Cross Country / Volleyball

Cross Country / Cheerleading

Winter Sports: Boys Basketball, Girls Basketball, Cheerleading

No Dual Participation

Spring Sports: Baseball, Softball, Track

Baseball / Track

Softball / Track

Crest Ridge Secondary School Athletics and Activities

The following is a list of the clubs and groups that Crest Ridge School offers for our students. You will find that Crest Ridge School offers a wide variety of clubs/groups/activities/athletics for student involvement. Students should feel free to take advantage of the opportunities presented and get involved in these activities.

All-Year	Fall	Winter	Spring
Science Club HS	Football Varsity, JV, JH	Boys, Girls Basketball Varsity, JV, JH	Softball Varsity, JV
Student Council HS, JH	Volleyball Varsity, JV, JH		Baseball Varsity, JV
Math Club HS, JH	Cheerleading HS, JH	Cheerleading HS, JH	
FFA Trap Shooting	Cross Country Varsity, JV, JH		Track Varsity, JV, JH
FBLA			
FCCLA			
Band	Marching	Pep	Concert
HI-STEP			
FCA HS			
Speech			
Drama Club HS, JH			
Art Club			
National Honor Society National Junior Honor Society			Science Olympiad JH

**Crest Ridge School District
Extra-Curricular Pledge Sheet**

I _____, as a student of Crest Ridge School have read the rules and policies set forth for extra-curricular participation in the Cougar Activities Handbook. **I understand that I am expected to follow the rules and regulations in not only the student handbook but the activities handbook and also the rules and regulations set by my coach/sponsor.**

I, _____, as a parent/guardian of _____ have read the rules and policies set forth for extra-curricular participation in the Cougar Activities Handbook and give my son/daughter permission to participate under these conditions and other ones set by the coach/sponsor. **I will do my part in seeing that he/she follows and abides by the rules and regulations stated in the Cougar Activities Handbook.**

Signature of Parent/Guardian Date

Signature of Student Date

Johnson County R-VII

Crest Ridge

Athletics/Activities/Clubs/Groups

Student Communication Permission

School District personnel (i.e.: coaches and sponsors) will need to contact and inform students and their parents of information such as but not limited to: bus departure times, practice schedule change, needed items for a trip or activity, etc. Parents must indicate below their desire to allow electronic communication with their student for each coach or sponsor. Parents may also choose to receive the identical text message sent by the coach or sponsor. The Remind App will be used predominately by Coaches and Sponsors.

- _____ (please initial) I give my permission to the Coach/Sponsor to communicate with my student electronically through texting.
- _____ (Please initial) I also want to receive the same text each time my student receives a text from the coach or sponsor.
- _____ (Please initial) I do not want the coach/sponsor to communicate electronically with my student. Please send the text to me and I will communicate the information to my student.

Student Name _____ Grade: _____

Parent/Guardian Name (Printed) _____

Parent / Guardian Signature _____ Date: _____

Student Phone # _____

Primary Parent Contact Phone # _____

Parent 2 Contact Phone # _____

Parent email: _____