

THE PHILOSOPHY OF ATHLETICS AT HERMITAGE R-IV SCHOOL

The philosophy of athletics at Hermitage public schools is such that it is considered an integral part of the school's program of education: providing experiences that will help young men and women develop physically, mentally and emotionally. Students are stimulated to want to win and excel, but the principles of good sportsmanship prevail at all times to promote the educational values of contests. The element of competition and winning, though it exists, is controlled so that it does not determine the nature of the program. This is considered to be educationally and psychologically sound because of the training it offers for living in a competitive society.

Participation in activities, both as a player and as a student spectator, is an integral part of the student's educational experiences. This participation is a privilege that carries with it responsibilities to the school, to the team, to the student body, to the community and to the student himself/herself. In their play and in their conduct, such experiences contribute to the knowledge, skill, and emotional patterns that they possess, thereby making them a better person and citizen.

OBJECTIVES FOR HHS ATHLETICS

1. Better health and physical fitness
2. The desire to succeed and to excel
3. High moral and ethical standards
4. Self-discipline and emotional maturity
5. Social competence
6. The ability to think as an individual and as a member of a group
7. Realization of the value of group ideas
8. Realization of the value of conforming to rules
9. Respect for authority and rights of others
10. Knowledge of the rules of the games
11. Knowledge of the value that athletics has for the individual and for society.

It is often thought that when emphasis is placed on educational objectives of athletes there is not an emphasis upon "winning." This thinking is incorrect. Winning, involving the spirit of competition, is an immediate objective in all athletic contests, but is not an end in itself. Fifty percent of the teams that take part in athletic games must lose. The desire to win can and should be used to stimulate the achievement of the ultimate objectives. The attainment of these goals will enhance the education of students and contribute toward the development of better citizens.

CONFERENCE AFFILIATION

Hermitage High School is a cooperating member of the PCL Conference, and as a member is committed to adhere to rules and regulations of the conference.

RESPONSIBILITIES OF PARTICIPANTS

As a student you are in school to secure the best secondary education you are capable of achieving. Deciding to participate as a student athlete gives you additional educational opportunities and plays a significant role in your total educational development. However, with this decision there are certain responsibilities if the value of participation is to be achieved, namely:

1. Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others.
2. Maintaining academic and eligibility standards as established by the Hermitage R-IV School Board and Missouri State High School Activities Association (MSHSAA).
3. Learning the spirit of hard work and sacrifice.
4. Learning to attain physical fitness through good health habits.
5. Desiring to excel to the limits of your potential.
6. Demonstrating respect for authority and property.
7. Being willing to accept the leadership role that is instilled through the athletic program.
8. Being drug and alcohol free at all times.

Keep in mind that you are in the public eye and your personal conduct always must be above reproach. You have an obligation to create a favorable image and gain the respect of your peers, the HHS student body, and the Hermitage community.

Students have the responsibility to follow all rules of the MSHSAA, Hermitage R-IV School District and the coach/sponsor. Parents/guardians have an obligation to ensure that their children follow all rules prescribed here in this document.

CITIZENSHIP POLICIES

Drugs/Alcohol

1. Any use of drugs/alcohol on school property or during school time will result in dismissal from the team or activity sponsored by the school, in addition to the ten (10) day suspension out of school and the appropriate authorities notified.
2. Any use of drugs/alcohol during the school year from the start of the first activity or first day of school, whichever is first, to the last day of the activity or last day of school, whichever is the latest date.

Minimum Consequences:

1st offense: Ten (10) day suspension from the team or activity

2nd offense: Ninety (90) day suspension from all activities

Maximum Consequences

3rd offense: Ninety to one hundred-eighty (90-180) day suspension from all activities.

4th offense: Permanent removal from all activities for the remainder of the student's high school career.

3. Any use of drugs/alcohol during the summer months (time period not covered by #2).

Minimum Consequences:

1st offense: Ten (10) day suspension from the team at the beginning of the activity, beginning with the first possible date of competition.

2nd offense: Ninety (90) day suspension from all activities beginning on the first day of school.

Maximum Consequences:

3rd offense: Ninety to one hundred-eighty (90-180) day suspension from all activities beginning on the first day of school.

4th offense: Permanent removal from all activities for the remainder of the student's high school career.

4. Parties in which alcohol and/or illegal drugs are provided---any student hosting a party where alcohol and/or illegal drugs are provided or encouraged will be suspended from all extra-curricular activities for a period of 180 days from the date knowledge was gained of the incident.

5. Use or possession of tobacco products at all times---student athletes who use or have possession of tobacco products on school property, bus, or at any school activity.

1st offense: Five (5) day suspension from all school activities.

2nd offense: Ten (10) day suspension from all school activities.

3rd offense: Ninety (90) day suspension from all school activities.

The above offenses that occur during the summer months will carry over throughout a student's high school career. If further problems continue the student athlete will not be allowed to participate in school activities.

6. Verification needed to impose this policy would include any one of the following:

A. Student admission of guilt.

B. Parent of student in question verifies guilt.

C. Eyewitness by staff member of Hermitage R-IV school.

D. Other verifiable testimony.

Felonies, Theft, and Vandalism

Acts of crime committed to gain stolen property or willful damage of property.

Minimum Consequences:

1st Offense: Ninety (90) day suspension from all school activities from the next date of participation after knowledge of violation is gained. The severity of the circumstances may result in more serious responses.

2nd Offense: One hundred-eighty (180) day suspension from activity.

Misconduct at School

Each offense will result in regular school punishment with referral to the coach or sponsor for further counseling.

Disrespect to coach or any staff member.

Minimum Consequences:

1st Offense: Extra conditioning to be determined by the coach/sponsor. This must be completed before returning to the team.

2nd Offense: Suspension from one or more games.

3rd Offense: Dismissal from the team or activity.

Suspension – (OSS)

Students under suspension from school may not participate in or attend extra-curricular activities during the suspension period.

In School Suspension – (ISS)

Students serving ISS will not be allowed to practice or attend any activities on the day they serve ISS.

Practice Issues and Use of building

Students are only allowed to be on school grounds when they are under the direct supervision of a staff member. Students are responsible for being at practice on time and being ready to board the bus at the time required by the coach/sponsor. They are also responsible for transportation home within 15 minutes of when the sponsor/coach says practice concludes or when the bus will return from competitions.

Failure to comply with any combination of the above will result in the following:

- 1st Offense:** Warning
- 2nd Offense:** Warning and phone call to parent/guardian.
- 3rd Offense:** Dismissal from the team.

Attendance

Student athletes will fall under the same guidelines as other students with the following exceptions:

1. Students must be in attendance at least four periods of the day to participate in activities after school that day unless they receive approval from the principal or athletic director. No “unexcused” hours of absence are allowed during the day of an event.

Due Process

Students or parents/guardian who have concerns about anything to do with extra-curricular activities **should** follow these procedures:

1. Contact the Athletic coach or sponsor and discuss the concern with him/her.
If not satisfied:
2. Contact the Principal or Athletic Director and discuss the concern with him or her.
If not satisfied:
3. Continue to follow the regular due process rules of the Hermitage R-IV School District until a professional solution is reached.

INSURANCE REQUIREMENTS AND PHYSICAL EXAMS

The Missouri State High School Activities Association Handbook By-Law 309.0 a., covering student athletes states:

The school shall require of each student athlete participating in athletics a certificate of an issued physical signed by a physician, advanced nurse practitioner in written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring physician stating that the individual is physically able to participate in athletic contests of his/her school.

A student shall not be permitted to practice or compete for a school until it has verification that he or she has basic insurance coverage. By-Law 309.0 b.

Hermitage R-IV purchases Accident Insurance for all students. This can serve as “minimum” insurance coverage and is sufficient for participation.

TRANSPORTATION

Students are required to ride to and from competitions on transportation provided by the Hermitage R-IV School District. The coach or sponsor may only make exceptions to this when a parent or guardian obtains the release of their child and signs the release form provided, or when the student is required to attend Wednesday School and the parent/guardian agrees to take them to the competition. Please remember that it is difficult to estimate the return time from ball games. Circumstances often arise that alter these plans. The coach/sponsor will be sent with a cell phone and students may ask to call to inform parents of certain situations.

Conduct on the bus shall meet bus safety regulations. All rules that apply to daily bus operation will be followed without exception. Any violation to this policy will result in administrative action and possible suspension from the team.

GUIDELINES FOR CONDUCT OF PARTICIPANTS AT ALL ACTIVITIES AND CONTESTS

The purpose of these guidelines is not to imply that there are serious problems with participants of Hermitage High School. Generally speaking, in this school system our student athletes have conducted themselves in a manner in which both the school and the community can be proud. By establishing these guidelines, it is felt that all involved will know what is expected of them and that problems can be avoided.

1. Participants are not to display in any way their anger, disgust, or disagreements with officials' decisions.
2. Participants must be able to control their tempers at all times. Coaches/sponsors will remove any student athlete from the contest when, in their judgement, a player is losing their self-control.
3. Fighting and using profanity will not be tolerated under any circumstances. The student athlete must not argue or retaliate for any reason. The officials or coaches/sponsors should be notified of any rules violations. The officials will settle any arguments or disagreements concerning the contest.
4. During a contest:

In the event a disruption of any kind occurs on the field, court, or playing area, all athletes shall follow the following procedures:

- A. All players not actively involved in the contest must remain seated on the bench and not actively participate in the contest. Under no circumstances shall players leave this area unless instructed by a coach/sponsor, school official, or law official or game official.
- B. All players on the field, court, or playing area shall immediately go to the bench area and remain there until instructed to leave by a coach/sponsor, school official, law official, or game official.
- C. There will be no exceptions to these guidelines.

CODE OF CONDUCT

The training habits are a matter of self-discipline. The best performance an individual is capable of producing comes only after an individual's body and mind have been conditioned through regular training routines.

Each coach/sponsor may have additional rules for respective team/club. These rules should be discussed in open forum; a written copy supplied to each individual and a copy given to the principal and athletic director. No team rule can supersede school policy or Board Policy.

DISMISSAL FROM A TEAM

The following guidelines are meant to provide a uniform process to follow when the decision had been made to remove a student from a team or club for the good of the student, team, and school.

1. Refer to the code of conduct item number or policy that best categorizes the behavior of the student in question.
The coach/sponsor should document all problems with times and dates whenever possible.
2. The coach/sponsor must have a personal conversation with the student to explain the reason(s) for the dismissal, and what the student may do in order to regain membership in good standing with the said team.

3. The coach/sponsor should notify by letter any dismissal to the parents and the administration.
4. After team tryouts: Observing the right to privacy, no public notice of team cuts should be made.
5. A student may be dismissed from a team or club only for violations listed in the district policy or individual policies, and would have had a reason to know the consequences of this action prior to the incident.

ATHLETIC INJURIES

Regardless of how much effort is put forth, athletic injuries will occur. For this reason, the following must be observed:

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

CARE OF EQUIPMENT

In order to give the student athlete a sense of responsibility and an appreciation of their equipment, each person will be held accountable for their equipment issued to them during the season. *The student in whose name it was checked out to must pay for any equipment lost or stolen.*

The student athlete must follow the guidelines listed below:

1. Do not exchange or loan any equipment checked out to you to another teammate.
2. Except when you are in visual contact, all equipment and clothing items should be secured.
3. Any loss of equipment should be reported immediately to the head coach, rather than waiting until the end of the season or week.
4. It is against the MSHSAA regulations to sell or rent any equipment or uniforms to individuals. The athletic department of Hermitage High School strictly adheres to this regulation. Therefore, any equipment or uniforms you may see out of school jurisdiction do not belong to individuals. Please report any such violation to a coach or athletic department administrator. By doing so, you are not only helping the athletic department, but also the individual who must pay for the stolen items.
5. Most uniforms should be washed in cold water and dried without the use of a drier. If an athlete's uniform is not handled properly, they may be asked to pay for the purchase of a new uniform. The athletic booster club often pays \$100 - \$200 for each uniform and the athlete should take exceptional care accordingly.

SUPERVISION

A coach employed by the School Board must supervise all school athletic activities.

1. A coach must be present at all games and practice sessions.
2. Coaches must make every effort to prevent accidents. Negligence is invariably judged more harshly by a court of law than by the average coach. It can lead to liability suits that award large sums of money to the injured person.
3. Individuals are not to be given permission to use the school facilities for activities such as shooting baskets, running around the campus, weight lifting, etc. Such activities can be carried on only when they are under the supervision of a coach or instructor.
4. A coach is responsible for the conduct of squad members in the locker room. Whenever possible, he/she should be in the locker room with them.
5. Coaches, who use the facilities on a Saturday, or a holiday, are responsible for the team leaving the building.
6. When your practice has concluded, you must stay until the last athlete is out, and make sure that all doors are locked. Turn out all lights when you leave.

STUDENTS SHOULD NOT BE IN THE BUILDING AT ANY TIME UNLESS THEY ARE SUPERVISED.

PRACTICE SCHEDULES/PRACTICE

All practices must be supervised by the coach/sponsor. Published practice schedules are helpful to parents, participants and to the athletic office. Start on time and end on time. Late practices do not improve your relationship with the students, parents or administrators. Saturday and Sunday practices are discouraged. Any exceptions to the rules must be cleared with the building principal or athletic director. If you want closed practices, let everyone know before your season begins.

Policy states that when school is dismissed because of weather conditions, all practices are canceled.

PARTICIPANT PLEDGE

I _____, agree to abide by all rules and regulations set forth in the Extra-Curricular Student Handbook.

Signature of Participant

I, as a parent/guardian of _____, have read and understand all the rules, policies, conditions set forth in the Extra-Curricular Student Handbook. I give my permission for my son/daughter to participate in the athletic programs at Hermitage High School. I will do my part by encouraging him/her to abide by all rules, policies, and conditions set forth in this document.

Signature of Parent/Guardian

Date

