

**Macks Creek R-V Junior and High School
Student/Parent Athletic/Activities Handbook**

2019 – 2020

Grades 7 – 12

Superintendent: Dr. Josh Phillips
JH & HS Principal: Mr. Brad Kolwyck
Athletic Director (AD): Mr. Jason Trusty

Mascot: Pirates/Lady Pirates
School Colors: Royal Blue/Gold
Conference: Polk County League

Macks Creek Junior High (JH) and High School (HS) Sports

Fall Season	Winter Season	Spring Season
JH Basketball (Boys/Girls)	HS Basketball (Boys/Girls)	JH Track (Boys/Girls)
JH Cheerleading (Boys/Girls)	HS Cheerleading (Boys/Girls)	HS Track (Boys/Girls)
HS Softball		HS Baseball
HS Cross Country (Boys/Girls)		

Superintendent's Office: 573 – 363 – 5911 Ext. 127
HS Principal's Office: 573 – 363 – 5911 Ext. 131
Athletic Director's Office: 573 – 363 – 5911 Ext. 111

Table of Contents

1. *Introduction*
2. *Philosophy of Athletics and Board of Education Resolution*
3. *Objectives*
4. *Fundamentals of High School Activities*
5. *Athletic Code of Conduct*
 - 5.1 *Athletes*
 - 5.2 *Coaches*
 - 5.3 *Parents and Other Fans*
6. *Communication Guidelines*
7. *Academic Eligibility*
8. *Attendance*
9. *Random Drug Testing Policy*
10. *Athletic Disciplinary Code*
11. *Guidelines Governing Disciplinary Action*
12. *Due Process*
13. *Pre-Season Parent Meeting*
14. *In and Out of Season Information*
- Appendix A. College-Bound Athletes – NCAA Eligibility*
- Appendix B. Activity/Athletic Commitment Contract*

1. Introduction

The purpose of the Macks Creek Junior/Senior High School Athletic Handbook is to provide an understanding and appreciation of the athletic programs, and to enhance communication among coaches, athletes and parents. A student who wishes to participate on an athletic team voluntarily submits to school and team rules. Consequently, it is crucial student athletes and their parents understand the athletic program's expectations, as well as what they may expect from the Athletic Program.

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. To that end, coaches will seek to recruit, encourage and develop the student body as a whole to participate in athletic opportunities. We hope the information provided within this handbook makes both the student and parent experience with the MCHS Athletic program less stressful.

2. Philosophy of Athletics and Board of Education Resolution

As a member of the Missouri State High School Activities Association (MSHSAA), it is our belief that interscholastic activities are an integral part of the secondary curricular program and an extension of the classroom. Our school's program shall supplement the curricular program of the school and shall provide the most worthwhile experiences possible. These expectations shall result in learning situations which contribute to the development of the attributes necessary for good citizenship.

3. Objectives

It is the intent of the Macks Creek School Athletic Department to provide the students of the school a comprehensive, well-planned and balanced program of interscholastic athletics, and to show how the students can benefit from participation in this type of activity. The program shall be managed and the teams coached in a manner to achieve the following objectives:

- Promote individual and team desire for excellence while emphasizing interscholastic sports are kept in perspective, and the first for all students is intellectual and emotional growth.
- Encourage enjoyment of competition, a desire to win and a healthy attitude toward winning and losing.
- Develop self-confidence and self-respect for each team member.
- Develop the specialized talents, skills and physical fitness of each participant.
- Develop attitudes and skills to foster teamwork, cooperation, loyalty and spirit.
- Develop the highest degree of sportsmanship, sense of fair play, and respect for coaches, game officials, and especially fellow athletes, both teammates and opponents.

4. Fundamentals of High School Activities

When hosting an event, the opponent should be treated as guests and treated cordially. Officials should be recognized as impartial arbitrators who are trained to do their job within the best of their ability. Familiarity with the current rules of the game and the recognition of the necessity for a fair contest are essential. Sportsmanship requires one to understand his or her own bias and the ability to prevent the desire to win from overcoming rational behavior. Applause for an opponent's good performance is a demonstration of generosity and good will and should not be looked at negatively.

5. Athletic Code of Conduct

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration. All athletes, coaches and parents shall abide by a code of ethics which will earn them the honor and respect participation and competition in the interscholastic program affords. Any conduct resulting in dishonor to the athlete, the team, or the school will not be tolerated.

5.1 Athletes. All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. We are judged by the company we keep and athletes' actions in everyday life, both private and public, are a direct reflection on this athletic program and the Macks Creek R-V School District.

5.1.1 Code of Ethics

- Abide by all rules, regulations, and policies as outlined by MSHSAA and the administrative policies of MCJH/HS.
- Students are responsible for all social media comments and actions and recognize appropriate standards of behavior extend to social media. Student athletes will take an active role in the prevention of unsportsmanlike materials on social media.
- Recognize both winning and losing are part of the game and learn to accept both. Be modest in victory; be gracious in defeat.
- Have complete control of himself/herself at all times and not engage in horseplay, displays of temper, use of profanity, or disrespect for coaches or officials.
- Realize he/she is a student first and an athlete second. The student-athlete must give time and energy to classroom studies to ensure good and acceptable grades.
- Arrive on the field, court, weight room or other designated area dressed and ready to practice per the provided schedule.
- Notify the coach if he/she needs to miss a scheduled game or practice session.

5.2 Coaches. The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should be considered in decisions by the coach at all times.

5.2.1 Code of Ethics (Adopted from the National Federation of State High School Associations (NFHS), of which MSHSAA is a member.)

- Recognize he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- Uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- Take an active role in the prevention of drug, alcohol and tobacco abuse.
- Avoid the use of alcohol and tobacco products when in contact with players.
- Promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- Master the contest rules and teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, booster clubs, and administrators.
- Respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- Meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- Refrain from exerting pressure on faculty members to give students special consideration.
- Refrain from scouting opponents by any means other than those adopted by the league and/or state high school athletic association.
- Take an active role in the prevention of unsportsmanlike materials on internet message boards and posted through social media.
- Refrain from one-on-one digital communication with athletes.

5.2.2 Communication. The communication parents can expect from their son's or daughter's coach includes:

- Coach's philosophy and expectations
- Written location and times for ALL practices and contests
- Team rules and policies
- Procedure if an athlete is injured during participation
- Special requirements, fees, equipment needs
- Any further communication necessary to benefit the student and/or team

5.3 Parents and Other Fans

5.3.1 Code of Ethics. Your enthusiasm as a spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon our school and community. Parents are EXPECTED to:

- Know and demonstrate the fundamentals of good sportsmanship.
- Respect school property and authority.
- Show respect for opponents and opposing coaches and fans.
- Show respect for players who are injured.
- Respect the judgment and strategy of the coach (even if you disagree).
- Respect the judgment of game officials (even if you disagree).
- Avoid profane language and obnoxious behavior at all times.
- Avoid applauding errors or penalties of the opponents.
- Refrain from heckling, jeering or distracting opponents, including distracting behavior during the shooting of free throws.
- Refrain from being critical of players, coaches or officials for a loss.
- Refrain from approaching a coach before or after a game concerning any game decisions (this includes playing time, strategy, etc.).
- Follow the chain of command (Athletic Director, Building Principal, Superintendent, School Board).
- Refrain from throwing objects on the playing area or in the bleachers.
- Avoid stomping of bleachers or the use of artificial noisemakers.
- Respect, cooperate and respond to cheerleaders.
- Refrain from booing or showing displeasure with game officials or game activities.

Parents and other fans who do not comply with the rules and responsibilities of good sportsmanship may forfeit their privilege of attending future activities involving our school district for a period of time determined by the school administration and Board of Education.

Regulation 1431

In order to ensure a safe and orderly environment in which our students can maximize their educational and social development, the following regulations are enacted with respect to the conduct or adult visitors:

- 1) Verbally aggressive behavior, which would include, but not be limited to, threats, intimidation, and profanity, will result in limited access to school premises and school activities for up to one (1) year. The length of the restriction will be determined by the Superintendent of Schools.
- 2) Physical or violent behavior will result in a ban by the Board of Education from school premises and activities and be referred to local law enforcement.
- 3) Failure to comply with the restricted access provided in these regulations will result in the filing of civil and/or criminal charges.

Policy 1431

The Board of Education believes in and fosters safe and orderly environment for all students, staff, and visitors.

Therefore, the Board of Education has established a code of conduct for parents, patrons, and visitors on school premises and at school activities. All parents, patrons, and visitors will be expected to conduct themselves in a manner reflective of a positive role model for children. Public displays contrary to this expectation as provided in Regulation 1431 will result in sanctions which will limit a person's access to school activities and school premises.

5.3.2 Communication. The communication coaches can expect from their athletes and parents include:

- Provide the coach with contact info for both the athlete and the parent. There are numerous apps which allow for a coach to communicate with their athletes outside of one-on-one communication.
- Advance notice if the athlete is unable to attend practice or team functions.
- Notice of all injuries and illnesses and athlete's status for participation.
- Situations or concerns at home which may affect an athlete's performance or participation.

6. Communication Guidelines

Parenting and coaching are each rewarding, yet challenging endeavors. Parents want what is best for their children; coaches want what is best for their team. Communication between parents and coaches is essential to the success of a student participating in extracurricular activities.

Coaches are professionals. They make judgment decisions based on what they believe to be the best for all athletes involved. There may be times that athletes and/or parents do not agree with these coaching decisions. While communication between the parents and coaches is encouraged, there are certain things which are not appropriate to discuss with the coach. These issues include playing time, team strategy, play calling, and other student-athletes.

There are situations which may require a conference between the coach and the parent. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. To have a conference with the coach, it is necessary to call and set up an appointment. If the meeting with the coach does not provide a satisfactory resolution, the chain of command should be followed: Athletic Director, Building Principal, Superintendent, School Board.

7. Academic Eligibility

To be deemed eligible for athletic participation during the season of a sport, the Missouri State High School Athletic Association (MSHSAA) requires a student must have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which the student can be enrolled in the semester, whichever is greater, and shall currently be enrolled in and regularly attending courses that offer a minimum of 3.0 units of credit.

7.1 MSHSAA Grades 7 and 8 Requirements. A 7th or 8th grade student must meet the following requirements in order to be academically eligible to participate in interscholastic activities:

- Grading Period: A "grading period" is a period no less than six weeks and no greater than nine weeks where progress is determined and is reported to students/parents. A student must have been promoted to a higher grade or a higher level in special education at the close of the previous year. However, any

such student who failed more than one scheduled subject, or failed to make standard progress in special education, shall be ineligible the following grading period regardless of promotion to the higher grade.

- Semester of Participation: The student shall 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 ungraded, enrolls pupils of equivalent chronological age.
- Entry into 7th or 9th Grade: This section shall not apply to students promoted for the first time into the 7th or into the 9th grade prior to the first day of classes.

7.2 Macks Creek Academic Eligibility. Extracurricular activities include, but are not limited to: All athletics, school trips, Senior trip, FFA events, cheerleading, band, chorus, prom, homecoming –or- any activity that is not assessed a grade or construed as part of a class is considered extracurricular. Prom and Homecoming activities may be appealed directly to the high school principal by writing an appeal letter and attending a conference with the principal to discuss eligibility. The following action on the part of a student will make that student ineligible to participate in any extracurricular activities:

- A grade of less than a 67% in any one course during a grading period will at the minimum result in the student having to miss participation in the next extracurricular activity in all activities they participate in.
- Students will remain ineligible until their teacher removes them from the list by raising their grade to a 67% for that course.
- Any student not meeting good citizenship requirements set forth by the student handbook of the Macks Creek R-V School District.

Grade checks will be bi-weekly:

1. If a participant has a grade lower than a 67%:
 - A. they must attend tutoring sessions after school until the grade is raised to a 67%.
 - B. they may not play in a competition until the grade comes up to at least a 67%.
 - C. there is no minimum to the number of games that are missed.
2. If a participant has a final semester grade of an 'F':
 - A. they must attend tutoring sessions for two weeks until the next grade check.
 - B. they must sit out two weeks AND a minimum of one game.

****Note:** Tutoring ***must*** be attended the next offered date.

Notice: the ineligibility period may vary due to calendar date changes of mid-term progress reports or any unforeseen circumstances. Ineligibility starts the first day of the semester and includes both first and second semester.

7.3 Macks Creek Citizenship Policy. Citizenship is defined by the Athlete Code of Ethics, Section 5.1 and 5.1.1. Other behaviors not defined in the code of ethics or deemed a bad reflection of the Macks Creek R-V School District may be investigated by the review committee on a case-by-case basis.

8. Attendance

Practices are essential for proper conditioning, improvement of fundamentals and techniques, and acquisition of teamwork skills. Therefore, athletes are required to attend scheduled practices. Athletes who are absent from school are excused from practice on the same day as the absence, however it is suggested the coach be contacted. Athletes who are suspended from school may not participate in practices or competition during the suspension. Athletes suspended from school twice during the same season are suspended from the team for the remainder of that season. Extracurricular events are privileges provided to the students. Attendance at school is expected in order to take advantage of the privileges provided to all students. Students who attend an extracurricular activity must be present at school for the entire day. Exceptions are for appointments students can provide a third party documentation signifying he or she was attending an appointment. Administrative approval for unforeseen circumstances may be approved on a case-by-case basis.

*Note: Any student who is under ISS or OSS for the day cannot attend practice the event until they have been in class for 8 consecutive class periods.

9. Random Drug Testing Policy

The Macks Creek R-V School District adopted a Random Drug Testing Policy on July 19, 2012. All junior high and high school students, grades 7-12, involved in any extracurricular activity are required to follow this policy. Students may not participate in competition until that random drug testing consent form has been turned in. The policy can be found on the Macks Creek School website under the 'Documents' tab.

10. Athletic Disciplinary Code

Unless students learn from their violations of the Athletic Code and the law, their consequences will not serve to reinforce desirable choices. We must continue to teach and model good citizenship and law-abiding behavior.

10.1 Code of Ethics Violations. Code of Ethics violations will be addressed on a case by case basis. Disciplinary actions will be selected and enforced in accordance with MCJH and MCHS policies and may include verbal warnings, written warnings, conditioning at the coach level, and/or game suspension or dismissal from the team if elevated to the administrator level.

10.2 Offense 1: Use or possession of tobacco in any form.

- First violation results in exclusion from all athletics for ten percent of the scheduled competitions. If the suspension is not completed in one sport, it will be carried over to the next activity in which the student participates, or attendance with parents and completion of a counseling or tobacco program approved by MCHS, or another activity agreed upon by the parent, athlete, and administrator.
- Second violation results in exclusion from all athletics for twenty-five percent of the scheduled competitions.
- Third violation results in exclusion from all athletics for fifty percent of the scheduled competitions.
- Fourth violation may result in elimination from all athletic activities for one calendar year or the remainder of enrollment.

10.3 Offense 2: Use, possession or under the influence of alcohol as well as actions, in or out of school, which would bring disfavor to the school.

- First violation results in exclusion from all athletics for ten percent of the scheduled competitions. If the suspension is not completed in one sport, it will be carried over to the next activity in which the student participates, or attendance with parents and completion of a counseling or tobacco program approved by MCHS, or another activity agreed upon by the parent, athlete, and administrator.
- Second violation results in exclusion from all athletics for fifty percent of the scheduled competitions.
- Third violation results in elimination from participation in all scheduled competitions for one calendar year.
- Fourth violation may result in elimination of athletics for their high school career.

10.4 Offense 3: Possession of or being under the influence of a controlled substance other than those prescribed by a physician.

- First violation could result in dismissal from all athletic and extracurricular activities for one calendar year from date of the offense. If the athlete completes and validates a certified drug abuse counseling program, they may petition for reinstatement.
- Second offense may result in elimination from participation in extracurricular activities for the remainder of enrollment at Macks Creek R-V School District.

10.5 Offense 4: Sale or distribution of a controlled substance or alcoholic beverages, behavior, in or out of school, which brings disfavor upon the school, or behavior, in or out of school, which would be deemed felonies under the criminal code.

- First violation will result in dismissal from all extracurricular activities for up to one calendar year from date of the offense.
- Second violation may result in elimination from participation in all extracurricular activities for the remainder of enrollment at Macks Creek R-V School District.

11. Guidelines Governing Disciplinary Action

- All offenses will be reset each school year while attending the Macks Creek R-V School District, except where noted in violation language above.
- During periods of suspension from competition, attendance at team practice is required. Attendance at athletic contests will be at the discretion of the coach, but suspended athletes are not to be dismissed from school to attend contests, and they may not be in team uniform at any time during a suspension.
- If a violation under these provisions occurs before the competitive season or during the “off” season, the suspension will begin during the athlete’s next competitive season. Suspensions not completed due to the end of a season shall be completed in the athlete’s next season.
- If an athlete’s competitive suspension is carried over to a new sport season, the athlete may try out for a program, but may not compete until the suspension has been fully served.

12. Due Process

All information received will be investigated to determine its validity and merit.

Athletic Disciplinary Consequences

- A. The Athletic Director will contact the parent/guardian of any athlete involved in an alleged violation of the Athletic Disciplinary Code. The offense will be described as well as the potential consequences.
- B. The Principal will investigate the incident and, in conjunction with the Athletic Director, impose an appropriate penalty. The Principal's decision will be final for suspensions of 20% of scheduled competitions or less.
- C. Parents/Guardians may appeal suspensions of greater 20% by writing the Superintendent within five (5) days of the Principal's decision. The Superintendent will schedule a meeting with the parent/guardian and will provide them an opportunity to provide their version of the incident. The Superintendent will provide the parent/guardian a written decision within five (5) days of the meeting, which decision will be final.

13. Preseason Parent Meeting

Each program will conduct a preseason parent meeting no later than the end of the second week of practice. This meeting will be held by the Athletic Director and/or the coaching staff. Each athlete must be represented by a legal guardian at this meeting. Failure to attend this meeting will result in non-competitive participation until a scheduled conference with the Athletic Director has been fulfilled. The agenda for this meeting will include introduction of coaches, schedules, practice times, player commitments, player responsibilities, parent responsibilities, athletic handbook, methods for addressing concerns, and a question/answer session. All parents will be required to complete a student participation form to be kept on file with the athletic director, high school principal, high school office, and coach.

14. In and Out of Season Information

14.1 Physical Exam. A physical exam form is required by MSHSAA before a student can be eligible to tryout or practice with any athletic team. A signed copy of this physical form must be on file in the Athletic Director's office. Physical exams are good for 730 days from issue date. It is the responsibility of the athlete to obtain her/his physical. If the free physical dates are missed, the athlete must pay for a physical. The form must be signed by the parent or legal guardian and must have insurance policy information included. **Insurance and concussion forms MUST be updated yearly.** Physical, insurance, and concussion forms are available at the high school office, doctor's office, the Athletic Director's office, or the MSHSAA website under the 'Sports Medicine' tab.

14.2 Equipment. The equipment issued by the school becomes the responsibility of the athlete during the season. Special care must be taken to assure uniforms are not lost, stolen, washed improperly or worn outside of competition. At the conclusion of the season all equipment and uniforms must be returned to the coaches. Any missing or damaged uniforms will be handled as a financial obligation and diplomas and grade cards will not

be given out until the uniforms are returned or a fee is paid. Athletes who do not return or pay for lost or damaged equipment will be ineligible for any other sport until the equipment is returned or the financial responsibility is met. It causes undue burden and complications when uniforms are lost or not returned. In most cases, uniforms cannot be replaced and the sets will be short until new sets of uniforms are ordered. This time period is about every five years.

14.3 Practice Schedule. More than likely there will be practice sessions every day before and/or after school. The length of the practice is up to the discretion of the individual coaches. Practice sessions can also be conducted on weekends. All weekend practice must have prior approval from the building principal.

14.4 Athletic Dress Code/Appearance. Our athletes are expected to be well-groomed, neat and well-dressed. Athletes will follow the standards set forth by the Macks Creek Student Handbook. Appearance affects attitude, behavior and the perception of others. Coaches may set specific grooming and dress guidelines for their team. Failure to comply may result in disciplinary action up to and including suspension from the team until the athlete complies. Practice gear should be in accordance with the student handbook when practice gear is not provided.

14.5 Travel. All student athletes must use the transportation provided by the district to away contests. Athletes who miss the bus and travel to the contest late shall not be permitted to compete unless there were extenuating circumstances. Only authorized persons may ride the bus. Under no circumstance may an athlete drive their own vehicle or travel to or from a contest with other students or minors. If a student desires to ride with a parent other than their own, a signed note from their parent must be presented to the high school office on the morning of the contest, to be signed by the Principal or Superintendent. Phone calls from the parent on the night of the contest will not be allowed unless under emergency circumstances. The administrative team (Superintendent, Principal, and/or AD) reserve the right to prohibit students from riding with parents other than their own upon discretion.

Appendix A. College-Bound Athletes - NCAA Eligibility

Who must register with the NCAA Eligibility Center?

Any student wishing to participate in Division I or Division II athletics must register with the eligibility center.

Why is there an initial eligibility center?

The eligibility center reviews student information to assure that student-athletes have met the minimum academic standards needed to participate in collegiate athletics.

What does the eligibility center look at when evaluating a student?

The eligibility center evaluates student course work, grades and test scores to determine whether students meet minimum academic requirements. Specifically, they will be looking at the GPA of your core courses and your ACT and SAT score. They use a sliding scale to determine eligibility.

How many core courses are required?

Sixteen core courses are required for Division I. This is 4 yrs of English, 3 of Math, 2 of Science, 2 of Social Sciences, 1 extra year of English, Math or Science, and 4 years of extra core courses from areas such as foreign language, philosophy, religion or any of the above core areas. Those students attending a Division II school will be required to complete 14 core courses.

Does it help me if I complete more than the required number of core courses?

Yes. The eligibility center will take the 16 courses with the best grades in calculating your course GPA.

Does the eligibility center also determine admission into an NCAA college or university?

No. Each institution decides which students they will admit. The eligibility center just determines whether or not the student meets minimum academic requirements to participate in NCAA athletics on the Division I or II level.

How and when do I register for the NCAA Eligibility Center?

- Our guidance office will have the necessary forms to fill out when you are ready to register or you may register online. It is best to register right after your junior year.
- You will need to fill out a student release form and submit the required registration fee when sending the form into the clearinghouse.
- You will need to authorize the high school to send your transcripts, test scores, etc.
- When you register to take the ACT or SAT, mark code 9999 so that they will send your scores to the clearinghouse.

The eligibility center is going to look at the sum of the different parts of the ACT; these being Math, Science, English, and Reading. For example, if you take the test three times they are going to take your best score for each areas in calculating your sum score. The higher your sum score the better.

Appendix B. Activity/Athletic Commitment Contract (Must be signed and returned)

Participant (Print) _____ School Year _____ Grade _____

Prior to participating in a practice or tryout sessions for any interscholastic sport/activity, each athlete must:

- Successfully pass a physical examination by a registered physician and the copy of such Examination must be on file in the office of the building athletic director. A physical exam is valid if issued on or after Feb. 1 of previous school year.
- Provide proof of personal health insurance (by stating the name of the insurance company and policy number on the parent permission form).

Prior to participating in a MSHSAA organized contest for any interscholastic sport, each athlete must:

- Turn in parent and student signature on your parent permission form. (back page of physical evaluation form)
- Return this Activity/Athletic Commitment Form properly signed.

As a student-athlete in the Macks Creek District participating voluntarily in interscholastic athletics I verify that:

1. I have read this booklet and understand that the Macks Creek School District and Missouri State High School Activities Association have various rules and policies pertaining to sportsmanship, citizenship, and scholastics. I understand there may be consequences for breaking school policy or MSHSAA rules which could include suspension from extracurricular activities for up to 365 days.
2. I will be responsible for all equipment and uniforms issued to me throughout the season and will return such equipment and uniforms at the conclusion of the season. I agree to pay the current replacement cost for any of the equipment or uniforms not accounted for by me at the end of the season.
3. I, along with my parents, certify that I have read, understand, and will follow all the district and MSHSAA policies regarding extracurricular activities. I understand in order to be eligible, and to maintain eligibility, I must comply with all requirements listed.

Student Signature _____ Date _____

As a parent/guardian of a student participating voluntarily in interscholastic athletics/activities, I have read this handbook, discussed it with my son/daughter, and I will support the school district and MSHSAA in their efforts to promote good citizenship/sportsmanship and adhere to MSHSAA policies, Further, I understand that participating in extracurricular activities is a privilege.

Parent Signature _____ Date _____