

Cameron R-1 Schools

ACTIVITY/ATHLETIC GUIDELINES



JUNIOR/SENIOR HIGH SCHOOL

2023 - 2024

Approved by the Board of Education: 05/15/2023

ACTIVITIES GUIDELINES

All students who participate in high school activities sponsored by the Cameron R-I Board of Education shall meet and adhere to, as a minimum, the following criteria. Specific activities may demand more qualifications, but none may allow less.

PHILOSOPHY

We believe that student activities shall be an integral part of the educational program of a student. Participation should provide additional knowledge, skills, and emotional patterns necessary for good attributes of a good citizen. Student participation in any part of our activities program is a privilege not a right to participate. The privilege carries with it responsibility to the school, to the activity, to the student body, to the community, and to the student themselves. The participation should help develop the student physically, mentally, socially, and emotionally.

STATE /CONFERENCE AFFILIATION

The Cameron R-1 School District is a member of the Missouri State High School Athletic Association and as a member is committed to adhere to the rules and regulations of the association. Cameron High School is also a member of the Midland Empire Conference.

SCHEDULES

The official school calendar for events and games can be found at:

<https://www.meconference.org/public/genie/971/school/3/>

Coach's will provide practice/game schedules prior to the start of the season but updates can be found on the remind app. Coach's will regularly send messages about schedule changes or updates through the remind app.

SPORTS/ACTIVITIES OFFERED BY SEASON

FALL

Boys Football-Freshman/JV/Varsity: wbell@cameronschools.org
Boys Soccer- JV/Varsity: mreynolds@cameronschools.org
Boys/Girls Cross Country- JV/Varsity: probinson@cameronschools.org
Girls Tennis- JV/Varsity: jarndt@cameronschools.org
Girls Softball- JV/Varsity: kdmcintosh@cameronschools.org
Girls Volleyball- Freshman/JV/Varsity: afloyd@cameronschools.org
Girls Golf- JV/Varsity: rberry@cameronschools.org

WINTER

Wrestling-Girls and Boys Freshman/JV/Varsity: plimb@cameronschools.org

Boys Basketball- Freshman/JV/Varsity: chundley@cameronschools.org
Girls Basketball- Freshman/JV/Varsity: rberry@cameronschools.org

SPRING

Boys Baseball- Freshman/JV/Varsity: jsimpson@cameronschools.org
Boys Tennis- JV/Varsity: rberry@cameronschools.org
Boys Golf-JV/Varsity: knichols@cameronschools.org
Boys/Girls Track and Field-JV/Varsity: skenagy@cameronschools.org
Girls Soccer: JV/Varsity: mreynolds@cameronschools.org

ACTIVITIES

Cheerleading- JV/Varsity: adriennejo.ab@gmail.com
Pom Squad- Varsity: aekillen94@gmail.com
Band- jjennings@cameronschools.org
Vocal Music-
Academic Bowl- ballen@cameronschools.org
Color Guard/Winter guard- jeckert@cameronschools.org
Esports- ceckert@cameronschools.org

CLUBS AN ORGANIZATIONS

FFA- Chris Henderson- chenderson@cameronschools.org
DECA- Brittany Simpson- bsimpson@cameronschools.org
NHS- Melisa Harper-Stemberger- mharper@cameronschools.org
FBLA- Chris Eckert- ceckert@cameronschools.org
FCCLA- Kayla Caselman- kcaselman@cameronschools.org
Stucco- Brittany Simpson- bsimpson@cameronschools.org
Fall Musical/Spring Play- Melisa Harper- mharper@cameronschools.org
Interact Club- Kayla Caselman- kcaselman@cameronschools.org
HOSA- Mandy Klenck- mklenck@cameronschools.org

SPORTS AND ACTIVITY REMIND PASSCODES

The following are the remind codes for parents/athletes to join the remind for each organization or team. All information about practices or games will be communicated using the Remind App. Codes might change due to new coach's or new year. Check with Head coach for most up to date code.

FALL SPORTS

Girls Golf	@g7ecah
Dance Xtreme	@chspom22
Softball	@g8b8de
Volleyball	@gbb6bc
Tennis	@coachg2223
Color Guard	@26ak2

Boys Soccer	@dge67e
X Country	@camXC22
Football	@aaf8agd
Show Choir	@39dfah
Band	@bcekg8
Theatre	@ffeb49
Cheer	@abickf

WINTER SPORTS

Girls Basketball-	@338dca
Boys Basketball-	@cameronbo
Girls Wrestling-	@h34e8c
Boys Wrestling-	@b3do29
JH Boys Basketball-	@43h6ah
JH Girls Basketball-	@cvmsgbball
JH Wrestling-	@cameronmsw

SPRING SPORTS

Baseball-	@bhg2g8
HS Track Boys/Girls-	@camerondr
Girls Soccer-	@3gf9eb
Boys Tennis-	@rberry2
JH track boys/girls-	@cvmstf23

SEXUAL HARRASSMENT, DISCRIMINATION, AND RETALIATION

Sexual harassment, discrimination, and retaliation are strictly prohibited by the Cameron R-I School District. Sexual harassment is defined as un-welcomed sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature. In accordance with law, the district strictly prohibits discrimination and harassment against employees, students or others on the basis of race, color, religion, sex, national origin, ancestry, disability, age, genetic information or any other characteristic protected by law.

PHYSICALS

Cameron Schools has implemented the policy that all athletes will be required to have a physical every school year. Any athlete trying out for Dance, Cheerleading or Color guard may use the physical they get in April/May for the next year. All athletes must have all forms filled out and signed by a parent before participation in an activity. All sports, Band, Cheerleading, Extreme Dance Team, Color Guard, Winter guard, and Show Choir will be required to have a physical on file with the Athletic Department.

CITIZENSHIP STANDARDS

Participation in extracurricular student activities is a privilege and not a right. Students who represent Cameron in an extracurricular activity are expected to be good “citizens.” A student who fails to exhibit good citizenship shall lose the privilege of participating in the student activity. These general and specific citizenship standards apply to students three hundred sixty-five (365) days a year, twenty-four hours a day - no matter where the student is located.

These citizenship violations will be dealt with individually and the penalty may vary with the seriousness of the circumstances of the offense. The penalty for a general citizenship violation may range from a reprimand by the sponsor/coach to permanently barring the student from further participation in the School District’s extracurricular activities program.

All students participating in extracurricular activities or sports must be enrolled in the school’s drug testing policy. Information about the policy can be found on the school web site.

A. General Citizenship Standards

A student may violate the school district’s citizenship standards by conduct such as:

1. Repeated referrals for disciplinary action to the Principal, or other person having general responsibility for student discipline.
2. Any misconduct, either in or out of school, that the administration feels are in violation of being a good citizen.
3. A violation, or alleged violation, of federal, state or local criminal law which results in a summons being issued to the student, or charges being filed in court against the student or conduct which is verified to the satisfaction of the administration.
4. Failure to follow the sportsmanship rules established by the school district, team, conference or MSHSAA;
5. Violation of team or activity rules.
6. Single breach of the school district’s disciplinary policies which the administration considers to be serious.
7. Being suspended from school.

*In order to be of maximum effectiveness in serving and fostering the education of the students so entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our activities programs to:

1. Cultivate an awareness that participation in athletics and activities is part of the total educational process and as such, the Coach/sponsor should neither seek nor expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants.
3. Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.
4. Recognize that the purpose of activities is to promote the physical, mental, moral, social and emotional well-being of the individual participants.
5. Avoid any practice or technique, which would endanger the present or future welfare or safety of any participant.
6. Adhere to policies, which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
7. Refuse to disparage an opponent, an official, an administrator or spectator in any aspect of the activity.
8. Strongly encourage the development of proper health habits: the non-use of chemicals, including alcohol, steroids, tobacco in any form and other mood-altering substances.
9. Exemplify proper self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials or judges.
10. Encourage all to judge the true success of the athletic and activities program on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

B. Specific Citizenship Standards

Use or Possession of Alcoholic Beverages, Drugs or Tobacco

Students are expected to refrain from possession or use of tobacco, alcoholic beverages, and drugs. A student will violate the school district's citizenship standards if he or she uses, possesses, has ingested, has under his or her control, sells, manufactures, administers, dispenses, distributes or compounds:

1. The use and or possession of Tobacco or tobacco related product in any form.

2. The use and or possession of Alcohol, intoxicating liquor or alcoholic beverages.
3. The use and or possession of a controlled substances, counterfeit substances or imitation drugs or drug paraphernalia
5. Controlled substance analogue and any substance which has a chemical makeup similar to any controlled substance, and which when ingested or otherwise used causes a condition such as intoxication, euphoria, dizziness, irrational behavior, stupefaction or hallucination.
6. Anabolic steroid or other similar compound which is derived from testosterone or prepared synthetically.
7. Prescription medications which are not prescribed to the student.
8. Prescription medication which are prescribed to the student, but only if the student sells, administers, dispenses or distributes the medication to others.

*Possession shall be defined as visual or physical evidence which is substantiated by a school official or law enforcement officer, to the satisfaction of the administration. Violation of the tobacco/alcohol/drug rules shall cause the student to receive the following citizenship penalty.

FIGHTING

Any student that is suspended from school for fighting will also incur a suspension of 10% of all the contest for the current or next sports season, suspension can run concurrent with suspension from school.

SECOND OFFENSE: Suspension from all activities for 183 calendar days. The student will be suspended for 20% of contest for the current or next season of participation. If the conclusion of the suspension falls in the middle of the season that student may not join the team until the next sports season.

THIRD OFFENSE: Suspension of all activities for 365 calendar days. If the conclusion of the suspension falls in the middle of the season that student may not join the team until the next sports season.

DRUGS AND ALCOHOL

FIRST OFFENSE: The student will be suspended from 20% of all his/her competitions or performances and will be suspended from practicing or participating with the team or attending school events for 14 calendar days. The 14 calendar days and the 20% can run concurrent with each other. The student will be expected to practice and meet all group responsibilities after the suspension has been full filled as outlined by the sponsor/coach, but will not participate in the activity event until the

20% of suspension is full filled. The student must fulfill 1 calendar week of practices before they will be allowed to return to game play.

SECOND OFFENSE: Suspension from all school activities for 365 calendar days including practices. If the conclusion of the suspension falls in the middle of the season that student may not join the team until the next sports season.

THIRD OFFENSE: Suspension from all school activities for remainder of school career

TOBACCO

FIRST OFFENSE: The student will be suspended for 10% of all of his/her competitions or performances and school activities. The student will be expected to practice and meet all group responsibilities, as outlined by the sponsor/coach, but will not participate in the activity event.

SECOND OFFENSE: Suspension from all activities for 183 calendar days. If the conclusion of the suspension falls in the middle of the season that student may not join the team until the next sports season.

THIRD OFFENSE: Suspension of all activities for 365 calendar days. If the conclusion of the suspension falls in the middle of the season that student may not join the team until the next sports season.

FOURTH OFFENSE: Suspension of all activities for remainder of High School Career.

All violations will be carried over to the following sports/activities seasons along with the school discipline policy being enforced.

After the first violation by a student, the student will be encouraged to seek alcohol/drug evaluation or rehabilitation program. Student admission, direct observation and testimony from school administrators, certified staff, law enforcement official/agencies, social service agency reports- any or all will be considered as proof of violations of this policy.

These rules are considered by the school, coach, and sponsors to be twelve (12) month rules and will be treated as such. The rules in this handbook will apply to off-campus and on-campus incidents. The rules are set forth to help students participating in school-sponsored activities and be responsible citizens who are accountable for their actions at all times.

MSHSAA activities affected are academic team, all sports, all music, cheerleaders, dance and Color Guard/Winter Guard

Non-MSHSAA activities affected are all other school sponsored activities and organizations.

Any other extracurricular activity not mentioned above will be held to the standards set forth in this handbook, including class trips.

Each student is responsible to notify the school of any and all situations that would affect his/her eligibility. A student has 48 hours after a violation has happened to report the violation to a school official. If a student fails to self-report a violation within the 48 hours, the student's punishment when discovered will be doubled.

ACTS OF THEFT AND OR VANDALISM

Students are expected to refrain from acts of theft or vandalism. A student will violate the school district's citizenship standards if he or she engages in the following conduct:

1. Direct acts of theft or vandalism at school or elsewhere which are verified to the satisfaction of the administration.
2. Attempts to engage in theft of another person's property which are verified to the satisfaction of the administration.
3. Aiding or abetting another person who engages in acts of theft or vandalism at school or elsewhere which are verified to the satisfaction of the administration.
4. A violation, or alleged violation, of federal, state or local criminal law which results in a summons being issued to the student, or charges being filed in court against the student or conduct which is verified to the satisfaction of the administration.

Violation of the theft/vandalism rules shall cause the student to receive the following citizenship penalty:

CLASS I OFFENSE: Where the violation of the theft/vandalism rules constitute, or allege to involve the theft of items, or damage valued by the administration at one hundred and fifty dollars (\$150.00) or more, the student shall receive a minimum 91-180 school day citizenship suspension.

CLASS II OFFENSE: Where the violation of the theft/vandalism rules constitute, or allege to involve the theft of items, or damage valued by the administration at less than one hundred and fifty dollars (\$150.00), the student shall receive a minimum 1-90 school day citizenship suspension.

CONDUCT STANDARDS

Students involved in extracurricular activities are expected to conduct themselves in a positive, respectful manner at all times during the school day or school activities. Students who conduct themselves inappropriately may lose their privileges regarding extracurricular participation.

GENERAL CONDUCT STANDARDS

Students must refrain from posting negative, rude or indecent comments or pictures on social media accounts about Cameron High School, Coach's, Staff, Teachers and Administrators or other students.

Cell phones and Camera use is not allowed before, during or after practices and games in locker room areas. Violations of these offenses will be dealt with on an individual basis and will be determined by Coaches, Athletic Director and Principals.

TEAM OR ACTIVITY STANDARDS

Students are expected to observe and obey the rules established by the coach or sponsor of the activity. The specific rules shall be communicated by each coach or sponsor to the student participants at the beginning of the activity. Violation of the team or activity rules shall constitute a violation of the school district's citizenship standards, with the penalty to be determined by the coach or sponsor, athletic director and Principal. The above specific citizenship standards and consequences listed under section B are in place for the four (4) years a student is in high school (9 – 12 grade). For example, if a student violated the specific citizenship standards as a freshman and again as a senior, the violation would be considered a second offense or occasion.

Students in junior high (7 & 8 grade) will be considered as a separate unit from the high school. The specific citizenship standards and consequences listed under section B are in place for the two (2) years a student is in junior high. Students entering the ninth (9) grade will not carry over any previous violations received during junior high. A student that has been suspended for violations will have to fulfill previous suspensions that occurred in junior high if they carry over into their 9th grade years.

Participation in multiple activities is encouraged at Cameron High School. When two events fall on the same date all efforts will be placed on making it possible for the student to attend both events. If the student can not make both the equal level events in a day the student will be allowed to choose which event to participate in with a makeup practice/assignment to be allowed. Order of priority is:

- State Game/Performance
- District Game/Performance
- Conference Game/Performance
- Tournament/Performance Competition
- Game/Performance

Activity (Dance/Cheerleading) Practice

Dual sporting is allowed for 9-12th Grade students at the Varsity Coach's discretion. A student must acknowledge their primary sport and attend that primary sports practice/game before attending secondary sport. Coaches and Athletes will be responsible for communication on attendance at both practices and games with priority of conference and district games being kept in mind.

All athletes must commit to a team by the conclusion of the 3rd week of practice sessions. Athletes may switch teams up to the conclusion of the 3rd week of practices with Coach's discretion. Athletes joining a team late must still have 14 practices in the new sport before they can play in a game.

Most teams or programs will require students/athletes to ride the bus to and from events. Athletes and participants may only be checked out/signed out from away ball game/events by the parent or legal guardian on the student's enrollment form on file in the front office of the Schools. All coaches will be required to have a sign out sheet if they allow members to sign out. A coach may at their discretion allow a player to sign out with an alternate adult with prior parent approval.

ELIGIBILITY TO PARTICIPATE IN EXTRA-CURRICULAR ACTIVITIES

To be eligible to participate in any extra-curricular activity or organization, students must meet the following guidelines:

1. A student must be enrolled in six credit bearing classes per semester at Cameron R-I Schools and attending classes in person before he /she becomes eligible to participate in extra-curricular activities;
2. If a student receives 2 "F's" for the semester, that student will be ineligible until the following semester grade reports. The student will not be able to practice/compete in any activity until all 6 credit grades are passing at the conclusion of the next semester. Students may become eligible the night after grades are finalized by the guidance office. Second semester grades will determine a student's eligibility the succeeding year by the same process as mentioned above. A student may not use summer school credit to replace a non-passing grade. An ineligible student 1st semester may join a winter sports team when they start practices in the winter season if all current grades are above 60% and attendance is above 90% when practices start for the winter sport season. The athlete may practice but may not compete until the end of the semester. This is at the coach's discretion to allow the athlete to be a part of the team. An athlete may start competing after the grades are finalized for the 1st semester and the student has passed 6 credits from the previous semester.

The student has 5 days to join the team and it is at the discretion of the coach and athletic director to allow the student to join the team. The student must then get in the required 14 practice days before they can compete in a competition unless they have been practicing with the team previously. A student not eligible must have been practicing consistently with the winter sport team to stay eligible with the team.

3. Students must meet all applicable requirements of MSHSAA (if the activity is a MSHSAA sponsored activity);
4. Students must adhere to all school rules and policies while participating in extra-curricular activities;
5. Students must display a positive attitude and excellent citizenship/sportsmanship at all times while participating in extra-curricular activities;
6. It is a privilege to participate and attend extracurricular activities. Students' eligibility to participate and/or attend extracurricular events is dependent upon their previous quarter's attendance percentage. Student eligibility will be determined by students' attendance percentage at the conclusion of 1st quarter, 2nd quarter, etc. For instance, a student who was eligible for the 1st quarter, that student's attendance percentage at the end of the 1st quarter was 88%, the student would become ineligible to participate or attend extracurricular events for the 2nd quarter until that student's attendance is above 90%. The student may become eligible again for the 3rd quarter if their 2nd quarter attendance was above 90%. The student may still practice with the team but not compete or attend games. A student's participation for 1st quarter will be contingent on the 4th quarters attendance the previous year.
7. A student **shall neither practice nor compete** as a member of a non-school team or as an individual participant in organized non-school competition in that same sport during the school sport season. (Exception for Fall sports up until Labor Day).
8. A student **may** practice or compete as a member of a non-school team or as an individual participant in organized non-school competition in a different sport than the school sport in season. (Pg. 68 MSHSAA Handbook)

ATTENDANCE

A participant must maintain a 90% attendance record. HE/SHE MUST BE IN SCHOOL FOR THE ENTIRE DAY OF AN EVENT OR FOR PRACTICE OR WILL BE INELIGIBLE TO PARTICIPATE IN ANY SCHOOL ACTIVITY (field trips, extra-curricular events, etc.) unless a compelling reason is approved by the principal or athletic director **prior** to the absence. A student must be in attendance for all 7 blocks the previous day if a contest falls on a Non-school day.

PRACTICE

Students should expect to practice in preparation for most of their activities. Each activity sponsor will establish practice schedules that students must follow. Special arrangements to miss a practice or meeting must be made with the sponsor 24 hours prior to the student's absence. Students must be at school all day to attend and participate in practices. Any unusual reason for an absence from school should be cleared with the high school principal or athletic director **24 hours in advance**. Coaches are cautioned not to practice students who are ill or who have missed school due to illness or injury. Practice times and schedules will vary depending on sports, facilities, and time of season.

SCHOOL RESPONSIBILITY CODE IN EFFECT

Students are reminded that all school rules are in effect at all activities. Their behavior should be exemplary while attending all school activities, and students must respect the authority of those in charge. Discipline at activities will duplicate discipline at school.

DETENTION

The Assistant Principal will notify the head coach or sponsor of a detention as soon as possible after the detention is given. All detentions must be served before participation in contests, but a student may practice after a detention is served that day. After two separate detention incidents (excluding tardies), MSHSAA citizenship rules would apply and could result in dismissal from the team, squad, or activity. Dismissal from the team, squad or activity would be subject to building guidelines and administrative review.

SUSPENSION/ISS

All days of **in-school** suspension must be served before participation in games or activities. A student may **not** participate in practices, games or activities on the day the suspension has ended. A student may participate in games or activities on the day after the in-school suspension has ended.

All days of **out-of-school** suspension must be served before participation in practices, games or activities. A student may **not** participate in practices, games or activities on the day the suspension has ended. A student may participate in games or activities on the day after the out-of-school suspension has ended.

MSHSAA citizenship rules would apply and could result in dismissal from the team, squad, or activity to a student receiving in-school or out-of-school suspensions. (See MSHSAA handbook)

MSHSAA rules and regulations will apply regarding suspensions and expulsions from school. (See MSHSAA handbook)

APPEARANCE

The student shall be neat and clean at all times and project a wholesome image. Grooming and appearance is at the discretion of the individual sponsor/coach.

ASSUMPTION OF RISK

Some activities will involve physical activity in which students could mildly, moderately or severely injure themselves. Catastrophic injuries resulting in death or permanent paralysis may occur during participation. Each student assumes this risk as there is no absolute prevention against any potential injury.

ATHLETIC TRAINER AND CONCUSSION POLICY

Cameron Regional Medical Center provides athletic training services for Cameron High School. The services are for after school practice sessions for all contact sports. All athlete injury care during game situations on the field or playing court are taken care of by the provided athletic trainer. CRMC athletic trainer also can provide rehab/treatment services during a student's Dragon Time if needed. An athlete needing care shall set up a time to meet with the athletic trainer through the head coach for their sport. All athlete injuries should be reported to the Athletic Trainer and coach within 24 hours of injury.

CAMERON REGIONAL MEDICAL CENTER AND CAMERON HIGH SCHOOL CONCUSSION PROTOCOL

If the athletic trainer, CRMC medical staff or coaching staff suspects that an athlete has a concussion, that athlete must report to a physician for diagnosis and clearance before they may begin the return to play when symptoms are gone.

Once the athlete has gone to the doctor and is symptom free for 24 hours they may start the 5 step gradual return to play. They may only do one step per day and if symptoms arise during that step the athlete must redo the step that they are on until they can do it symptom free

- Step 1: noncontact physical activity for 10 min (biking, running)
- Step 2: noncontact physical activity for 15 min (resistance bike, running)
- Step 3: noncontact physical activity for 20 min (resistance bike, running)
- Step 4: noncontact practice
- Step 5: full contact practice
- Step 6: fully returned and may play in games

PARENT-COACH COMMUNICATION

Both parenting and coaching are extremely difficult tasks. By establishing and understanding of each positions, everyone is better able to accept the actions of the

other and provide greater benefit to students. As parents when your student becomes involved in a program, you have the right to understand what expectations are placed on your student. As a coach it is their responsibility to make sure each parent is given the expectations for that program. This begins with clear communication from the coach of your student's responsibilities for that program. Coaches and parents are expected to encourage and praise students in their attempt to improve themselves as students, athletes, and citizens. Parents can facilitate this by gaining an understanding and appreciation of all aspects of the sport/activity and the expectations placed on the student.

Communication a parent should expect from the students coach

1. Philosophy of the coach/staff advisor
2. Expectation the coach has for each student on the squad
3. Location and times for all practices and contests
4. Team requirements, such as fees, special equipment, or off season conditioning
5. Procedure for if an injury should occur during participation
6. Discipline that results in denial of the student's participation
7. Requirements to earn a school letter

Communication coaches expect from parent

1. Concerns expressed directly to the coach
2. Notification of any scheduled conflicts in advance

Appropriate concerns to discuss with coaches

1. Treatment of the student, mentally and physically
2. Ways to help the student improve
3. Concerns about the students behavior

Issues not appropriate to discuss with coaches

1. Playing time
2. Team strategy
3. Play calling
4. other student athletes or participants

As students become involved in the extracurricular programs at Cameron R-1 school district, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way the parent or student wishes. At these times a discussion with the coach is encouraged. It is very difficult to accept that your child is not playing as much as you may hope. Coaches are professionals. They make judgement decisions based on what they believe to be the best for all students involved. As seen from the list above, certain things can be and should be discussed with the students coach/Sponsor. Other things must be left to the discretion of the coach.

There are situations that may require a conference between the coach and the parent. These conferences will be encouraged. It is important that both parties involved have a clear understanding of the other's position. Everyone involved is expected to be respectful, to recognize and show appreciation of the other's role, and to reinforce the policies and procedures outlined in this handbook. When a parent, or the coach/staff advisor feel a conference is necessary, we ask that both parties keep in mind our communication ladder policy which is stated below.

Communication Ladder:

1. Athlete- Coach Meeting (MANDATORY)
If a player or his/her parent has an issue or problem with his/her sport/activity experience, the student-athlete is expected to address the coach. Athletes are also encouraged to talk with the coach about any issue in their personal or academic lives. The district's expectations of coaches include open communication and positive relations. Coaches have been trained on communication and counseling skills.
2. Athlete-Parent-Coach Meeting
If an issue has not been resolved in step one, this is the next step in the chain of command. The guideline here is to set up an appointment at the coach's discretion. If the issue is emotional, the appointment should be scheduled at a late time so the parties involved are calm and problem solving can occur. The parent or player should define the purpose of the session when the appointment is set. Parents who try to discuss important issues with a coach as they are walking off the game or practice field would not be appropriate. In this step, there may be rare cases when it may be best if the athlete does not participate in the session. If either the parent or coach feels this is the case, this should be discussed when setting up the appointment and the purpose of the meeting.
3. Athlete-Parent-Coach-Administrator Meeting
If an issue is not resolved in step two, this is the next step in the chain of communication. This step may be initiated by any party. Using the same process as above, an appointment is set and all parties define the purpose of the meeting.

Again, these may be cases where it is appropriate an athlete not be present. This is to be discussed and determined prior to the appointment.

Competitive Program Selection

1. Coaches/Sponsors and staff are hired by the school district to be responsible for establishing criteria for selection or participation on a team/organization. This may be a highly subjective process. Selection and decisions regarding game/performance situations are the sole responsibility of this staff.
2. Coaches/Sponsors are expected to assemble the most competitive team possible, by selecting individuals, filling positions according to need and

- appropriately placing students on the proper team/performance group, then defining each individual's role based on certain criteria, including but not limited to citizenship, sport/activity specific ability, ability to work together, and willingness to learn.
3. Underclassmen students have the same opportunity to make a varsity team/performance groups as a senior does. In order to make a varsity team/performance groups as a freshman it must be approved by a parent, student and coach that the athlete is of the ability to compete at a varsity level without causing harm to one's self.
 4. The main goal of any level of competitive athletics/ activities is to put the most talented members of any team/performance in the competition to win the competition. Starting positions and playing time are not guaranteed to anyone. Each member of a team/performance group is valuable to the teams/performance groups overall success. Regardless of time spent in actual competition, simply by being part of a team/performance group, a student can learn many valuable lessons such as: sportsmanship, working together to meet team/performance group goals, commitment, placing team/performance group above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, and being responsible for one's own actions.

SPORTSMANSHIP

As an athlete/student representing Cameron R-1 schools, the student has the responsibility for exhibiting good sportsmanship at all times. The moment the athlete/student puts on a uniform or represents a school in an activity, they become a representative of the student body, the school and the community. The student will receive the needed skills and attributes to know how to handle themselves in an appropriate manner.

CAMERON SPORTSMANSHIP CODE

For Players, Coaches, and Fans

1. Maintain pride in self and school
2. Strive to keep high standards of conduct
3. Cheering is always encouraged for one's own team
4. No taunts, chants, noises, cheers, jeers, songs, profanity, signs or motions directed to the opposing team, coach, schools or officials. Treat everyone with respect
5. Positive signs may be displayed for one's own team
6. No disrespect will be shown to the opposing team during introductions
7. No noise makers
8. Abide by the decisions of the officials
9. Accept victory or defeat graciously

CAMERON SCHOOL DISTRICT ACTIVITIES CONSENT FORM

NAME _____
(Please print)

Year of Graduation _____ Birthdate _____

This application to participate in interscholastic activities at Cameron School District is voluntary on my part and is made with the understanding that I am eligible under the following rules set by M.S.H.S.A.A. and the additional rules set by the Cameron School District. Any questions see student handbook/activity handbook.

M.S.H.S.A.A. ELIGIBILITY STANDARDS

1. You must be a creditable school citizen.
2. You cannot be 19 years old before July 1 preceding opening of school.
3. You cannot have graduated from a four year high school.
4. You cannot have attended eight semesters of high school.
5. You cannot have competed in four seasons of a particular sport.
6. You must have attended school the first 11 days of the semester that you are participating in.
7. You cannot have played under a false name.
8. You cannot commit an unsportsmanlike act.
9. Students serving school suspension are not eligible to practice or compete in school activities.
10. You must be enrolled in courses offering 3.0 units of credit.
11. You must have earned 3.0 units or 80% of credit the preceding semester whichever is greater. Summer school credits may apply to state eligibility standards.

I UNDERSTAND THAT VIOLATION OF ANY OF THE RULES PUBLISHED IN THIS HANDBOOK IS GROUNDS FOR DISMISSAL FROM THE ACTIVITY.

CONSENT TO PARTICIPATION/RISK ACKNOWLEDGEMENT

My / our child wishes to participate in the Cameron activities program. I / we realize that there are risks involved in my / our child's participation. I / we understand that the risk to my / our child includes a full range of injuries, from minor to severe, and that the result could be death, paralysis, or other serious, permanent disability. I / we agree to accept this risk as a condition of my / our child's participation.

Student's Signature

Date

Parent or Guardian Signature

This page must be returned to your sponsor/coach to complete eligibility requirements.