

DE SOTO 73 SCHOOL DISTRICT EXTRA-CURRICULAR HANDBOOK

Statement of Philosophy:

Extra-Curricular activities are an integral part of the De Soto 73 School District's overall educational program. Our goal is to provide a wholesome outlet for students who have an interest in athletic/academic competition, music, drama, speech and debate. Extra-curricular activities should enhance and not hinder the academic program. Rather than "win at any cost" philosophy, personal growth, commitment, school spirit, character development, physical training, self-discipline, and positive work ethic are worthwhile outcomes of an extra-curricular program.

The TEAM concept should be the central theme of the athletic program with the personal development of the individual a desired outcome. Within the perimeters of that concept, the team concept should never be sacrificed at the expense of the welfare of individuals. Rather, the development of both should be facilitated in such a way as to benefit all involved.

In addition to complementing the existing academic and activities program, the extra-curricular program should form a bridge between the school and the community it serves. As such, the program should reflect and promote community pride.

All phases of the extracurricular program, grades seven (7) thru twelve (12), should be coordinated by the respective head coach/sponsor of each activity and should embrace the same desirable and basic tenants of the total program set forth in this statement of philosophy.

While room for creativity within individual activity must exist, a central thread of consistency of the basic tenants of the De Soto 73 Philosophy of Activities should form a primary foundation of each activity.

Normal sequential development typically results in a narrowing of participants to those with superior abilities. However, at the lower levels all that choose to participate should be given every opportunity to develop his/her potential. All personnel involved with the program should strive to work within the framework of this philosophical statement and in so doing set the tone of the program and serve as a role model for all participants.

Desired Outcomes of the De Soto 73 Athletic Programs:

- Improvement of school spirit.
- Projection of a positive image to and for the community
- Physical growth and development of participants.
- Development of a TEAM concept for participants.
- Development of self-discipline for participants.
- A coordinated program with a unified purpose for grades seven (7) thru twelve (12) in each sport.
- An opportunity for coaches/sponsors to help youth grow and develop in a positive manner.
- An appreciation for the value of hard work and commitment.
- Respect for authority and the rights of others.
- Development of the value of fair-play and ethical standards.

Affiliations:

The De Soto 73 School District is a member of the Missouri State High School Activities Association (MSHSAA), the Jefferson County Activities Association (JCAA), and the Mississippi Area Football Conference (MAFC). As a member of these associations the De Soto 73 School District is committed to adhere to the rules and regulations of the Associations.

Activities Sponsored by the De Soto # 73 School District:

High School:

Sports:

Fall Season:

Football
Volleyball (Girls)
Softball
Soccer (Boys)
Cross Country

Winter Season:

Basketball
Wrestling

Spring Season:

Baseball
Golf (Boys)
Track & Field
Soccer (Girls)

Interscholastic Competition:

Archery
Cheerleading
Dance
Academic Team
Vocal Music
Instrumental Music
Bass Fishing

Junior High:

Sports:

Fall Season:

Football
Volleyball (Girls)
Cross Country

Winter Season:

Basketball
Wrestling

Spring Season:

Track & Field

STUDENT INFORMATION

******NOTICE OF NON-DISCRIMINATION: It is the policy of the De Soto 73 School District that no person shall, on the basis of race, sex, creed, or color be subject to discrimination in any activity of the De Soto 73 School District.***

******Participation in Extra-curricular activities at the De Soto 73 School District is a privilege, not a right. This privilege may be revoked at any time by the coach, athletic director, or school administration for behavior deemed detrimental to the good order of the program.***

I. Expected Behavior of Athletes:

Coaches will explain to the athletes on their respective teams the importance of their responsibilities as Dragons, members of a team, and a representative of their school and community. As a part of their responsibility, athletes representing De Soto should at all times:

- Show good sportsmanship and gentlemanly/lady-like conduct on and off the field of endeavor.
- Obey all training rules.
- Show courtesy to officials, coaches, school officials and opponents.
- Give maximum effort in practice and in all competitive situations.
- Dress in a uniform manner and project an athletic appearance.
- Never miss a practice unless ill or injured and be at the designated practice site on time.
- Develop a team-first attitude.
- Meet all eligibility standards as established by the Missouri State High School Activities Association and the De Soto 73 Board of Education.

II. Guidelines for Participation:

The De Soto 73 School District is a member of the Missouri State High School Activities Association (MSHSAA), which has standards that students must meet in order to participate. In addition, the De Soto 73 Board of Education has local guidelines for eligibility (MSHSAA by-law 219). Students who are unsure of eligibility should always check with the athletic director for a rule interpretation.

- A.** Students in athletics, cheerleading, and pompoms must have a physical examination by a qualified physician and this form must be kept on file in the office of the athletic director. In order for this physical exam to be valid, it must have been administered on or after February 1st of the previous year, and have been signed by a parent or guardian giving the student permission to participate.
MSHSAA by law 3.8 and 3.9
- B.** All students who participate in athletics, cheerleading, and pompons must have on file in the office of the athletic director written proof of valid insurance coverage. **BOTH A. and B. MUST BE COMPLETED PRIOR TO PARTICIPATION IN PRACTICE.**
- C.** CITIZENSHIP: Students must be creditable school citizens whose conduct, either in or out of school will not reflect discredit to themselves or their school. **MSHSAA by law 2.2**
- D.** **ACADEMICS: 2.3.2 Grades 9-12 Requirements:** A student in Grades 9-12 must meet the following requirements in order to be academically eligible to participate in interscholastic activities:
 - a) Semester Prior to Participation: The student shall have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which a student can be enrolled in the semester, **whichever is greater**, or a student must have made standard progress for his or her level the preceding semester in a special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.
 - b) Semester of Participation: The student shall currently be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, **whichever is greater**; or a student must be enrolled in a full course at his or her level in a special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.
 - c) 80% Credit Requirement: The calculation of the credit requirement described in a-1 and a-2 above for all enrolled students at the school shall be based on the maximum allowable classes in which a student can be enrolled at the member school during the normal school day due to the academic system that the member school has selected (7-hour day, block schedule, etc.) Credits earned in school-sponsored "extra" classes taken beyond the normal school day may be used toward academic eligibility. Internet classes offered **by** and **at** the member school and which are completed no later than the close of the semester with credit placed on the student's transcript can be counted toward academic eligibility. (See also By-Law 2.3.4 regarding other courses that may be utilized.)
 - d) Entry into 9th Grade: A beginning 9th grade student shall have been promoted from the 8th grade to the 9th grade for first semester eligibility.
 - e) A student must be making satisfactory progress towards graduation as determined by local school policies.

2.3.6 Grades 7 and 8 Enrollment Option for Academic Eligibility - Traditional Option: A 7th or 8th grade student must meet the following requirements in order to be academically eligible to participate in interscholastic activities:

- a) Grading Period Prior: A "grading period" is a period no less than six weeks and no greater than nine weeks where progress is determined and is reported to students/parents. A student must have been promoted to a higher grade or a higher

level in special education at the close of the previous year. However, any such student who failed more than one scheduled subject, or failed to make standard progress in special education, shall be ineligible the following grading period regardless of promotion to the higher grade. (However, see also item c below).

- b) **Grading Period of Participation:** The student shall be currently enrolled in and regularly attending the normal course for that grade or must have enrolled in a full course at his or her level in any public school special education program for Page 44 2020-21 MSHSAA OFFICIAL HANDBOOK the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent chronological age.
- c) **Entry into 7th or 9th Grade:** This section shall not apply to students promoted for the first time into the 7th or into the 9th grade prior to the first day of classes.

E. Grades 9-12 Requirements: A student in Grades 9-12 must meet the following requirements in order to be academically eligible to participate in interscholastic activities:

- a) **Semester Prior to Participation:** The student shall have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which a student can be enrolled in the semester, whichever is greater, or a student must have made standard progress for his or her level the preceding semester in a special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.
- b) **Semester of Participation:** The student shall currently be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater; or a student must be enrolled in a full course at his or her level in a special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.
- c) **80% Credit Requirement:** The calculation of the credit requirement described in a-1 and a-2 above for all enrolled students at the school shall be based on the maximum allowable classes in which a student can be enrolled at the member school during the normal school day due to the academic system that the member school has selected (7-hour day, block schedule, etc.) Credits earned in school-sponsored "extra" classes taken beyond the normal school day may be used toward academic eligibility. Internet classes offered by and at the member school and which are completed no later than the close of the semester with credit placed on the student's transcript can be counted toward academic eligibility. (See also By-Law 2.3.4 regarding other courses that may be utilized.)
- d) **Entry into 9th Grade:** A beginning 9th grade student shall have been promoted from the 8th grade to the 9th grade for first semester eligibility.
- e) A student must be making satisfactory progress towards graduation as determined by local school policies.

2.3.4 Grades 9-12 Enrollment Options for Academic Eligibility: The following options are available to students in order to meet the requirements of By-Law 2.3.2.a and b above.

- a) **Traditional Option:** A student may meet the requirements outlined in By-Law 2.3.2 through being enrolled and attending classes full-time at the high school.
- b) **Non-Traditional Option I – Transcribed Credits:** A student may meet the requirements outlined in By-Law 2.3.2 through meeting ALL of the following:

- i) The student is an enrolled student of the high school, but all or some of the courses/credits are not taken at the local high school (virtual, post-secondary, work study, etc.),
 - ii) All credits attempted/earned are placed on the high school transcript,
 - iii) All classes must be completed by the high school's close of the semester, as per By-Law 2.3.II, in order for those classes/credits to be considered toward activity eligibility.
 - c) **Non-Traditional Option 2 (Public Schools Only) – Seat-Time + Non-Transcripted Credits:** A student may meet the requirements outlined in By-Law 2.3.2 through meeting ALL of the following:
 - i) The student is an enrolled student of the public high school of residence, as defined in By-Law 3.IO, and is taking a minimum of two credit-bearing, seat-time classes for a minimum of 1.0 units of credit at the high school, and
 - ii) The high school administration confirms after a full academic review that the student is further enrolled in courses taken outside of the school which bring the student up to the academic credit requirements outlined in By-Law 2.3.2 (80%). Each local school will determine its own oversight, standards, and criteria for approval of such outside courses/credits, as well as the procedures to determine success/credit confirmation for academic eligibility for the current and following semester. It is not necessary that such confirmed credits be placed on the high school transcript, but may be listed, at the school's discretion.
 - iii) All classes/assignments must be completed by the high school's close of the semester, as per By-Law 2.3.II, in order for those classes/credits to be considered toward activity eligibility.
 - d) **Transfer of Enrollment based on Changes in Bona-fide Student and Academic Status:** Any student whose enrollment status changes from being a non-bona fide student (not meeting By-Law 2.I and one of the 9-12 Enrollment Options) to being a bona fide student (meeting By-Law 2.I and one of the 9-12 Enrollment Options) would be considered a transfer student (see By-Law 3.IO.4), and ineligible to represent a member school until a transfer of eligibility form is filed and an eligibility ruling is rendered.
- F. TRANSFERRING SCHOOLS:** Students *and* parents must move into the district of their new school unless they meet the exceptions listed in MSHSAA rules. **MSHSAA by laws: 2.5 and 3.IO**
- G. PARTICIPATION LIMITS:** Students are eligible to participate in any activity for a maximum of four consecutive seasons beginning when he/she enters the ninth grade. **MSHSAA by law 2.4**
- H. AGE LIMIT:** If a student reaches nineteen (19) years of age prior to July 1, he/she will be ineligible the next school year. To be eligible for the junior high school competition against teams in a particular grade classification, the student shall not have reached the following ages prior to July 1 preceding the opening of school: Grade Seven (7) age 14 and Grade Eight (8) age 15. If a student does not meet the age standard for a particular grade classification, that student may compete on a team of a higher grade classification. **MSHSAA by law 3.5**
- I. MSHSAA Board Policy on Transgender Participation**
- a. **MSHSAA Board Policy 34:** This policy is adopted to insure competitive fairness, equity and physical safety of all interscholastic sports and student-athletes. A transgender student is defined as a student whose consistent gender identity or expression does not match the sex assigned to him or her at birth as reflected on the student's birth certificate and school records.

- i. **Application Required:** A request is required before approval of participation that would otherwise be in opposition to By-Law 3.20 can be granted by the Executive Director. A student seeking participation under the above policy due to gender transition shall gather and submit a MSHSAA Application for participation, along with all documentation required, to the administration of his/her member school for submittal to MSHSAA. The Executive Director shall issue an opinion on the school's request regarding participation under this policy after receiving all documentation required. Any appeal by the member school of the Executive Director's opinion shall be as provided in By-Law 5.4.8-10.

A transgender student must meet the following in order to participate in sex-separated interscholastic sports so long as the athlete's use of medical/hormone therapy is consistent with current medical standards:

- ii. **No Medical/Hormone Treatment:** Any transgender student-athlete who is not taking medical/hormone treatment related to gender transition may commence and continue interscholastic participation in sex-separated sports in accordance with his or her assigned birth gender.
 - A trans male (female to male) student-athlete who is not taking medical/hormone treatment related to gender transition may participate in co-ed sports and may apply to participate in boys sports. Once the student participates in a boys' sport, he shall participate consistently with that gender for the remainder of his interscholastic eligibility.
 - A trans female (male to female) student-athlete who is not taking medical/hormone treatments related to gender transition may **not** compete on a girls' team, but may participate in co-ed and boys sports. (See also By-Law 3.20.)
- iii. **Receiving Medical/Hormone Treatment:**
 - A trans male (female to male) student-athlete who has commenced medical/hormone treatment with prescribed drugs for diagnosed gender dysphoria and/or transsexualism, may compete on a boys' team, but is no longer eligible to compete on a girls' team without changing that team status to a co-ed team. (See also By-Law 3.20.d.d.)
 - A trans female (male to female) student-athlete being treated with hormone suppression medication for diagnosed gender dysphoria and/or transsexualism may continue to compete on a boys' team but may not compete on a girls' team, without changing it to a co-ed team, until one calendar year of documented medical/hormone treatment and/or suppression is completed. To maintain eligibility, a trans female student shall thereafter provide continuing medical documentation that the appropriate hormone levels are being maintained.

Once a student has been granted eligibility consistent with his/her gender identity and expression under the above policy and has participated interscholastically, the eligibility granted shall be binding on the student for the remaining duration of the student's interscholastic eligibility.

- J. **ENTERING SCHOOL:** Students must enter school within the first eleven (11) days of the semester in order to be eligible. **MSHSAA by law 2.5**

K. MSHSAA By-Law 3.6 AMATEUR AND AWARD REQUIREMENTS:

3.6.I Amateur Status: A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, social and pleasure benefits derived there from.

- a. An athlete forfeits amateur status in a sport by:
 1. Competing for or accepting money or other monetary compensation (it is permissible for a student to accept necessary meals, lodging and transportation in connection with playing a contest);
 2. Receiving any award or prize of monetary value which exceeds the amount that has been approved. (*See By-Law 3.6.2 below*);
 3. Capitalizing on athletic fame by receiving money, gifts of monetary value, or merchandise;
 4. Signing a professional playing contract in that sport.
- b. Accepting a nominal, standard fee or salary for teaching or coaching sport skills or techniques or officiating shall not jeopardize amateur standards.
- c. Athletes shall not represent the school (appearing in school uniform, school-named clothing, at school facilities, or with mascot/school colors) to endorse or promote a product/service, commercial venture, political venture, etc. without prior written consent by a school administrator. If consent is given, the requirements of By-Law 3.6.2 must be met.
- d. If gifts, benefits, awards or opportunities are provided to all enrolled students at the school rather than to members of a particular sports team only, then amateur status has not been compromised and the awards limits are not applicable.

3.6.2 Awards: A student may accept an award for participation in an athletic contest, or for athletic honors or recognition of athletic achievements in the interscholastic program. Awards presented to students shall meet the following criteria:

- a. A student may receive the following symbolic awards: unattached school letters or emblems, medals, ribbons, trophies, certificates, etc.
- b. A student shall not have accepted or competed for the following types of awards: services, cash or gift certificates.
- c. A student may receive an **award of merchandise items (one or more) which together do not exceed a total value of \$250.00. The total value of all items shall be calculated using the manufacturer's suggested retail price for each item.**
- d. A student may receive an award of commemorative jewelry of a value greater than the merchandise award limit in recognition of achievements in the school athletic program only if purchased and awarded by the school.

- L. NON-SCHOOL COMPETITION:** Students may not participate for or participate with a non-school team or in any organized non-school athletic competition in the same sport during the same season. **For example, a student may not play on an AAU basketball team during the school basketball season. A track participant may not enter road races or be on a club team at the same time. A baseball player cannot play or practice on a Summer League team during the same season.** Students may participate on a school team and a non-school team in different sports during the same season. Students may not practice with or participate for a non-school team or organized non-school athletic competition on the same day as they practice or participate for the school team without approval of their school administrator. **MSHSAA by law 3.13**

- M. CITIZENSHIP/DISCIPLINE CODE:** The De Soto 73 School District Discipline Code applies to all activities and participants. Violations of the discipline code may result in suspension from game participation or removal from the team. It is understood that citizenship eligibility cases are handled on an individual basis at the school level by the coach/sponsor, athletic director and/or principal. However, minimum system wide guidelines will assist in the handling of certain cases. **MSHSAA By-Law 2.2.5 states: Each Student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. 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, pending review by the Board of Directors.**
- a. **ABSENCES:** A student must be in attendance for all seven periods of the school day to be eligible to participate in or attend an activity that night, unless the absence is pre-arranged with the principal or athletic director. A student will be allowed **one absence per their high school career** in order to take their Missouri Drivers' License exam.
 - b. If a student arrives to school after 7:38 am (beginning of 1st hour) on a non-contest day, the following will apply:
 - 1st Offense:** Coach will address/assign consequences with student per team policy.
 - 2nd Offense:** Loss of practice or reductions of time in next contest
 - 3rd Offense:** Loss of the next full contest
 - c. **SCHOOL PROPERTY/VANDALISM:** Any student/athlete who owes a fine or has been assessed damages will not be allowed to play, practice, or attend any extracurricular activity until the fine or assessed damages are paid. Also, all students must turn in their uniforms(s)/equipment from the prior season to be eligible to participate in upcoming sport/activity.
 - d. Theft at school where school discipline is administered, activities consequences will be tied to the school discipline. If theft occurs away from school and charges are brought forth, the student will be suspended from games until eligible by MSHSAA guidelines.
 - e. **TRANSPORTATION:** If the school provides transportation, the student must ride that school transportation to and from all school sponsored activities. Exceptions will only be made where the parent or guardian contacts the coach/sponsor to make the arrangements (Dr./Dental appointments, eye exams, etc.). Students are expected to be on their best behavior while representing the district. This includes riding the bus. If a student misses the bus to a scheduled event, they may not drive themselves to the event and also may not participate in the event.
 - f. **SUSPENSION:** If a student is suspended from school, the student will not be eligible to participate until he/she has fulfilled the disciplinary requirements established by the administration. In addition the student will miss the next official contest or meet in which he/she would be involved. Each DAATS or Saturday School assignment totaling two days or more in a season will result in the athlete missing one contest. Suspension is grounds for dismissal from the team. Coaches will be notified of all suspension.
 - g. **STUDENTS UNDER ARREST:** If a student is arrested for a misdemeanor (shoplifting, vandalism, DWI, etc.) or for a felony (assault, robbery, etc.) the student will **not** be allowed to represent the school in interscholastic activities until the legal outcome of the case had been determined and any penalty or special condition of probation has been satisfied. If law enforcement authorities determine that charges will not be filled, eligibility will be contingent upon school policies. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, restitution or assigned traffic school.
 - h. **POSSESSION OF ALCOHOL, NON-PRESCRIBED DRUGS, AND/OR DRUG PARAPHERNALIA:** Students shall not use/possess or distribute alcoholic beverages, non-prescribed drugs, drug paraphernalia. The use of these will be dealt with on an individual basis depending on the severity of the incident and consistent with the MSHSAA guidelines with the consequences ranging from

suspension to termination of privileges. The following actions by a student **will result in automatic dismissal from the team when reported by certificated school employees or law enforcement authorities.** Selling, use of, or possession of a **CONTROLLED SUBSTANCE**, including but not limited to Alcohol, Drugs, Narcotics Medication or Medicine **will result in the loss of eligibility for 365 days. Voluntary completion of a qualified recovery program would reduce the penalty to 180 days.**

- i. Use of or possession of **TOBACCO** products including but not limited to cigarettes, E-cigarettes, cigars, chewing tobacco, snuff, lighters, matches, etc.:

In Season

- 1st Offense:** Loss of eligibility for 10% of all contests.
- 2nd Offense:** Loss of eligibility for the remainder of that season.
- 3rd Offense:** Loss of eligibility for 365 days.

Out of Season:

- 1st Offense:** Loss of eligibility for first contest of the next participating season
- 2nd Offense:** Loss of eligibility for full season. The full season penalty will be in the next sport in which the athlete previously participated in.

All violations above are enforced accumulative throughout an athlete's high school career

All 7th and 9th grade student athletes begin their junior high and high school eligibility with no offenses and no initial grade requirements until the completion of their first semester.

ANY BEHAVIOR NOT LISTED ABOVE BUT LISTED IN THE DE SOTO 73 STUDENT HANDBOOK: These incidents will be handled on an individual basis and the coach, athletic director/assistant principal, and/or principal will make determinations as to the consequences.

*****Any athlete who is under suspension when his/her season is completed is not eligible for postseason recognition or a team letter.**

- j. STUDENTS WHO ENGAGE IN UNSPORTSMANLIKE ACTS: Discipline for such acts resulting in a flagrant foul, technical foul, unsportsmanlike conduct penalty, etc. will be left to the discretion of the coach but could cause the student-athlete to be restricted from representing the school for **at least** the next contest. Please note that if any player receives a special report related to profanity or unsportsmanlike conduct toward a player or official, or if a player is ejected from a contest, a minimum suspension of the next contest will result..
- k. STUDENTS GUARANTEED DUE PROCESS: The student will have the opportunity to express his/her side of any incident in which he/she may be involved. If the student is dissatisfied with any decision, he/she has the right to appeal through the following channels.
- Athletic Director
 - Principal
 - Superintendent
 - Board of Education

- I. **ATHLETES WHO QUIT A TEAM:** Any athlete who quits a team after the first scheduled contest will not be allowed to join another team until the season for the team he/she quit has been completed. *Coaches are discouraged from allowing a player who has quit a team to be reinstated, although such situations should be handled on an individual basis.* If a student athlete is removed from a team by the coaching staff they must meet with the Activities Director and coaching staff for approval to join another team that season.

N. SATURDAY/HOLIDAY/WEDNESDAY/SUNDAY PRACTICE:

- I. **SUNDAY:** Varsity teams may have a voluntary practice after 1:00 PM on Sundays that precede a District Tournament game or regular tournament game or when the gym is not available on Saturday. The following guidelines must be followed:
 - The principal/athletic director should be notified in advance.
 - Players cannot be required to attend and shall not be penalized if they choose not to attend or have other commitments.
 - Practices shall be held after 1:00 PM.
2. **SATURDAY:** Saturday practices may be scheduled at the discretion of each coach with the approval of the principal/athletic director. Players cannot be required to attend and shall not be penalized if they choose not to attend or have other commitments.
3. **HOLIDAYS:** Holiday practices are permissible but coaches will use judgment in setting and conducting them. Athletes who are out of town with their families should be excused and not penalized. While it is necessary to practice over the holidays, coaches recognize that this is often a time for family trips and other functions.
4. **WEDNESDAY:** When possible, Wednesdays will be avoided when scheduling competitions. This does not include tournaments or make-up games. Any team practices scheduled for Wednesday will end no later than 6:30 p.m. and gyms, practice fields, weight room, etc. will be closed.

Missing practice without notifying a member of the coaching staff of the respective sport will be considered a serious offense and the penalty shall be determined by the head coach of the respective sport.

- O. **ATHLETIC INJURIES:** All injuries to an athlete should be reported to the coach. In case of serious injury, the principal should be notified as quickly as possible. If medical care is called for, the choice of physician should be made by the parent(s)/guardian of the athlete.

DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

MSHSAA Concussion Return to Play Form

If diagnosed with a concussion, an athlete must be cleared for progression to activity by an approved healthcare provider, MD/DO/PAC/LAT/ARNP/Neuropsychologist (Emergency Room physician cannot clear for progression).

Athlete's Name: _____ DOB: _____ Date of Injury: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____ Return to School On (Date): _____

The following are the return to physical activities recommendations at the present time:

- ☐ Diagnosed with a concussion: Cannot return to physical activity, sport or competition (must be re-evaluated).
- ☐ Diagnosed with a concussion: May return to sports participation under the supervision of your school's administration after completing the return to play protocol (see below).
- ☐ Not diagnosed with a concussion. Patient has diagnosis of _____ and MAY/MAY NOT return to play at this time.

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____ Office Phone: _____
 Evaluator's Specialty: _____
 Evaluator's Signature: _____
 Evaluator's Address: _____

Return to Play (RTP) Procedures After a Concussion

Return to activity and play is a medical decision. Progression is individualized, must be closely supervised according to the school's policies and procedures, and will be determined on a case-by-case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly as determined by the healthcare provider who has evaluated the athlete. After the student has not experienced symptoms attributable to the concussion for a **minimum of 24 hours** and has returned to school on a full-time basis (if school is in session), the stepwise progression below shall be followed:

- Step 1:** Light cardiovascular exercise.
- Step 2:** Running in the gym or on the field. No helmet or other equipment.
- Step 3:** Non-contact training drills in full equipment. Weight-training can begin.
- Step 4:** Full, normal practice or training (a walk-through practice does not count as a full, normal practice).
- Step 5: Full participation.** Must be cleared by MD/DO/PAC/LAT/ARNP/Neuropsychologist before returning to play.

The athlete should spend a minimum of one day at each step before advancing to the next. If concussion symptoms return with any step, the athlete must stop the activity and the treating healthcare provider must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms returned.

Return to Play Protocol (Steps 1-4) Completed (Date/Signature): _____

Cleared for Return to Play (Step 5) by: _____ **Date:** _____

I accept responsibility for reporting all injuries and illnesses to my school and medical staff (athletic trainer/team physician) including any signs and symptoms of a CONCUSSION.

Signature of Student Athlete: _____ **Date:** _____

May be advanced back to competition after phone conversation with the healthcare professional that evaluated the athlete (MD/DO/PAC/LAT/ARNP/Neuropsychologist) and documented above.

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC website (www.cdc.gov/injury). All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury.

Return to Play (RTP) Procedures after a Concussion

- I. Return to activity and play is a medical decision. The athlete must meet all of the following criteria in order to progress to activity:

Asymptomatic at rest and with exertion (including mental exertion in school) AND have written clearance from their primary care provider or concussion specialist (athlete must be cleared for progression to activity by a physician other than an Emergency Room physician, if diagnosed with a concussion).
2. Once the above criteria are met, the athlete will be progressed back to full activity following the step-wise process detailed below. (This progression must be closely supervised by a Certified Athletic Trainer. If your school does not have an athletic trainer, then the coach must have a very specific plan to follow as directed by the athlete's physician).
3. Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly.
4. Stepwise progression as described below:
 - Step 1:** Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.
 - Step 2:** Return to school full-time.
 - Step 3:** Light exercise. This step cannot begin until the athlete is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin walking or riding an exercise bike. No weight-lifting.
 - Step 4:** Running in the gym or on the field. No helmet or other equipment.
 - Step 5:** Non-contact training drills in full equipment. Weight-training can begin.
 - Step 6:** Full contact practice or training.
 - Step 7:** Play in a game. Must be cleared by physician before returning to play.
 - The athlete should spend 1 to 2 days at each step before advancing to the next. If post-concussion symptoms occur at any step, the athlete must stop the activity and the treating physician must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms occurred.
- A. **LETTERING POLICY:** Letters will be awarded to deserving athletes at the Junior High and Varsity levels in sports where teams are fielded at that level of play. Deserving athletes will only be awarded one Junior High letter and one Varsity letter. Bars and Pins will be awarded for multiple sports played at the same level after the first letter is given. Each coach shall determine his/her own criteria for lettering purposes, subject to the approval of the athletic director. The coach will also make the athletes aware of the lettering criteria prior to the start of the season. In each sport, the coach shall determine if an athlete is eligible for a Junior High or Varsity letter.
- B. **SCHEDULING CONFLICT RESOLUTION:** Many of our student-athletes compete in multiple extra-curricular activities. There may be situations where the seasons coincide or perhaps the two seasons overlap. When this happens the following hierarchy will be used to determine which event the student athlete will compete/perform.

- National Event/Competition
- State Competition
- District/Sub-State Competition
- Conference Event
- Interscholastic Event
- School Performance
- Sub-Varsity Event
- Required Practice/Dress Rehearsal
- Regular Practice

***When two events are of equal weight the student will be allowed to choose which event/performance to participate.

C. As per the approval of MSHSAA Board of Directors the Sunrise R-9 School District and the De Soto School District have entered into a cooperative sponsorship of junior high schools in the sport of II-man football, cross country and track. De Soto has been identified as the host school and Sunrise as the partnering school. As per the recommendation of MSHSAA Executive Board the administrative details of the cooperative sponsorship will be as followed:

1. **Practice Times** – Established practice times will be communicated by the junior high head coach to all players and parents. The parents will be responsible for the timely pickup of their child after all practices.
2. **Transportation** – It will be the responsibility of the parents of the partnering school district to provide all transportation to and from practices. The drop off point for students will be in the rear of the junior high building. This will avoid conflict with buses at dismissal time. Athletes may enter through the back door of the junior high building to the locker room or report to the practice area. Athletes may be picked up at the location of practice or in front of the junior high building at the conclusion of practice.
3. **Student/Athlete Discipline** – Partnering school students will be held to the Discipline Code under Guideline II , Part K of the De Soto School District Extra-Curricular Handbook. It will be the responsibility of the athletic director of the partnering school district to inform the head coach of the host school discipline infractions that occurs with any student participating in athletics at De Soto High School.
4. **Student/Athlete Grading Periods & Eligibility** – The partnering schools’ athletic director will be responsible for grading period checks and eligibility status reports to be given to the athletic director and head coach of the host school.
5. **Team Name** – All teams with partnering and host students will be known as the De Soto Dragons.
6. **Extra-Curricular Handbook** – All partnering student/athletes and their parents will be required to attend a parent/coaches meeting prior to the beginning of each season. The student/athlete and parent will be required to sign the De Soto 73 School District Interscholastic Handbook.

III. College Bound Student Athletes:

- A. **Full Qualifier:** A college-bound student-athlete may receive athletics aid (scholarship), practice and compete in the first year of enrollment at the Division I college or university.
- B. **Academic Redshirt:** A college-bound student-athlete may receive athletics aid (scholarship) in the first year of enrollment and may practice in the first regular academic term (semester or quarter) but may NOT compete in the first year of enrollment. After the first term is complete, the college-bound student-athlete must be academically successful at his/her college or university to continue to practice for the rest of the year.
- C. **Non-qualifier:** A college-bound student-athlete cannot receive athletics aid (scholarship), cannot practice and cannot compete in the first year of enrollment.
- D. **Full Qualifier:** Divisions I and II Initial-Eligibility Requirements

Core Courses

- **NCAA Division I requires 16 core courses. NCAA Division II currently requires 14 core courses.** Division II will require 16 core courses for students enrolling on or after August 1, 2013. See the charts below.
- **NCAA Division I will require 10 core courses** to be completed **prior to the seventh semester** (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the seventh semester and cannot be retaken for grade improvement.
- *Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.*

Test Scores

- **Division I** uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- **Division II** requires a minimum SAT score of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

Grade-Point Average

- **Be sure** to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- **Division I** students enrolling full time **before August 1, 2018** should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year.
- **Division I** GPA required to receive athletics aid and practice **on or after August 1, 2018**, is 2.000 (corresponding test-score requirements are listed on Sliding Scale B).
- **Division I** GPA required to be eligible for competition **on or after August 1, 2018**, is 2.300 (corresponding test-score requirements are listed on Sliding Scale B).

Sliding Scale A		
Use for Division I prior to August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT Verbal and Math ONLY	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

For more information, visit the NCAA Eligibility Center website at www.eligibilitycenter.org.

Sliding Scale B			
Use for Division I beginning August 1, 2016			
NCAA DIVISION I SLIDING SCALE			
GPA for Aid and Practice	GPA for Competition	SAT	ACT Sum
3.550	4.000	400	37
3.525	3.975	410	38
3.500	3.950	420	39
3.475	3.925	430	40
3.450	3.900	440	41
3.425	3.875	450	41
3.400	3.850	460	42
3.375	3.825	470	42
3.350	3.800	480	43
3.325	3.775	490	44
3.300	3.750	500	44
3.275	3.725	510	45
3.250	3.700	520	46
3.225	3.675	530	46
3.200	3.650	540	47
3.175	3.625	550	47
3.150	3.600	560	48
3.125	3.575	570	49
3.100	3.550	580	49
3.075	3.525	590	50
3.050	3.500	600	50
3.025	3.475	610	51
3.000	3.450	620	52
2.975	3.425	630	52
2.950	3.400	640	53
2.925	3.375	650	53
2.900	3.350	660	54
2.875	3.325	670	55
2.850	3.300	680	56
2.825	3.275	690	56
2.800	3.250	700	57
2.775	3.225	710	58
2.750	3.200	720	59
2.725	3.175	730	60
2.700	3.150	740	61
2.675	3.125	750	61
2.650	3.100	760	62
2.625	3.075	770	63
2.600	3.050	780	64
2.575	3.025	790	65
2.550	3.000	800	66
2.525	2.975	810	67
2.500	2.950	820	68
2.475	2.925	830	69
2.450	2.900	840	70
2.425	2.875	850	70
2.400	2.850	860	71
2.375	2.825	870	72
2.350	2.800	880	73
2.325	2.775	890	74
2.300	2.750	900	75
2.275	2.725	910	76
2.250	2.700	920	77
2.225	2.675	930	78
2.200	2.650	940	79
2.175	2.625	950	80
2.150	2.600	960	81
2.125	2.575	970	82
2.100	2.550	980	83
2.075	2.525	990	84
2.050	2.500	1000	85
2.025	2.475	1010	86
2.000	2.450	1020	86
	2.425	1030	87
	2.400	1040	88
	2.375	1050	89
	2.350	1060	90
	2.325	1070	91
	2.300	1080	93

- **The Division II** core GPA requirement is a minimum of 2.000.
- Remember, the NCAA GPA is calculated using NCAA core courses only.

Division I I6 core courses:

4 years of English.
 3 years of mathematics (Algebra I or higher).
 2 years of natural/physical science (1 year of lab if offered by high school).
 1 years of additional English, mathematics or natural/physical science.
 2 years of social science.
 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Division II I6 Core Courses (2013 and After):

3 years of English.
 2 years of mathematics (Algebra I or higher).
 2 years of natural/physical science (1 year of lab if offered by high school).
 3 year of additional English, mathematics or natural/physical science.
 2 years of social science.
 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

For more information, visit the NCAA Eligibility Center website at www.eligibilitycenter.org.

- A. **Non-qualifier** is a college-bound student-athlete who fails to meet the standard for a qualifier or for an academic redshirt.
- B. **NAIA ELIGIBILITY REGULATIONS:** To be eligible to participate at an NAIA college, a freshmen must meet two of the following three entry level requirements:
 - 1.) Score 18 on the ACT or 700 on the SAT, or
 - 2.) Achieve an overall high school G.P.A. of 2.00, or
 - 3.) Graduate in the top half of his/her school graduating class.
- C. **JUNIOR COLLEGE ELIGIBILITY:** Junior Colleges vary widely on their requirements. Contact the school's registrar for specific requirements.

IV. 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.

- A. **COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH/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.
- B. **COMMUNICATION COACHES/SPONSORS EXPECT FROM PARENTS:**
 - 1.) Concerns expressed directly to the coach.
 - 2.) Notification of any schedule conflicts well in advance.
 - 3.) Specific concerns with regard to a coach's philosophy and/or expectations.

***As your child(ren) become involved in the interscholastic programs at De Soto 73 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.

C. APPROPRIATE CONCERNS TO DISCUSS WITH COACHES/SPONSORS:

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

It is very important to accept your child's not playing as much as you may hope. Coaches are professionals. 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 things must be left to the discretion of the coach.

D. ISSUES **NOT** APPROPRIATE TO DISCUSS WITH COACHES:

- 1.) Playing time.
- 2.) Team strategy.
- 3.) Play calling
- 4.) Other student-athletes.

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. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern:

E. IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH/SPONSOR, THE PROCEDURE YOU SHOULD FOLLOW:

- 1.) Call to set up an appointment.
- 2.) The De Soto High School phone number is 586-1085 and the Junior High phone number is 586-1030.
- 3.) If the coach cannot be reached, call the athletic director. A meeting will be set up for you.
- 4.) **PLEASE DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OF AFTER A GAME OR PRACTICE.** These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

F. WHAT TO DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION:

- 1.) Call to set up an appointment with the athletic director to discuss the situation.

Research indicates a student involved in extracurricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.