

Palmyra High School

Athletic & Activity Handbook 2021-2022



We would like to take this opportunity to welcome you to the Palmyra High School Athletic and Activity program and wish you the best of luck in your endeavors. Always remember that you are representing your team, school, and community in addition to yourself. This handbook should answer many of your questions concerning involvement in Palmyra High School activities and athletics. If you have further questions or comments, please call the athletic office at 573-769-2067.

Kirt Malone - Superintendent
Jared Pontius - Principal
Larry Seago - Assistant Principal
Brian Vosman - Athletic Director

2021-2022 High School Coaching Staff

Band: John Hume

Baseball: Mark Loman, Head Coach
Matthew Thomas, Asst. Coach

Girls Basketball: Alex Brandenburg, Head Coach
Julie Thrower, Asst. Coach
Hailey Fohey, Asst. Coach

Boys Basketball: Brian Rea, Head Coach
Steven Jones, Asst. Coach
Mark Lickfeld, Asst. Coach

Cheerleading: Destiny Kizer, Football
Alysha Barnett & Melissa Billups, Basketball

Football: Kevin Miles, Head Coach
Tyler Krietemeyer, Asst. Coach
Steven Jones, Asst. Coach
Mark Hoerr, Asst. Coach
Nick Powell, Asst. Coach

Boys Golf: Chris Parsons

Girls Golf: Chris Parsons

Pom Pon: Taylor Barrett

Quiz Bowl: Gretta Stark

Softball: Lex Meyers, Head Coach
Macy Bross, Asst. Coach

Tennis: Jessica Gottman, Head Coach
Tracy Fountain, Asst. Coach

Cross Country: Ashton Gottman

Track: Macy Bross, Head Girls
Nick Powell, Head Boys
Josh Buatte, Asst. Track

Wrestling: Josh Buatte
Tyler Krietemeyer, Asst. Coach

Palmyra High School and its extra-curricular programs are members of the MISSOURI STATE HIGH SCHOOL ATHLETIC ASSOCIATION (MSHSAA) and are governed by the rules and regulations that are set forth.

CITIZENSHIP STANDARDS

Palmyra High School and MSHSAA believe in obtaining creditable citizenship habits. These opportunities give students a chance to learn lessons not taught in the classroom. Students are representing their school and community and must be held to high standards of citizenship. Those students whose character or conduct is such to reflect discredit upon themselves, or their schools are not considered “creditable citizens.” This conduct includes but is not limited to:

- The use, distribution, or promotion of illegal and/or illicit activities and behaviors. This includes but is not limited to personal websites, and social networking sites (such as Twitter, Facebook, Snapchat and YouTube, etc.) or any electronic technology device.
- The citizenship standards hold the participant accountable all year.
- If the violation was a tobacco, alcohol, and/or other drug related incident, and the infraction happened during the participating sports season, the infraction will be ruled under the Palmyra High School Standards. If a similar infraction occurred during an out of season date (including summer break) the incident will be viewed as a violation of the citizenship standards.
- “Hazing” and other inappropriate initiation practices will not be tolerated as a member of any athletic team.

The citizenship standards are not only enforced during the activity’s season, but **throughout the entire year**. Students do not have to be in season in order to violate the citizenship standards. Those students violating the citizenship standard will have restriction from participation in 20% of the next consecutive scheduled games, matches, or meets for that sport. If the violation results outside of a season, then the restriction will take place during the next season in which they participate.

The students shall not be considered eligible while under suspension. The student who is expelled or who is withdrawn from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal.

Should a student violate the Citizenship Standards they must report the infraction to the building principal or athletic director. Choosing to not self report will result in increased penalties. Refer to PALMYRA HIGH SCHOOL STANDARDS.

PALMYRA HIGH SCHOOL EXTRA CURRICULAR STANDARDS

The Palmyra High School extra-curricular program is an important part of the total education process. It is designed to assist the student in becoming a well-rounded and responsible individual. Therefore, it is essential for every participant to discipline him/herself in the following rules of conduct:

In striving for creditable citizenship and safety for all participants, Palmyra High School athletes will be subject to random illegal substance/drug testing. Every parent/guardian is responsible for understanding the drug testing policy and penalties for drugs, alcohol and other inappropriate behavior.

- A student suspended from school will not be allowed to participate in any scheduled activity during the suspension. Other actions may also be recommended by the sponsor and the principal.
- A participant who drops out of an athletic activity cannot participate in another athletic activity until the athletic activity in which the drop occurred finishes its scheduled season.
- Participants referred to the principal for inappropriate classroom behavior will be reprimanded by the principal and counseled as to his eligibility if other violations occur.
- **TOBACCO:** Possession or use of tobacco, tobacco products, or imitation tobacco products on school grounds or at a school event is prohibited. This includes, but is not limited to, cigarettes, cigars, pipes, chewing tobacco, and electronic (juul, vapor, etc) cigarettes, or paraphernalia used for or in any relation to the above products.
- **ILLEGAL SUBSTANCE/ DRUGS:** The use or possession of illegal controlled substances is illegal; therefore it will not be tolerated.
- **DRINKING:** The use or possession of alcohol under age of 21 is illegal; therefore it will not be tolerated.

ATTENDING PARTIES/GATHERINGS WHERE ALCOHOL OR DRUGS ARE PRESENT:

Palmyra athletes should not attend parties or gatherings where alcoholic beverages or drugs are being used by or served to minors. If this situation arises unexpectedly, the individual shall leave the premises immediately. If an athlete fails to leave immediately, he/she will be subject to athletic suspension. An athlete caught in possession of or using alcohol, tobacco, electronic cigarettes, illegal substances/drugs, or in attendance at a gathering with alcohol or illegal substance being served to minors will be disciplined as follows if **self-reported**:

1. **First offense** - restriction from participation in 20% of the next consecutive scheduled games, matches, or meets for that sport. Standard rounding practice

will be used, .49 and below will be rounded down, .50 and above will be rounded up. (If necessary, restrictions will carry over to the next season of participation.)

2. **Second offense** - restriction from participation in next consecutive scheduled games, matches, or meets for the next 60 (sixty) calendar days. These 60 days are counted as any day between the first day of the school year and the last day of the school year. Additional days will carry over to the next school year.
 3. **Third offense** - restriction from participation in any sport for one full year from the infraction date.
- Any student who, at any time or place, is involved in, charged with or admits to, or is convicted of violating the law by committing an offense punishable by the law as defined in federal and state statute and municipal ordinances, except for minor traffic violations, or is found to be delinquent by Missouri Law, shall be ineligible until all proceedings with the legal system have been concluded and any penalty or special condition of probation has been satisfied.
 - If law enforcement authorities determine that charges will not be filed eligibility will be determined at the discretion of school administration.

**** Should a student violate the Palmyra High School citizenship standards and fail to notify the school prior to the school's discovery that student will be in violation of MSHSAA By-Law 2.2.5 and will be ineligible for 365 days from the discovery.**

**** The above Palmyra High School extra curricular standard is cumulative in nature from 9th - 12th grade.**

SPORTSMANSHIP

As an athlete representing PHS, you have the responsibility for exhibiting good sportsmanship at all times. The moment you put on that school uniform, you become a representative of your student body, your school, and your community. You will receive the ingredients of good sportsmanship through the teaching, coaching, and examples of the coaching staff. Exhibit the positive examples of sportsmanship you see.

A very important lesson we learn through interscholastic athletics is that by hard work and dedication we can improve. In America we recognize we can take the ability that God has given us and through hard work and dedication become anything we want to be. No one can tell you what you must be. If you are willing to recognize the ability you possess and work hard, you can achieve success in athletics.

Attitude is one of the principal ingredients in becoming a champion in any sport and of course that is best defined by how you act, how you feel and think in showing your disposition. The

desire to excel, to win, and to pay the price are all positive points or attributes of attitude that contribute to a winning philosophy.

A winning philosophy is important, but realizing the importance of how the game is played is equally important. Simple acts or gestures of respect such as: displaying good conduct, cooperating with officials, shaking hands with opponents before and after the contest, showing self-control at all times, accepting decisions and abiding by them, and never being boastful or bitter will aid you the individual and your team as well to portray the standards of sportsmanship expected of athletes at PHS.

ACADEMIC STANDARDS

A student in grades 9-12 must be currently enrolled in and regularly attending courses that offer a minimum of 3.50 units of credit, and must have earned a minimum of 3.00 units of credit the preceding semester of attendance; or a student must be enrolled in a full course at his or her level in a special education program approved by the Missouri State Dept. 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. MSHSAA standards dictate that a student falling below 3.0 credits passed for a semester will be ineligible for the next semester.

Any student receiving two F's or more at the mid-term of 1st, 2nd, 3rd, or 4th quarters will be placed on limited participation for the next 5 school days. If the student has not improved above MSHSAA eligibility standards, he/she will be academically ineligible until they have improved to meet this standard.

Limited participation: students are required to get extra help from the classes they are failing.

Academically Ineligible: students may practice with their team but he/she may not participate in contests with their team.

PHILOSOPHY

Interscholastic athletics shall supplement the secondary curricular program and shall result in these learning outcomes that will contribute toward the development of the attributes of good citizenship. Emphasis shall be upon teaching "through school athletics." To this end only can interscholastic athletics be justified.

COMMUNICATION PROCEDURES

When questions involving Palmyra High School's athletic programs occur, it is important that the first line of communication be between the coach and athlete. Occasionally, this procedure does not fully resolve the question or the situation dictates that a parent, as the child's advocate, must become involved. When this occurs, parents are requested to wait 24 hours from when an

incident occurs, and then request to discuss the situation with the coach directly involved. If the parent feels, after meeting with the coach, that the issue has not been resolved, the parent should request to meet with the school's Athletic Director. Every effort will be made to resolve all questions through these three steps prior to involvement of a building administrator.

ELIGIBILITY

Eligibility is a privilege to be granted by the school to a student which allows that student to participate in interscholastic athletics. Eligibility is not a student's right by law. Precedent setting legal cases have determined that eligibility is a privilege to be granted only if the student meets all school adopted standards which enables the school to grant the student such a privilege.

STUDENT PARTICIPATION

Student athletes may participate in only one team sport during that particular sport's designated season. Cheerleaders and pom pom girls cannot participate in football or basketball.

ABSENCES

The coach must be informed in advance of any practice session that cannot be attended by an athlete. If an injury or illness exists, and it is not serious enough to keep the athlete at home, then he will be expected to at least observe the practice session. Enforcement of this policy will be left to the discretion of the individual coach.

ATTENDANCE STANDARD

If a student is absent or late to school on the day of a contest or practice without being excused prior by the principal, he/she will not be allowed to participate on that date. For a contest or practice on a weekend day, a student must attend all classes on the final school day prior to the weekend competition. THIS IS A MSHSAA STANDARD (this also includes the final day of school which will include all contests after the school year concludes). In addition, If a student's attendance is not in "Good Standing" according to the Palmyra High School Attendance Policy; then the student will not be able to leave during school hours to attend or compete in an extracurricular activity.

**Vo-Tech students missing or not riding the bus to HCTC will be considered late to school therefore not be allowed to participate in a game or practice on that day. See the high school student handbook for detailed information about the attendance policies.

AGE STANDARD

A student shall not have reached the age of 19 prior to July 1 preceding the opening of school. If a student reaches the age of 19 on or following July 1, the student may be considered eligible for the ensuing school year.

AMATEUR & AWARDS STANDARDS

After entering a member school, you will become ineligible in the sport concerned if you receive cash or merchandise for participating in an athletic contest. This applies to all sports in which MSHSAA schools conduct interscholastic programs. You may accept medals, ribbons, plaques, etc. which are symbolic in nature. However, if an award is to be presented by a person or group other than your school, the principal must approve the presentation in advance and the retail value of the award cannot exceed \$10.00. You may accept awards for participating in non-school sponsored athletic competition only if the awards are symbolic in nature.

SPORTS CAMP ELIGIBILITY

A student may participate in a specialized camp, clinic, or other similar program involving coaching and instruction in a sport provided the program and the student's participation meet the following requirements:

1. The student may not attend a specialized sports camp during the school year.
2. No camp involving a fall season sport shall be attended after July 31.
3. A student may not attend a camp or camps (school or non-school) in any one sport for longer than two calendar weeks in any one calendar year where he/she receives instruction or coaching from a member of the coaching staff of the school the student attends.

PERSONAL APPEARANCE

The personal appearance of the athlete should be a credit to the school. This will be left to the discretion of the coach of the team.

INSURANCE AND PHYSICAL EXAMS

The school will require each student participating in athletics a physician's certificate stating that he or she is physically able to participate in athletic competition for the school.

- A student shall not be permitted to practice or compete for the school until it has verification that he or she has basic athletic insurance coverage.

- Students participating in athletic activity must be insured adequately in case of injury. If the student does not have a policy which covers tackle football, one may be obtained with the school insurance policy.
- A student shall not be permitted to practice or compete for the school after a concussion diagnosis until the “MSHSAA Concussion Return to Play” form is filled out and signed by a physician.

MEDICAL PROCEDURE

If a student has a known injury diagnosed by a medical professional with restrictions, those shall be submitted to the school.

LETTERMEN POLICY

A varsity letter may be earned using the following guidelines: ***All participants are expected to be creditable citizens.***

- Varsity letters will not be awarded to anyone who does not check in all equipment or pay for lost equipment.
- Varsity letters will not be awarded to any boy/girl who leaves the team for their own reason or is expelled from the team by the coaching staff (except for injury).
- In addition to letters issued under the sports listed below, letters can be awarded to a boy or girl whom the coach feels has been a special asset to the team: EXAMPLE: Starter who is injured early in season and does not get to finish the season because of injury.
- Varsity letters will be awarded to seniors who make the team but are not starters providing they have been out for three years.
- Student manager letters will be awarded to students as determined by the coach. Not more than two letters to be awarded in any one sport.
- Players will not receive letters for Junior Varsity competition.

Football - Varsity football letters will be awarded to players who have played in half of the possible quarters.

Basketball - Varsity basketball letters will be awarded to players who have played in half of the possible quarters.

Softball and Baseball - Varsity softball and baseball letters will be awarded to players who have played in half of the possible innings.

Track - Varsity track letters will be awarded to any player who has earned 10 points during the season.

Tennis - Varsity tennis letters will be awarded to players who have played in half of the possible varsity matches.

Golf - Varsity golf letters will be awarded to players who have played a Varsity level match

Cross Country - Varsity cross country letters will be awarded to players who have ran in half the varsity meets.

EQUIPMENT

In order to give the student a sense of responsibility and an appreciation of their equipment, each athlete will be held responsible/accountable for the abuse or loss of it.

ANY EQUIPMENT LOST OR STOLEN MUST BE PAID FOR BY THE STUDENT IN WHOSE NAME IT WAS CHECKED OUT.

The following guidelines, if adhered to, will reduce the chances for lost or stolen equipment.

- Do not exchange or loan any of the equipment checked out to you to another teammate. Exchange or loan only after given permission by your coach.
- Keep your locker closed and LOCKED at all times when not in visual contact. This includes during showers.
- Any loss of equipment should be reported immediately to the HEAD COACH, rather than waiting until the end of the season.

- Any protective equipment that does not fit properly or that has any defective parts should be reported to a coach immediately. Do not wear the equipment until the necessary adjustments have been made. This is for your protection.
- All equipment should be worn only at school and never outside of school unless permitted by the coach in charge of the sport.

As part of the lettering policy for all sports at PHS, ALL EQUIPMENT MUST BE TURNED IN CLEAN AND CARED FOR OR PAID FOR IF LOST OR STOLEN BEFORE ANY AWARDS CAN BE RECEIVED! This includes letters, certificates, plaques, etc.

TRANSPORTATION

All students participating in school sponsored activities requiring transportation will be transported by school furnished transportation. All sponsors will first secure permission from the Administration. Bus transportation is mandatory for all groups involving more than four students. Students will not be allowed to take automobiles on school sponsored activities. All students will be required to return by school furnished transportation unless verbal permission is given to the sponsor or coach by the parent for the student to return with his or her parents. Contact must be made with the Principal prior to the event for any other situation. Verbal or written permission for the child to ride with another party is not satisfactory. All infractions of this rule will be immediately reported to the administration. All sponsors and teachers are held responsible for the enforcement of this rule.

STUDENT AND PARENT ACKNOWLEDGMENT 2020-2021

I have read and agree to abide by the athletic policy as stated. **X**_____

I have read and agree that my student athlete will abide by the athletic policy as stated. **X**_____

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MSHSAA PARTICIPATION CERTIFICATE - Physician/Parent/Student

This information is to be completed prior to the first practice session. It contains vital information in case of injury. This information should accompany this athlete to all practices and contests!!! It should be put in the school's central file during the off-season.

Section 1: ATHLETE'S APPLICATION AND PERSONAL INFORMATION

Name _____ Male _____ Female _____

Address _____ City/Zip _____ Age _____ Birthdate _____

This application to represent my school in interscholastic athletics is entirely voluntary on my part and is made with the understanding that I have studied and understand the eligibility standards that I must meet to represent my school and that I have not violated any of them. I also understand that if I do not meet the citizenship standards set by the school or if I am ejected from an interscholastic contest because of an unsportsmanlike act, it could result in me not being allowed to participate in the next contest or suspension from the team either temporarily or permanently.

I have completed and/or verified that part of this certificate which requires me to list all previous injuries or additional conditions that are known to me which may affect my performance in so representing my school, and I verify that it is correct and complete.

Signed by Student _____ **Date** _____

Section 2: PARENT PERMISSION AND AUTHORIZATION FOR TREATMENT

We hereby give our consent for the above student to represent his/her school in interscholastic athletics. We also give our consent for him/her to accompany the team on trips and will not hold the school responsible in case of accident or injury whether it be en route to or from another school or during practice or an interscholastic contest, and we hereby agree to hold the school district of which this school is a part, it's employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of every kind and nature whatsoever which may arise by or in connection with participation by my child/ward in any activities related to the interscholastic program of his/her school.

If we cannot be reached and in the event of an emergency, we also give our consent for the school to obtain through a physician or hospital of its choice, such medical care as is reasonably necessary for the welfare of the student, if he/she is injured in the course of school athletic activities.

We further state that Section 5 has been completed which requires us to list all previous injuries or additional conditions that are known to us which may affect this athlete's performance or treatment, we certify that it is correct and complete.

The MSHSAA By-Laws provide that a student shall not be permitted to practice or compete for a school until it has verification that he/she has basic athletic insurance coverage. Our son/daughter is covered by basic accident insurance for the current school year with

Name of Insurance Company _____ **Policy Number** _____

Signature of Parent or Guardian _____ **Date** _____

DRUG TESTING PARTICIPATION AND CONSENT FORM 2020-2021

I have read and understand the Palmyra R-I School District Student Activity/Athletic Handbook. I agree that participation in school-sponsored interscholastic athletics is a privilege and not a right. I am aware of the School District's requirements for participation in school-sponsored activities and agree to abide by the requirement and penalties upon participation.

I agree to participate in the Random Drug Testing Program at the School District in exchange for opportunity to participate in any school-sponsored Co-curricular, extra-curricular athletic activities, or interscholastic athletics. I understand that my signature below authorizes the School to obtain a urine sample from the student whose signature appears below, if he or she is selected procedures described in Board Policy JFCI-AP(1). I also understand my signatures on this form authorizes the school contracted testing company to perform a drug test on the urine sample to test only for the presence of the substances specified in Board Policy JFCI. I also understand that the in the event the undersigned student is selected for testing, the undersigned student and the undersigned student's parent(s) or guardian(s) will be asked to conditionally disclose over-the-counter or prescription medications the undersigned student has taken. This information will only be revealed if the undersigned student has a non-negative test result. I also understand that currently available drug tests are not 100% reliable, and that false-positive tests may result.

Signature of Parent or Guardian _____ **Date** _____

Signature of Student _____ **Date** _____

THE PROCEDURE FOR MRO REVIEW OF NON-NEGATIVE STUDENT DRUG TESTING

- Positive confirmation test from lab is received by ESS.
- ESS notifies and forwards test results to school DER (Designated Employer Representative)
- DER meets with parent(s)/legal guardian(s), explains initial test results, gains permission to use Medical Review Officer (MRO) and collects required information from parent(s)/legal guardian(s): Parent(s)/legal guardian(s) name, phone number(s), DL or I.D. number.
- Test results sent to MRO for review.
- MRO contacts parent(s)/legal guardian(s) to discuss medication(s) student may be taking, obtain the name(s) of prescribing doctor(s).
- MRO confirms, with prescribing doctor(s), any prescription(s) that could explain the positive test result.
- MRO makes the decision if there is a legitimate medical explanation for the presence of the drug(s) in question in the student's specimen.
- MRO forwards their decision to school DER and/or ESS.
- School DER handles result according to school policy.