

*Pleasant Hill R-III School District*



*Activity Handbook*  
*Middle School & High School*

*2009-2010*

*Submitted and Approved by the*  
*Board of Education*  
*June 2009*

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## Welcome and Introduction

Thank you for choosing to participate in the Pleasant Hill High School/Middle School Activities program. We hope your participation in activities will enhance your educational experience and help you to increase your enjoyment of your High School years. Activities are just another tool to teach you some of the important skills that will make you successful later in life. We hope you participate in as many activities as you can.

This handbook should be used as a guide for the participant and their parents/guardians to help them understand and meet the expectations of our programs. Please take the time to carefully review and understand its contents.

Any questions regarding a particular activity should be directed toward the sponsor/coach of that sport/activity. This handbook is a general guideline and should be used as such. Each individual sponsor/coach will have the authority to establish his/her own expectations and guidelines as they pertain to their activity but will not preempt the policies in this handbook.

As a participant in activities or athletics, you must have a desire to improve yourself academically and/or athletically. Your sponsors/coaches can help you reach your full potential if you listen and do the things they ask you to do. Have pride in your work ethic. The primary reason you are going to school is to get an education. Activities are just part of the total program of education at Pleasant Hill High School/Middle School. You are expected to conduct yourself at school in a positive way. Your personal habits and behavior are on display everywhere you go. It is your responsibility to see that the reaction you receive is favorable.

When you have an occasion to speak to others, whether on the playing field, stage, or in the community, be courteous and address them with respect. Strive to be a leader by example. You must be first be able to lead yourself and then learn to lead others.

We want you to be part of the strong tradition in athletics/activities here at Pleasant Hill High School/Middle School. You can be a part of that tradition by making a commitment to yourself, your teammates or group members, your school and community. Accept the challenge of helping to continue our strong tradition in activities excellence!

Please feel free to check out our website, [www.pleasanthillschools.com](http://www.pleasanthillschools.com) and sign up for our text messaging system, ***Rooster Alerts***, for any game/activity updates. I look forward to seeing you soon!

GO ROOSTERS AND CHICKS!

*Kelli Spies*

Athletic/Activity Director  
H.S. Asst. Principal  
Pleasant Hill R-III

## Philosophy of Activities Program

We believe that interscholastic activities are an integral part of the total curriculum at Pleasant Hill School District. It is our goal to develop and conduct an activities program that is consistent with the philosophy of education adopted by our board of education. Participation in activities should contribute to health and happiness, development of physical skills, emotional maturity, social competence, moral values, a sense of cooperation, a spirit of competition, self discipline, a realization of group goals, and an understanding of the democratic processes.

## Objectives\*

- To develop good school citizens.
- To develop good athletic qualities: physical, mental, and moral.
- To develop respect for authority by abiding by the rules of the activity and the decisions of the coaches, sponsors, and officials.
- To teach the rules and skills of each activity.
- To help the participant to develop academically both in accomplishments and attitudes.
- To promote good sportsmanship and appreciation of activities in general so that the participant may function in society both as a spectator as well as a participant.
- To develop pride in self, school, teammates, and classmates.
- To learn to win and lose graciously.

*\*All student/parent school handbook rules and regulations are also in effect.*

## Conference Affiliation

Pleasant Hill School District is presently a member of the Missouri River Valley Conference West (MRVCW). Schools included in the conference are the following: Excelsior Springs, Grain Valley Harrisonville, Pleasant Hill, Oak Grove and Odessa. The MRVCW hosts annual tournament play among the member schools. Likewise, each school competes against the other in conference sports. The MRVC East (MRVCE) Division consists of: Holden, Knob Noster, Carrollton, Richmond, Lexington and Higginsville. There may be times where we will compete cross-conference depending on the sport or activity.

## Sports Offered by Season

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Softball	Boys Basketball	Boys Track
Football	Girls Basketball	Girls Track
Volleyball	Wrestling	Baseball
Cheerleading*	Cheerleading*	Boys Golf
Girls Golf*		
Cross Country		

*\*denotes non-conference sports*

## Other Activities Offered by Building

<u>High School</u>	<u>High School</u>	<u>Middle School</u>
Academic Team	Hilltop	Art Club
Art Club	HI-STEP	Yearbook
Debate	Jazz Ensemble	Computer Club
DECA	Marching/	Student Council
Drama	Concert Band	Select Choir
FBLA	Newspaper	Jazz Band
FCCLA	NHS	Concert Band
FFA	SADD	
Flag Corp	Student Council	
Foreign Lang. Club	Yearbook	
Forensics	Hillside	
FTA		
Book Club		

## MSHSAA

The Missouri State High School Activities Association (MSHSAA) governs all middle and high school activities in the state of Missouri. Rules and regulations have been established for all middle and high schools to follow. According to the MSHSAA you must meet the guidelines posted in the pamphlet "How to Protect Your Eligibility" which your coach/sponsor has given to you. This must be read before you will be allowed to participate in any contest so you don't jeopardize yourself or the team.

Some areas that need to be emphasized are listed below so you can become and remain eligible to participate.

You must be a creditable school citizen. Creditable school citizens are those students whose conduct, both in school and out of school, will not reflect discredit upon themselves or their school.

Citizenship is the trademark of all high school activities. The activities director and/or principal can remove anyone's eligibility as a result of poor citizenship.

Athletes must have a physical examination and permission to participate form completed before they will be permitted to practice or play.

You must meet the scholastic eligibility set forth by the school district along with MSHSAA regulations.

*MSHSAA Scholastic Eligibility Regulations:*

*You must have earned 3.0 units of credits the preceding semester. Summer school courses may count provided the course is necessary for graduation or promotion, and it is placed on the school transcript. No more than one credit in summer school shall be counted toward eligibility.*

*You must presently be enrolled in 3.0 units of credit.*

*7th & 8th grades: You must have been promoted to a higher grade at the end of the previous year; however, even though you have been promoted, you will be ineligible if you failed more than two courses the previous semester.*

## Pleasant Hill Citizenship Regulation

Students who have been charged with a crime that is not drug or alcohol related will be subject to the schools citizenship policy. Pleasant Hill schools believe that citizenship is a trademark of high school activities. While in training or participating we believe that our student athletes are a direct reflection of our school and community. If students are charged with a crime that is not drug or alcohol related the student will lose a minimum of 20% of the current season or the next season they compete.

## Pleasant Hill Scholastic Eligibility Regulations

Students must be passing all classes. Anytime a student receives an "F" in any class at mid-quarter or at the quarter, that student will be placed on academic probation. While on probation, the student can continue to practice, but cannot participate in any activity until the grade is no longer an "F". The teacher of the class will be the one who will determine when that student's grade is passing and then notify the coach.

If a student receives an "F" for the first semester, that student will be placed on academic probation until the mid-quarter (4 ½ weeks). The student will be able to practice, but not compete in an activity until all grades are passing. **Students will become eligible on the second school night after deficiency slips have been handed out.**

Second semester grades will determine a student's eligibility the succeeding year by the same process as mentioned above. If a student earns credit during summer school but had F's at the end of the second semester, they **will still be** ineligible for the first 4 ½ weeks of the school year. The student may still practice with the team and attend all team functions but not compete in a contest. The student will be eligible after the mid-quarter if all grades are passing.

## Attendance

Students must be in attendance at school to be eligible to participate in an activity that night unless prior permission has been approved through the building principal. Students must be in attendance at least 4 classroom hours to be eligible to participate that day or the following day unless a doctor's note has been presented. *Example:* if a student is only in class 3 hours on Friday they are ineligible to compete on Saturday, unless prior approval has been granted.

Students may be required to sign conduct contracts for extra curricular activities as required by an individual coach/sponsor.

## Injury

Before any student will be allowed to participate in athletics, he/she must show proof of having insurance. It is very important that if you are injured during practice or a game situation that you report the injury (*no matter how serious you think the injury is*) immediately to the coach. It is the coach's responsibility to write up the injury and submit it to the office.

## Activity Council

An Activity Council has been formed to make recommendations to coaches/sponsors or administrators when deemed necessary. The council shall consist of the following people: *Principal, Assistant Principal, Head Coaches, and Sponsors.*

## Care of Equipment

It is each individual athlete's responsibility to maintain their own equipment. Uniforms or equipment that is checked out to each individual student is the sole responsibility of that student. Students are responsible monetarily for that equipment or uniform should it become lost or stolen. Students will not be checked out a uniform or equipment for another season unless everything has been turned in from prior season(s).

## Activity Training Rules

As participants in activities, you are one of the sets of leaders in your school and community. You are expected to set a good example in regard to conduct, personal grooming, and dress. Your actions and appearance represents your parents, school, activity program, community, and you.

Training is a year round proposition. Members of any team are expected to adhere to the requirements set forth by each coach/sponsor. Athletic excellence, personal pride, and the desire to maintain good health habits usually make these rules an easy task for most participants. It is expected that all participants dedicate themselves to the activity in which they are participating.

Before each season, make sure you understand the rules and regulations with which you must adhere. Each coach/sponsor should cover these with you quite explicitly. Any breaking of the activity training rules will be handled by each individual coach/sponsor and/or may be referred to the Activity Council.

In order to maintain the highest possible standards for activities, the following minimum requirements are established for all students participating in the activities program. Participants should remember that these are minimum requirements and each individual coach/sponsor will set up further guidelines to be followed.

***The use or possession of alcohol, drugs or tobacco products will not be tolerated.***

**First Violation (Drugs and Alcohol)** - The student shall lose eligibility to compete for a minimum of 40% of the current season and/or the next season they compete in. The student will be able to practice at the coaches'/sponsors' discretion. The student will also be required to attend drug counseling, perform 25 hours of community service, and perform drug tests, quarterly. 2nd offense is an automatic 365 days loss of eligibility.\*

**Chewing tobacco and smoking will not be tolerated.** Anyone caught chewing tobacco or smoking will forfeit at least 20% of the current season and may carry over to the next season. The second offense will result in punishment being doubled.\*

*\*If incidents that involve alcohol or drugs occur on school property, school discipline policy procedures will also apply.*

## Activity Training Rules

Students must keep themselves well groomed. No beards will be allowed. Mustaches will be left to the discretion of individual coaches. Hair must be kept neat and trimmed with no unnatural color and style. Sideburns may be worn no longer than the bottom of the ear. Students who do not comply will not be allowed to participate in any game/performance situation. Once notified by the coach, the problem must be rectified within 2 days or the participant will also be ineligible to participate in practice.

Conduct at all activities must be appropriate. All participants must be respectful to others and facilities. Students not complying will receive appropriate consequences based upon of the offense.

All piercings, other than earlobes, must be removed for competitions and performances. Students who do not comply with this will not be allowed to participate in any game/performance situation.

Tattoos must be covered for competition/performance. Students who do not comply will not be allowed to participate in any game/performance situation.

## Suspensions

Students that are placed In School Suspension or Out of School Suspension will not be allowed to participate in assemblies, field trips, team activities, and any other school activities before or after school while under the suspension.

## Termination of a Sport

For purposes of clarification, the athletic year is divided into three seasons: *fall, winter, and spring*.

### Athlete voluntarily terminating a sport

Any athlete who tries out for a particular sport and subsequently drops from the squad of his/her own accord after the first varsity contest in that sport cannot compete in another sport during that sport season. If at anytime a student wants to change from one sport to another, the athlete may do so anytime before the third week of practice. A student then may go out for another sport in the new sports season that follows. Individual coaches have the discretion of not allowing a student to come out for their respective sport if they feel that student will never be able to catch up with the other athletes.

### Athlete involuntarily terminating a sport

If any athlete is cut from the squad for other than disciplinary reasons, he/she may try out immediately for another sport in season and begin practice in a sport of the succeeding sport season.

## Theft and Vandalism

Any participant, while a member of an activity representing Pleasant Hill School District, who destroys, damages, defaces, breaks, or steals any property of this school district or of a school district with which Pleasant Hill School district is competing, or of any of the facilities used for practice, shall be subject to dismissal from the team, administrative disciplinary action, and legal prosecution. The rule also applies to transportation, restaurants, and lodging. It is the responsibility of all faculty members to report immediately to the administration their knowledge of any of the aforementioned acts.

## Sportsmanship

Good sportsmanship is expected out of all students participating in activities. An unsportsmanlike act while participating in activities could cause loss of eligibility. The following guidelines must be followed:

- An unsportsmanlike act resulting in a player or team being penalized will be dealt with by each individual coach and/or the administration.
- Any player being ejected from a contest as a result of an unsportsmanlike act will appear in front of the Activity Council to consider his/her eligibility for further contests. MSHSAA Policy will also be followed.

## Transportation to Away Events

All participants will ride school sponsored transportation provided to and from each event. At no time will participants be allowed to ride with friends, relatives (*other than parents/grandparents*), etc. Only parents/grandparents may take their participants home from an away event with approval from the coach/sponsor unless special arrangements have been made in advance with the Principal.

## Activity Letters

To be eligible for consideration to receive a letter, a participant must exhibit a proper attitude toward his/her teammates, game and school officials, and opponents. He/she must exhibit good sportsmanship and school conduct judged by the coaches and administration.

A six inch block letter, plus a medal emblem indicating the sport, will be given to participants, grade 9-12, who have met the varsity level requirement to qualify for a letter in any one sport in the schools athletic program. A bar will be presented each time an athlete letters thereafter. The 6 inch letter will be given only one time during the four years of high school.

In cases of injuries suffered by an athlete during participation in a sport which would make it impossible for an athlete to meet special requirements for lettering, the coach will consider the merits of each situation individually to determine the possibility of lettering.

Students who participate in the school's athletic program in the capacity of student managers for the entire season in one sport will receive a manager letter upon recommendation from the coach.

Letters and medals must be worn on the official Pleasant Hill letter jackets in the proper designated areas.

## **Letter Requirements**

In order for a player to receive a letter, he/she must complete the season and meet the following requirements:

### ***Cross Country***

To letter, a runner must meet the requirement of good character and citizenship both in and out of school. The runner must compete in 80% of all meets on the varsity level.

### ***Volleyball***

Must have participated (entered) a minimum of 50% of all varsity matches.

Athlete must complete the entire season except for injury or illness.

Coach has discretion.

JV Certificate

- a. Must have participated (entered) a minimum of 50% of all JV matches
- b. Entering a varsity match may count toward a JV certificate

### ***Football***

In order for an athlete to earn a varsity letter, he must participate in one quarter of the total possible quarters played. Example: 2000 season consisted of ten games that would be 40 total quarters—the lettering requirements would be 10 quarters.

Athlete may not meet above criteria; however, if he fulfilled a key role on the team (in the coaches opinion), he may receive a letter.

NOTE: Getting into the game for one play of one quarter constitutes credit for the entire quarter.

Along with all the criteria listed above, the athletes must adhere to all rules and regulations (activity and student handbooks) of the program. Students must be in good academic standing as far as criteria for being eligible to participate before they may participate and make effort to earn a letter.

All junior varsity awards are based on effort, practice, participation, and junior varsity coach's discretion.

### ***Wrestling***

Score 24 or more team points; or Place in a tournament. (Top 4 places at district, top 3 in other tournaments, or top 2 in a quad); or Coach's discretion (ex. senior who did not participate in enough matches to score 24 points)

### ***Basketball***

In all cases, the player must be of good character both in school and out. The player will forfeit his letter is he/she fails to meet the good character requirement.

The athlete must play in at least 1/4 of all possible quarters on the varsity level.

Athlete may not meet above criteria; however, if he/she fulfilled a key role on the team (in the coach's

opinion), he/she may receive a letter.  
A provisional letter will be awarded to a player who plays in at least 10 quarters of varsity play and has made a significant contribution to the team in practice (in the coaches opinion).

### **Track**

Meet all of the following:  
Score 15 points in dual, triangular, quadrangular, or any invitational meet.  
Score a point in conference meet (individual event or relay team).  
Score a point in district meet (individual event or relay team).  
Participate in 80% of varsity matches.

### **Golf**

Varsity—participate in 1/3 of all varsity matches  
Junior varsity—participate in 1/3 of all eligible JV matches  
Coach's discretion

### **Softball**

Athlete must have participated in a minimum of 50% of all varsity matches.  
Athlete must have completed the entire season except for injury or illness.  
Athlete may not meet above criteria; however, if she fulfilled a key role on the team (in the coaches opinion), she may receive a letter.  
A provisional letter will be given to an athlete who played in 1/3 of the varsity games and has made a significant contribution to the team at practice (in the coaches' opinion).

### **Baseball**

Participate in 1/4 of all varsity contests.  
Be a valuable asset to the team per the coach's discretion.

### **Band**

Be of outstanding character  
Have correct attitude at all times  
Participate in all required performances  
Maintain an A or B grade in band throughout the year  
Good attendance record for summer rehearsals  
Provisional letter 1700 points  
HS Band letter 2,400 points

### **Vocal**

Hilltop Harmony	600 points
Varsity Choir	450 points
Freshman Choir	550 points
Hillside Choir	800 points

### **Patches and Banners**

Varsity athletes (players only) who are members of a conference, district, or state championship team may purchase a patch to signify the accomplishment. Wall banners may be purchased to signify a team conference, district, or state championship and will be displayed in the gymnasium.

*Anytime a team earns a 4th place or higher in state competition, names of individual varsity athletes and coaches may be placed on the banner.*

## **Awards and Plaques**

An athletic banquet will be held during the school year in honor of our athletes. Each coach will recognize the athletes who participated in their sport by giving award certificates. At this time, the Rooster Booster Club purchases awards for each sport. The head coach of each sport determines the winner of these awards. The following special awards are also given:

*Senior Plaques:* Seniors who lettered in a sport their senior year will receive a plaque. This plaque will list all the sports lettered in during the participants four years of high school.

*James Vanek Award:* This award is given to the outstanding senior male athlete based on the criteria: sportsmanship, attitude, and performance. Selection procedure: 1.) Coaches will nominate senior athletes based on the above criteria (only coaches involving senior male athletes). 2.) There will be a discussion on each nominee. 3) Each coach will place his/her top 3 choices on a ballot. The athlete receiving the largest number of points will receive the award.

*Diane Award:* This award is given to the outstanding senior female athlete based on the following criteria: diligence, intelligence, attitude, nobility, and excellence. Selection procedure is the same as the Vanek Award.

*Rick Barbarick Award:* This award is presented to the outstanding male and female manager during the year. Selection procedures are the same as 2 & 3.

*Iron Man Award:* This award is presented to any senior athlete that has competed in 3 sports for all four years of his/her high school career.

**Pleasant Hill R-III School District  
Extra-Curricular Pledge Sheet**

I \_\_\_\_\_, as a student of Pleasant Hill High School/Middle School have read the rules and policies set forth for extra-curricular participation in the Activities Handbook.

I, \_\_\_\_\_, as a parent/guardian of \_\_\_\_\_ have read the rules and policies set forth for extra-curricular participation in the Activities Handbook and give my son/daughter permission to participate under these conditions and any other ones set by the coach/sponsor.

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date

**Please turn in this to the activity director or your sponsor or coach after you've signed the form.**