

Doniphan R-I School District

Home of the Dons and Donettes



ATHLETIC HANDBOOK

Proud Member:

**Missouri State High School Activities Association
Ozark Foothills and SEMO Conferences**

Hand-Book Committee:

Jeremy Stout: Athletic Director/Coach
Jason Lance: Coach

Andy Cheney: Coach
Mike Jones: High School Principal

Brad Hagood: Superintendent
Laura Chilton: Coach

GOALS OF THE ATHLETIC DEPARTMENT

The primary goals of the athletic program for the young men and women of Doniphan High School are as follows:

1. To provide an athletic program that is responsive to the expressed needs, interests, and abilities of the students and which is consistent with available facilities, equipment, and staff.
2. To provide an athletic program that will satisfy both the competitive needs as well as recreational needs of students.
3. To provide equal opportunity for all students in the athletic program.
4. To provide an athletic program that will promote physical well-being and desirable attitudes in leadership and sportsmanship for both the participants and spectators.
5. To provide an athletic program that is an integral part of the educational program.
6. To provide the students with a qualified staff to coach and supervise all aspects of the athletic program.

MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION (MSHSAA)

Doniphan High School is a member of the Missouri State High School Activities Association (MSHSAA). MSHSAA is the governing body of high school athletics in the state of Missouri. The objectives of this organization are:

1. To serve as an organization through which member high schools mutually adopt rules and regulations for interscholastic athletic competition so that Boards of Education and school faculties will regard interscholastic athletics as an educational resource to be encouraged and fostered.
2. To establish the responsibility for the administration of high school athletics by member schools in order to ensure satisfactory supervision.
3. To provide a constitution, by-laws, and organization through which member schools shall administer their interscholastic athletic programs.
4. To cultivate cordial and friendly relations among schools through good standards of sportsmanship.
5. To promote equal opportunities for all involved in Missouri secondary school athletic programs regardless of race, religion, gender, or national origin.

DONIPHAN R-I SCHOOL ATHLETIC CODE OF CONDUCT

A. RULES AND REGULATIONS

The specific rules and regulations governing our Athletic Department are consistent with the policies of the Missouri State High School Athletic Association, the Doniphan R-I School Board, and Doniphan R-I School. The Doniphan R-I School Athletic Code is in effect twenty-four (24) hours a day, twelve (12) months a year. Furthermore, violations of the code are cumulative from season to season and year to year throughout the athlete's high school career.

B. PHILOSOPHY

Participation in school athletics is a privilege, which carries with it varying degrees of honor, responsibility, and sacrifice. Doniphan R-I School athletes are representing Doniphan R-I School and the school community. Since the athletes represent their school and student body, it is their duty to conduct themselves in a manner that is healthy and positive for themselves, their family, their school, and their community. Therefore, athletes are expected to represent the school well and within the rules established by the school athletic council and the MSHSAA. Our code, like that of any other school, is intended to serve as a deterrent to unacceptable student behavior. However, it is extremely important that our code provides avenues for obtaining help in an attempt to modify student behavior when deemed necessary. An athlete's conduct in and out of school shall be such as not to reflect discredit upon their school or not to create a disruptive influence on the discipline, good order, nor the moral or educational environment in the school. It is recognized the principal, by the administrative authority vested in that office, may exclude such contestants from representing their school.

C. APPLICABLE TO:

This code shall apply to all students connected to the athletic program of Doniphan R-I School and shall govern inclusively all athletes, managers, trainers, and cheerleaders. The participants shall be considered in violation of the code if they use, consume, or possess alcoholic beverages, tobacco products, or illicit controlled substances (drugs), as well as commit felonies, vandalism, theft, acts of disrespect, hazing, or actions unbecoming an athlete.

D. TRAINING RULES/DISCIPLINARY ACTIONS

The Athletic Department of Doniphan R-I School delegates the responsibility of developing a reasonable set of training rules for participants to the coach. Two important considerations are made when making these rules:

1. Rules may not be in conflict with policies of Doniphan R-I School or other Athletic Department policies.
2. All rules will be discussed with the squad at the first practice session.

E. ALCOHOL, TOBACCO, AND DRUGS:

The usage and/or possession of illicit drugs, alcohol, and tobacco in any form will not be permitted. Please be advised that being in attendance at a party or any place where the illegal possession or use of drugs, alcohol, or tobacco occurs may be grounds for suspension. Athletes engaging in the use and/or possession of these substances will be disciplined as follows:

1. First Violation: The student shall be ineligible to participate in competitions for 20% of the current or next athletic season the student/athlete participates in within the next 365 days.

Example: Student plays volleyball and basketball. Last game of volleyball season a student athlete finds themselves in violation of this policy. The student athlete will remain ineligible during basketball season.

2. Second Violation within 365 Days: The student will be suspended from all athletic participation for 365 days (one calendar year) from the day that the second violation is confirmed as fact.

F. FELONIES, MISDEMEANORS, VANDALISM, THEFT, ACTS OF DISRESPECT, HAZING, AND ACTIONS UNBECOMING AN ATHLETE

Self-reporting- Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standard. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery.

Maximum Penalty- Exclusion from athletics for 365 days (one calendar year) from the day that the violation is determined. The penalty is to be determined by the Principal, Athletic Director, and Coach. Any student arrested or detained as a juvenile on such a charge may be suspended from any participation pending investigation of the incident.

G. VIOLATIONS OF SCHOOL RULES

Penalty- Students may not compete, practice, or participate in any way with an athletic team during a suspension from school. Less serious violations are to be handled by the head coach and building principal.

H. STATUTE OF LIMITATIONS

Violations that are reported to the Athletic Office more than 365 days (one calendar year) after they occur will not be considered for disciplinary action.

I. APPEAL PROCESS

1. Anyone wishing to request an appeal should notify the Superintendent in writing within seven calendar days of the date the student is notified of the suspension. The right of appeal is forfeited if not requested within this seven-day limit.
2. If an appeal is requested, the Superintendent will conduct a hearing with the athlete, the athlete's parents, building administration and the athletic director. The purpose of the appeal

hearing is to inquire into the athlete's violation and to allow the athlete and parents or guardians to present evidence on the student's behalf. The Superintendent shall make a final determination in regards to whether the Athletic Code was properly applied to the violation.

DONIPHAN R-I AND MSHSAA ELIGIBILITY **REQUIREMENTS**

A. AGE AND ACADEMICS

1. 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 upcoming school year.
2. To be eligible scholastically, students must have received passing grades at the end of the last grading period in at least six (6) full credit subjects or the equivalent. Two semesters of the state required physical education course for 9th and 10th grades may be counted as a full credit subject for eligibility purposes even though the Department of Education does not grant a full credit for the course. **NOTE: Any requirements set by building principal will supersede MSHSAA's guidelines.**

B. PHYSICALS

1. The Missouri State High School Athletic Association Physical and Parent Consent Form must be on file in the Athletic Office before any athlete is allowed to practice or participate in contests.
2. The athlete must have had an active physical examination before the first practice of the sport in which the athlete participates.

NOTE: Athletic Physical is good for 2 years and the Athlete Insurance form must be completed annually.

C. EMERGENCY MEDICAL CARD, INSURANCE, AND INJURIES

1. Athletes will be required to complete an Emergency Medical Form, which will be provided by the Athletic Department. These cards will be kept with the coach during the sport season so they will be accessible if an injury occurs either in a practice or in a contest. The Emergency Medical Form must be in the possession of the coach before an athlete is allowed to practice or participate in contests.
2. Doniphan High School does not provide insurance for athletic participants. However, the Missouri State High School Athletic Association provides catastrophic insurance coverage. The MSHSAA policy provides coverage in the case of a covered athletic injury for expenses from \$25,000 to \$1,000,000. Certain restrictions and requirements apply to this insurance coverage. Copies of the policy are available from the office of the MSHSAA. It is the responsibility of the parents or guardians to fully cover expenses from zero to \$25,000 in the event of an injury to an athlete. Each athlete must have an athletic insurance form signed by a parent or guardian and

on file on the Athletic Office before the athlete is allowed to practice or participate in any contests.

3. Athletes or their parent or guardian should inform the Athletic Office of any serious injury as soon as possible after the injury has occurred.

D. EXCEPTIONS FOR PARTICIPATION

1. Athletes must complete ten separate days of organized practice in a sport before they are allowed to participate in a contest in that sport. Athletes who participated in an MSHSAA sponsored sport the previous season during that school year need only five practices in the current sport to be eligible to compete in contests.

2. Athletes may not participate in a game or practice if they were not in attendance at school for the entire school day on the day of the activity. It is the responsibility of the athlete to know if he or she is eligible to participate in an activity. An athlete who participates in an activity when he or she was not eligible will be subject to consequences as determined by the head coach and/or administration.

3. Any exception to the above rules must be granted by the principal or athletic director. Examples of exceptions that may be granted include, but are not limited to, doctor's appointments, funerals, and court appearances.

E. TRANSPORTATION

All athletic groups must travel to and from games by school bus or school van. With permission of the coach, an athlete may ride home with his/her parents after the game. **Written permission (Email Preferred or Hand Written) to ride home with an adult other than the athlete's guardian, should be approved through the students' building principal prior to leaving campus for competition.** Parents should notify the coach in person of this request. Any exception to this rule must be granted by the Athletic Director and/or Principal. **Concluding each competition there will be a sign out sheet designated by the said sport head coach. Violation of the transportation policy will result in the following: 1st Offense: ISS / 2nd Offense: Full Game.**

NOTE: Violation policy does not reset at the conclusion of school year.

Parent-Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. As your child becomes involved in the interscholastic programs at Doniphan 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 you or your child wishes. At these times discussion with the coach/sponsor is encouraged.

Communication you should expect from your child's coach or sponsor.

1. Philosophy of the coach
2. Expectations the coach has for your child, as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e., practices, special equipment, out-of-season conditioning.
5. Procedure followed should your child be injured during participation.

A. Communication coaches or sponsors expect from parents.

1. Express concerns directly to the coach
2. Notify the coach or sponsor of any schedule conflicts well in advance
3. Share any specific concerns with regard to coach's philosophy and/or expectations.

B. Appropriate concerns to discuss with coaches or sponsors.

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

C. Inappropriate issues to discuss with coaches or sponsors.

1. Playing Time
2. Team Strategy
3. Play Calling
4. Other Student-Athletes.

D. Procedure to express a concern regarding a coach or a sponsor.

1. Call to set up an appointment. The Doniphan High School phone number is 573-996-3667 Option 4. The Middle School phone number is 573-996-3667 Option 3. If the coach cannot be reached, call the Athletic Director at 870-810-2356 to discuss a meeting.
2. Refrain from talking to a coach regarding a concern before or after a game or practice. These can be emotional times for both the parent and the coach. Impromptu meetings of this nature do not promote resolution.

E. What to do if you still have a concern following a meeting with a coach or sponsor.

1. Call to set up an appointment with the athletic director 870-810-2356 to discuss the situation.

It is very important to accept your child's role on the team and any limitations regarding playing time or assignments. Coaches make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other issues can only be left to the discretion of the coach. There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. Research indicates a student involved in interscholastic activities promotes a greater chance for success as an adult. Many of the character traits required to be successful in athletics promote success in life after high school.

Parent/Spectator Game Expectations

Please remember a game is not only a competitive contest between these two schools, but it is also an educational experience for the students involved. Athletic activities are about learning life values, Doniphan R-1 and MSHSAA encourages everyone to do their part in keeping our hometown sports a positive experience for everyone. When you attend your next game, do your part to help rekindle the spirit of citizenship by showing good sportsmanship. You will be teaching a positive lesson and you will be preserving a proud tradition in the State of Missouri.

SPECTATOR EXPECTATIONS

- It is a privilege to observe a contest. Do not abuse this privilege by insulting others.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators, and support groups.
- Respect the integrity and judgement of game officials.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, or after games on or near the site of the event.
- Use only those cheers that support and uplift the teams involved.
- Follow the MSHSAA guidelines for good sportsmanship.

UNACCEPTABLE BEHAVIORS

- Disrespectful or derogatory yells, chants, songs or gestures.
- Yells that antagonize officials, coaches, opponents or fans that is demeaning in nature
- Approaching officials or coaches after the game to address issues.
- Attempting to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.

****FAILURE TO FOLLOW THESE GUIDELINES COULD RESULT IN DISMISSAL FROM THE BALLGAME****

IF SOMEONE IS REMOVED FROM A GAME, BY AN OFFICIAL AND/OR AN ADMINISTRATOR, THE FOLLOWING ACTION WILL BE TAKEN:

1ST OFFENSE: A meeting will be held with Building Principal and Athletic Director before being allowed to attend another event.

2ND OFFENSE: Penalty of Suspension from Events on/off Campus for up to 2 months or remainder of season.

Code of Ethics

It is the duty of all concerned with school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional wellbeing of the individual players.
10. To remember that an athletic contest is only a game, whether a player, coach, school, official, fan, community, state or nation.

Parents/Student Athlete Activities Contract

As a member of the Missouri State High School Activities Association, 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 that contribute to the development of the attributes necessary for good citizenship.

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 with 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 irrational behavior. Applause for an opponent's good performance is a demonstration of generosity and good will and should not be looked at negatively.

EXPECTATIONS OF PARENTS: 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 our community.

EXPECTATIONS OF STUDENTS: Your enthusiasm as a participant or 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 AND STUDENT ATHLETES ARE EXPECTED TO...

- Know and demonstrate the fundamentals of good sportsmanship
- Respect, cooperate, and respond to cheerleaders.
- Respect school property and authority.
- Show respect for opponents and opposing coaches and fans.
- Show respect for players who are injured.
- Respect the judgement and strategy of the coach (even if you disagree).
- Respect the judgement 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.
- Refrain from being critical of players, coaches or officials for a loss.
- Refrain from throwing objects on the playing area or in the bleachers.
- Avoid the use of artificial noisemakers.
- Refrain from using cheers that taunt or ridicule opposing players, coaches, etc.
- Refrain from showing displeasure toward or taunting officials.

Date: _____ Parent Signature: _____

Date: _____ Student Signature: _____