

**East Carter School District  
MS/HS Activities and Athletic Handbook  
2021-2022**



**Activities**

Cheerleading  
Vocal Music/Choir  
Band  
Scholar Bowl

**Sports**

Cross Country  
Baseball  
Basketball  
Softball

**Board Approved July 22, 2021**

## **Letter from the Activities and Athletic Director**

Dear Parents and Students,

Welcome to the 2021-2022 school year and another great year of high school activities and athletics. Extra-curricular activities play a very important role in our educational program. Our school and community are dedicated to our students' pursuit of excellence and the values taught by interscholastic competition. The playing field is viewed as an extension of the classroom here at East Carter R-II, where lessons about sportsmanship, self-discipline, and perseverance are often learned. In addition, these competitive endeavors offer opportunities for students to learn the value of teamwork, cooperation and mutual respect. We know that qualities such as these will help develop the productive citizens and sound leadership of the future.

Spectators are also an important part of our programs and the lessons taught. Unsportsmanlike behavior is counterproductive to the lessons we are trying to teach in interscholastic activities. Abusive behavior towards opponents, officials, coaches or other fans is not acceptable behavior at school events. Officials, coaches, and students will often fall short of perfection; this is to be expected. When we embrace adversity as a positive experience, we can make it a great learning opportunity for our students.

Our hopes here at the East Carter R-II School District are that by taking advantage of extra-curricular activities and athletics, you will grow academically, physically, and even socially. The primary goal is for our students to achieve their highest possible level of their respective academic, activity and athletic experience in a manner that would make our community and school proud.

On behalf of our Administration, Board of Education, Coaches and Staff, we hope you enjoy our activities scheduled for this school year. Go Redbirds!

Jordan Penn  
East Carter Activities/Athletic Director

The activities of the East Carter R-II Schools provide opportunities for the student body and community to develop positive, responsible, and personal enrichment from the respective programs provided. The activities of our schools should be a positive force in preparing our youth for an educational and vital role in life. Participation is a privilege, not an inherent right; therefore eligibility for involvement is determined by the East Carter R-II School District in conjunction with the MSHSAA (Missouri State High School Activities Association) standards. Integrity, commitment and leadership are the cornerstones upon which success is built. Successful athletes are successful because they are able to learn from failure and then reach beyond their past limitations. Each individual must support and motivate his/her peers, as well as inspire excellence in others.

### **Activities & Athletic Guidelines**

Interscholastic competition for our students shall be provided through a variety of activities and athletics. Students are allowed to attain the privilege of representing their school by meeting the standards of eligibility as set forth by the East Carter R-II School District. These standards may include but are not limited to: academic requirements, citizenship, age maximums, passing medical examinations, regular school attendance, and other items that are posted in the school; discussed by the coaches and sponsors with their students; and sent home to the parents/guardians of all student participants.

Interscholastic competition may be withheld from any student as a condition of discipline. Furthermore, all policies that apply to the regular school day apply also to interscholastic competition. **Coaches and sponsors may establish team philosophies for their groups, in addition to those stated herein.**

**Having good grades needs to be important to each athlete. Coaches will check athletes' grades every two weeks. During the quarter, if a student has an "F" they will be on probation for competition and parents will be notified. When an athlete is on probation, this means that the student will dress out but is unable to play in practice or a game. They will not be allowed to travel with the team. If a student has a "D" parents will be contacted and extra conditioning may be given by the coach. Homework Hour or tutoring for the student may be required to help bring grades up. At the end of a quarter, if a student has an "F" they will be off of the team/squad with no exceptions and will not be reinstated for the school year.**

Students in violation of the attendance policy may be restricted from any and all extra-curricular activities. A student must be in attendance for a minimum of 4 FULL hours of the 7 hour school day on days of extracurricular participation. Exceptions may be granted in special cases by the Principal or Activities/Athletic Director with a minimum of one day notice prior to the event.

The following criteria will be followed:

1. Students will meet the eligibility requirements set out by the East Carter R-II School District.
2. Any student failing a class will be required to attend study sessions after school. (Tutoring)
3. Students displaying unacceptable citizenship behaviors may be suspended from participation.

The interscholastic competition program is an integral part of the secondary schools and shall supplement the curriculum program by providing worthwhile experiences to students that will enable them to develop the attributes of good citizenship. These programs will be administered by the Principal/other designee.

Participation in interscholastic competition is for students in grades four through twelve (4-12) as determined by the local area athletic conferences and the **MSHSAA Affiliate (6-8) and MSHSAA (9-12)**. Programs of interscholastic competition will be planned in accordance with MSHSAA regulations and conference rules, and will include programs reflective of student interest. All student members should participate insofar as feasible. Access shall be provided contingent on budgetary limitations and in accordance with District guidelines for the following:

1. School facilities.
2. Sponsors and coaches.
3. Scheduling of meetings, practice times and games.
4. Number of events at each level of competition.
5. Equipment, supplies and services.

#### **Faculty Sponsors and Coaches**

All faculty sponsors and coaches at the highest level must hold a valid Missouri State Teacher's Certificate. Non-faculty head coaches must have a minimum of 60 college hours. Non-faculty assistant coaches must have as a minimum of 60 college hours. Non-faculty assistant coaches with less than 60 college hours or no college hours must complete all requirements set forth by MSHSAA, upon hardship approval by the East Carter R-II School Board of Education and MSHSAA. The assistant coach may conduct practice, coach Junior High and Junior Varsity contests but not Varsity level competition without an employee of the district who holds a valid Missouri State Teaching Certificate present alongside the assistant coach and players throughout the competition. The coach will then hold a valid Coaching Certificate through MSHSAA which is recognized by DESE. Sponsors and coaches are required to follow all Sport-Specific regulations. **(MSHSAA 3.1, 3.21, 3.22, 4.2 & 4.5)**

A student engaged in interscholastic competition must portray good citizenship in the school and community. He/She shall be required to be in compliance with all general school rules and regulations, rules established by the sponsors and coaching staff for the program in which he/she is participating, and in compliance with the laws of the community. **(MSHSAA 2.2)**

The District's School is a member of the **MSHSAA Affiliate (6-8) and MSHSAA (9-12)**. In all interscholastic competition matters, this school will adhere firmly to the rules and regulations of the MSHSAA. The MSHSAA handbook will be considered a part of this regulation.

### **Regulations Governing Student Participation**

A student must be under nineteen (19) years of age on or before July 1 preceding the opening of school, pass a medical examination and have parent/guardian permission. Ninth grade students must not be older than sixteen (16) years of age prior to July 1. Eighth grade students must not be older than fifteen (15) years of age, and seventh grade students must not be older than fourteen (14) prior to July 1. **(MSHSAA 3.5)**

A student shall not be considered eligible and may not participate or practice while under in-school-suspension or out-of-school suspension. A student expelled or who withdraws from school because of disciplinary measures shall not be eligible for 365 days from the date of expulsion or withdrawal. **(MSHSAA 2.2.4)**

A student who is absent from school on the day of an interscholastic contest or on a Friday before an interscholastic contest on a Saturday will not be permitted to participate in said contest without a written release from the school Principal, doctor or other designee. \* **Prior notice from AD/Principal. (MSHSAA 2.2.3)**

Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the citizenship requirements. 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. **(MSHSAA 2.2.5)**

Credit earned or completed after the close of **the** semester shall not count as having been earned that semester, except in case of a delayed final examination because of illness certified by a physician. Credit earned in summer school may count for or against the student's record for eligibility purposes if the classes are required for graduation from the local school. Students may count up to one (1) unit of credit for summer school toward establishing their eligibility for the fall semester. Summer school electives taken in any of the four **core content areas** will count toward eligibility. Correspondence/online courses may not count as summer school credit, unless they meet requirements of By-Law 2.3.4.c. In the semester prior to participation or in the semester of participation the High School student shall have earned a minimum of 3.0 credits or Junior High student shall have earned credit in 80% of the maximum allowable classes. **(MSHSAA 2.3)**

A student may accept an award for participation in an athletic contest, or for athletic honors or recognition in the interscholastic program. Awards presented to students shall meet the criteria set by the MSHSAA. **(MSHSAA 3.6.2)**

The student must meet all other eligibility requirements of the MSHSAA and the local area high school athletic conference.

### **Hazing**

Student hazing is expressly prohibited by the Board of Education policy. For purposes of this policy, hazing is defined as: willful conduct directed at another student, whether occurring on or off school property, for purposes of initiation or admission to any school-related activity or athletic team. Conduct prohibited by this policy includes, but is not limited to, exposure or contact of genitals, buttocks, or breasts, directly or indirectly through contact with undergarments; threats of physical harm; and infliction of physical or mental harm or humiliation.

Students who have violated this policy will be subject to suspension/expulsion from school and suspension and exclusion from activities/athletic participation depending on the severity of the misconduct.

Non-students who participate or enable the hazing of students may be excluded from attendance to school activities and school athletic events. District employees, including sponsors and coaches who have knowledge of student hazing but fail to take corrective action will be subject to discipline up to and including termination.

I, as an athlete/student/non-student, agree that I will refrain from participating in any student hazing activities as a participant or as an observer. I further understand that violation of the District's hazing policy may result in suspension from school and suspension from participation in all activities. **(Signature will be required at end of handbook)**

### **East Carter School - Athlete Code Of Conduct**

Participation in a school's extracurricular activities is a PRIVILEGE and not an inherent right. The MSHSAA states: "Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper school authority. Students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered creditable citizens." Conduct shall be satisfactory in accordance with the standard of good discipline.

Citizenship eligibility cases are reviewed on an individual basis at the school level by the coach, athletic director and, if circumstances warrant, the principal. See the school handbook discipline code for such violations. Citizenship eligibility will then be based on the completion of School District consequences.

## **Infractions**

### **1. Possession or consumption of alcohol.**

#### First Offense

- School District Discipline code will be followed per offense.
- MSHSSA 2.2.2 a. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies.
- MSHSSA 2.2.2 b. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

#### Second Offense

- Athlete will be suspended from participation for 365 calendar days.

### **2. Criminal violation of the law (misdemeanor), excluding minor traffic violations**

#### First Offense

- School District Discipline code will be followed per offense.
- MSHSSA 2.2.2 a. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies.
- MSHSSA 2.2.2 b. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

#### Second Offense

- Athlete will be suspended from participation for 365 calendar days.

### **3. Possession of, or consuming any unauthorized substance, controlled substance, or over-the-counter drug represented to be a controlled substance.**

#### First Offense

- School District Discipline code will be followed per offense.
- MSHSSA 2.2.2 a. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies.
- MSHSSA 2.2.2 b. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

#### Second Offense

- Athlete will be suspended from participation for 365 calendar days.

**4. Sale, purchase or distribution of a controlled substance or substance represented to be a controlled substance.**

First Offense

- School District Discipline code will be followed per offense.
- MSHSSA 2.2.2 a. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies.
- MSHSSA 2.2.2 b. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

Second Offense

- Athlete will be suspended from participation for 365 calendar days.

**5. Possession of, or consuming any prescription medication without a valid prescription for such medication.**

First Offense

- School District Discipline code will be followed per offense.
- MSHSSA 2.2.2 a. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies.
- MSHSSA 2.2.2 b. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

Second Offense

- Athlete will be suspended from participation for 365 calendar days.

**6. Sale, purchase or distribution of prescription medication to any individual who does not have a valid prescription for such medication.**

First Offense

- School District Discipline code will be followed per offense.
- MSHSSA 2.2.2 a. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies.
- MSHSSA 2.2.2 b. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

Second Offense

- Athlete will be suspended from participation for 365 calendar days.



## 7. Use/Possession of tobacco products

### First Offense

- School District Discipline code will be followed per offense.
- MSHSSA 2.2.2 a. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies.
- MSHSSA 2.2.2 b. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.
- Legal ramifications may not apply once a student has reached the age of 18; however, District discipline is enforced at all school functions whether on campus, or at off campus locations.

### Second Offense

- Athlete will be suspended from participation for 365 calendar days.

8. **Athletes involved in misconduct while at school:** This includes but is not limited to, truancy, disrespect towards teachers, fighting, use of abusive language, etc. After review by the coach, athletic director and if circumstances warrant, the principal, the athlete and parents will be notified of the decision. Penalties will range from a reprimand to a temporary or permanent restriction from representing the school in interscholastic activities. The seriousness of the case and attitude of the athlete will be factors in determining the penalty. Repeat offenders place themselves in jeopardy of having their eligibility revoked.

9. **Unsportsmanlike conduct:** Such acts during a contest resulting in ejection will result in the athlete being restricted from representing the school for a minimum of one contest. This is in accordance with the Missouri State High School Activities Association. **(MSHSAA 5.5.1)** An athlete who commits such an act but is not ejected may also be subject to discipline being assigned by the coach, athletic director or school district. Each case of this type is to be reviewed by the coach and the athletic director before a final decision is made.

10. **In School Suspension:** Any student that is assigned In School Suspension (ISS) is restricted from athletic/activity participation for the day they are assigned.

### **Suspended Athlete**

An athlete who commits an infraction resulting in a suspension of playing privileges must complete the entire assigned suspension before having playing privileges reinstated. An athlete whose season ends, or decides to quit the team, before completing the entire suspension must serve the remaining portion of suspension before being declared eligible for participation in another sport season.

### **Due Process**

Athletes will have the opportunity to express their interpretation of an incident in which they may be involved. Parents or other appropriate representatives may be involved with the student during the due process hearing. If the athlete is dissatisfied with the decision, he or she has the right to appeal through the following channels:

1. Coach
2. Athletic Director
3. Building Principal
4. Superintendent of Schools
5. Board of Education

Any incidents which occur that are not covered by these guidelines will be reviewed on an individual basis and decisions related to penalties will be made jointly by the athletic director, coach and if warranted, the principal.

### **Parent/Spectator Code of Conduct**

Parents and spectators are required to conduct themselves in a manner that is to be admirable, respected and is to reflect good sportsmanship. Any parent/spectator who is removed from a contest by a game official or Administrator will face the following guidelines in the uniform determination of such cases.

#### First offense

- Activities Director will contact the recipient, informing him/her that if another incident occurs you will lose the privilege to attend school activities. The Activities Director will send documentation to MSHSAA from the incident.

#### Subsequent offense(s)

- Restriction from school activities.

### **Requirements for Earning Varsity Athletic Letter**

Letters will be given to high school students who excel in the following areas: Baseball, basketball, softball, cross country, band, honor roll, cheerleading and athletic managers.

1. The first time a student participates in any sport in high school, he/she will receive one letter, a pin for that area and a chevron. After that, only chevrons will be given for that area.
2. To "letter", the student must participate with the team for the whole calendar year.
3. To "letter" in music, the student must participate in the class for the whole year and attend all performances unless excused by the director. Along with displaying outstanding qualities in character, attitude and leadership, the student

- must be selected to the all-county, all-district or all-state band, or participate in District contest with a solo or small ensemble.
4. Coaches can give a letter to a team manager.
  5. Cheerleaders will receive a letter the first time they are selected to a high school squad.
  6. High School teams that win Conference Tournaments or District Tournaments at the **Varsity** level are to receive 4" patches with inscription-BRL, OFC and District Champs.
  7. All-Conference Athletes/Participants will receive a patch for All-Conference ONLY, not Honorable Mention. Any Postseason honors (All-Region, All-State, etc.) will be rewarded with a patch, as well.

### **Rules and Guidelines Associated with Athletics/Activities**

***Each respective coach may provide team expectations, as well as game and practice schedules to each athlete participating during that season.***

### **Athletic Conditioning**

Athletics are a physically demanding sport and conditioning will be required. In an instant that an athlete misses practice, a game or tryouts, that athlete may be required to run or perform various exercises upon missing a practice. This is in order to keep or maintain his/her conditioning.

### **Dismissal from Activity or Athletic Team**

With the Activities/Athletic Director and Administration's approval, at any point the Coach/Sponsor shall dismiss a student from his/her program. This will be at the Coach/Sponsor's discretion and can be before or during the season or competition. A Coach may immediately dismiss a participant from practice and/or games/activities without prior approval from AD and Administration, but full dismissal from the team cannot happen until full approval from AD and Administration has been received.

If a participant is dismissed from an activity/team, that student is dismissed from that specific activity/team for one season of that activity or sport.

***\*\*Documentation - coaches will complete an Athletic Incident Report within 24 hours and will report any incidents which might warrant suspension or dismissal from a team/activity, and the Administration and parents will be notified of each incidence.***

### **Conflict of Events**

In the event that two school events/games occur on the same date at the same time, all efforts will be made by coaches and staff to make any changes that are possible to avoid the conflict. If there is still a conflict then participants will be allowed to choose which function to attend. Any District or State event will supersede a school scheduled event/game/concert. Any event/game/concert should supersede any practices of another sport/activity. Students will be

required to make up any missed conditioning and/or work/assignments that they missed by choosing one event over the other. However, dismissal from the team should not be a punishment in this circumstance, unless agreed upon by coach and player.

### **District Guidelines for Student Activities**

Participation in District-sponsored activities and on District athletic teams is privileged and not a legally protected right. Although students do not possess a legally protected right to participate in extracurricular activities, the District provides students suspended from participation with an informal opportunity to discuss the basis for their suspension.

### **Athletic Transportation Policy**

The following areas will be adhered to in transporting students for extracurricular activities in the East Carter School District. This policy will be enforced for athletic events.

- All participants in grades 4-12 are required to ride the bus to athletic contests.
- Participants may ride home from contests with the registered guardian only, unless other arrangements have been made for the athlete to ride home with another adult and approved by the Administration. (Parent contact must be made ahead of time with the Coach, Principal or Athletic Director). The student then must present a written note from the parent stating what riding arrangements have been made. The sign out sheet must be signed at the game in order for the student to have an alternative ride home other than the athletic school bus prior to the event. Text messages will not be accepted. Participants are expected to meet the dress requirements of the sponsor/head coach of the activity.

### **MSHSAA Affiliate Guidelines: East Carter Middle School**

1. We will still follow **ALL** of MSHSAA's Guidelines listed in the MSHSAA Handbook for the Jr High levels (not playing the same sport/same season, coaching qualifications, number or games allowed, etc.). However, We will provide our district with the flexibility to be able to use 6th grade students, **as needed**, with regards to participation numbers in MS Basketball, MS Cheer, MS Baseball, and MS Softball.

MS Cross Country will be different, as each student-athlete competes as individuals, so 6th grade students will be allowed to participate at the MS level at MS only Meets and Elem level at Elem Meets, when possible.

2. We will provide Catastrophic Insurance to each participant.
3. 6th Graders that aren't selected/allowed to participate in the Fall MS Seasons, will be allowed to participate in the EC Intramural program late fall/early winter, as well as

try-out for the Elementary Basketball season in the late winter/early spring. Those 6th grade students who do participate in the Fall MS Season, will **NOT** be allowed to participate in Intramurals, but will be allowed to try-out for the Elementary Basketball season, as well.

4. The numbers below represent the *minimum* locally required numbers needed for a MS team:
  - i. 8 = MS Boys & Girls Basketball (per grade) (*i.e.*- 8 for 8th grade & 8 for 7th grade)
  - ii. 12 = MS Baseball & Softball
  - iii. 8 = MS Cheer

**Student and Parent Acknowledgement of the Attached Rules and Guidelines**

I acknowledge that a violation of any of the above rules and guidelines for this activity may result in suspension or permanent removal from this activity or all extracurricular activities depending upon the nature of the violation. I further agree that subject to an opportunity to present the student's version of the alleged violation, the decision of the Superintendent/designee concerning suspension and duration of suspension is final.

Student Signature

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Parent/Guardian Signature

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Date

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Date

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**East Carter R-II School District Athletic Contract**

As a member of the East Carter R-II School District and Athletic Department, I understand my responsibilities as a student participant (and as a parent/guardian of this participant) in participating in East Carter R-II School Activities and the consequences of violating any of the expectations outlined in this contract.

**As a Participant**, I, further pledge to:

- Communicate my sports/activities schedule well in advance to my parents and teachers.
- Schedule my personal life so that it does not conflict with team expectations.
- Give my coach/sponsor notice well in advance of any commitments I have that do conflict with the team schedule.
- Discuss issues of concern with my coach/sponsor, team/activity captains and parents before they become problematic.
- Abide by all the training rules set forth by my coach/sponsor and the athletic/activity department.
- Make a commitment to my teammates and coaches/sponsors to continually strive to contribute to the program.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

**As a parent/guardian**, I further pledge to:

- Stay informed about my daughter's/son's activities/athletic schedule so that a minimum of conflicts will arise within our family schedule.
- Support my daughter's/son's decision to commit to the team by attending as many team meetings, contests and special events as my schedule will permit.
- Work closely with all school personnel to ensure an appropriate academic and athletic experience for my daughter/son throughout her/his high school career.
- **Discuss issues of concern with my daughter/son and then with their coach before they become problematic.**
- **Forward any concern about my daughter/son to coaching/sponsoring staff through a pre-scheduled conference.**
- Assure that my daughter/son will attend all practices, contests, and special events and will follow all training rules set forth.
- **Acknowledge the ultimate authority of the coach/sponsor to determine strategy player selection, and student participant playing time.**
- Work cooperatively with coaches/sponsors, other parents, and school personnel to ensure a wholesome and successful athletic program for our school.

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_