

Cameron R-1 Schools  
**ACTIVITY/ATHLETIC GUIDELINES**



**JUNIOR/SENIOR HIGH SCHOOL**

**2017 - 2018**

## **ACTIVITIES GUIDELINES**

All students who participate in high school activities sponsored by the Cameron R-I Board of Education shall meet and adhere to, as a minimum, the following criteria. Specific activities may demand more qualifications, but none may allow less.

### **PHILOSOPHY**

We believe that student activities shall be an integral part of the educational program of a student. Participation should provide additional knowledge, skills, and emotional patterns necessary for good attributes of a good citizen. Student participation in any part of our activities program is a privilege not a right to participate. The privilege carries with it responsibility to the school, to the activity, to the student body, to the community, and to the student themselves. The participation should help develop the student physically, mentally, socially, and emotionally.

### **STATE /CONFERENCE AFFILIATION**

The Cameron R-1 School District is a member of the Missouri State High School Athletic Association and as a member is committed to adhere to the rules and regulations of the association. Cameron High School is also a member of the Midland Empire Conference.

## SPORTS/ACTIVITIES OFFERED BY SEASON

### Fall:

Boys Football-Freshman/JV/Varsity: [jkiewer@cameronschools.org](mailto:jkiewer@cameronschools.org)  
Boys Soccer- JV/Varsity: [nmoore@cameronschools.org](mailto:nmoore@cameronschools.org)  
Boys/Girls Cross Country- JV/Varsity: [kdickkut@cameronschools.org](mailto:kdickkut@cameronschools.org)  
Girls Tennis- JV/Varsity: [rberry@cameronschools.org](mailto:rberry@cameronschools.org)  
Girls Softball- JV/Varsity: [kstover@cameronschools.org](mailto:kstover@cameronschools.org)  
Girls Volleyball- Freshman/JV/Varsity: [mhummell@cameronschools.org](mailto:mhummell@cameronschools.org)  
Girls Golf- JV/Varsity: [mwolfe@cameronschools.org](mailto:mwolfe@cameronschools.org)

### Winter:

Wrestling-Freshman/JV/Varsity: [plimb@cameronschools.org](mailto:plimb@cameronschools.org)  
Boys Basketball- Freshman/JV/Varsity: [jmeyer@cameronschools.org](mailto:jmeyer@cameronschools.org)  
Girls Basketball- Freshman/JV/Varsity: [mwenck@cameronschools.org](mailto:mwenck@cameronschools.org)

### Spring:

Boys Baseball- Freshman/JV/Varsity: [nmoore@cameronschools.org](mailto:nmoore@cameronschools.org)  
Boys Tennis- JV/Varsity: [rberry@cameronschools.org](mailto:rberry@cameronschools.org)  
Boys Golf-JV/Varsity: [knichols@cameronschools.org](mailto:knichols@cameronschools.org)  
Boys/Girls Track and Field-JV/Varsity: [kdickutt@cameronschools.org](mailto:kdickutt@cameronschools.org)  
Girls Soccer: JV/Varsity: [mweigers@cameronschools.org](mailto:mweigers@cameronschools.org)

### Activities:

Cheerleading- JV/Varsity: [abickford@cameronschools.org](mailto:abickford@cameronschools.org)  
Pom Squad- Varsity: [aleitterman@cameronschools.org](mailto:aleitterman@cameronschools.org)  
Band- [bduren@cameronschools.org](mailto:bduren@cameronschools.org) and [aclark@cameronschools.org](mailto:aclark@cameronschools.org)  
Vocal Music- [jhess@cameronschools.org](mailto:jhess@cameronschools.org)  
Academic Bowl- [zsmith@cameronschools.org](mailto:zsmith@cameronschools.org)  
Flags- [jeckert@cameronschools.org](mailto:jeckert@cameronschools.org)

## **SEXUAL HARRASSMENT, DISCRIMINATION, AND RETALIATION**

Sexual harassment, discrimination, and retaliation are strictly prohibited by the Cameron R-I School District. Sexual harassment is defined as un-welcomed sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature. In accordance with law, the district strictly prohibits discrimination and harassment against employees, students or others on the basis of race, color, religion, sex, national origin, ancestry, disability, age, genetic information or any other characteristic protected by law.

## **CITIZENSHIP STANDARDS**

Participation in extracurricular student activities is a privilege and not a right. Students who represent Cameron in an extracurricular activity are expected to be good “citizens.” A student who fails to exhibit good citizenship shall lose the privilege of participating in the student activity. These general and specific citizenship standards apply to students three hundred sixty-five (365) days a year, twenty-four hours a day - no matter where the student is located.

These citizenship violations will be dealt with individually and the penalty may vary with the seriousness of the circumstances of the offense. The penalty for a general citizenship violation may range from a reprimand by the sponsor/coach to permanently barring the student from further participation in the School District’s extracurricular activities program.

### **A. General Citizenship Standards**

A student may violate the school district’s citizenship standards by conduct such as:

1. Repeated referrals for disciplinary action to the Principal, or other person having general responsibility for student discipline.
2. A single breach of good conduct, either in or out of school, whether such conduct would constitute a violation of the school district’s disciplinary policies or not which is verified to the satisfaction of the administration.
3. A violation, or alleged violation, of federal, state or local criminal law which results in a summons being issued to the student, or charges being filed in court against the student or conduct which is verified to the satisfaction of the

administration.

4. Failure to follow the sportsmanship rules established by the school district, team, conference or MSHSAA;
5. Violation of team or activity rules.
6. Single breach of the school district's disciplinary policies which the administration considers to be serious.
7. Being suspended from school.

\*In order to be of maximum effectiveness in serving and fostering the education of the students so entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our activities programs to:

1. Cultivate an awareness that participation in athletics and activities is part of the total educational process and as such, the coach/sponsor should neither seek nor expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants.
3. Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.
4. Recognize that the purpose of activities is to promote the physical, mental, moral, social and emotional well-being of the individual participants.
5. Avoid any practice or technique, which would endanger the present or future welfare or safety of any participant.
6. Adhere to policies, which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
7. Refuse to disparage an opponent, an official, an administrator or spectator in any aspect of the activity.
8. Strongly encourage the development of proper health habits: the non-use of chemicals, including alcohol, steroids, tobacco in any form and other mood-altering substances.
9. Exemplify proper self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials or judges.
10. Encourage all to judge the true success of the athletic and activities program on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

## **B. Specific Citizenship Standards**

### **Use or Possession of Alcoholic Beverages, Drugs or Tobacco**

Students are expected to refrain from possession or use of tobacco, alcoholic beverages, and drugs. A student will violate the school district's citizenship standards if he or she uses, possesses, has ingested,

has under his or her control, sells, manufactures, administers, dispenses, distributes or compounds:

1. The use and or possession of Tobacco or tobacco related product in any form.
2. The use and or possession of Alcohol, intoxicating liquor or alcoholic beverages.
3. The use and or possession of a controlled substances, counterfeit substances or imitation drugs or drug paraphernalia
5. Controlled substance analogue and any substance which has a chemical makeup similar to any controlled substance, and which when ingested or otherwise used causes a condition such as intoxication, euphoria, dizziness, irrational behavior, stupefaction or hallucination.
6. Anabolic steroid or other similar compound which is derived from testosterone or prepared synthetically.
8. Prescription medications which are not prescribed to the student.
9. Prescription medication which are prescribed to the student, but only if the student sells, administers, dispenses or distributes the medication to others.

\*Possession shall be defined as visual or physical evidence which is substantiated by a school official or law enforcement officer, to the satisfaction of the administration. Violation of the tobacco/alcohol/drug rules shall cause the student to receive the following citizenship penalty:

### **Drugs and alcohol**

FIRST OFFENSE: The student will be suspended from 20% of all his/her competitions or performances and will be suspended from practicing or participating with the team for 14 calendar days. The 14 calendar days and the 20% can run concurrent with each other. The student will be expected to practice and meet all group responsibilities after the suspension has been full filled as outlined by the sponsor/coach, but will not participate in the activity event until the 20% of suspension is full filled. The student must fulfill 1 calendar week of practices before they will be allowed to return to game play.

SECOND OFFENSE: Suspension from all activities for 365 calendar days including practices.

### **Tobacco**

FIRST OFFENSE: The student will be suspended for 10% of all of his/her competitions or performances. The student will be expected to practice and meet all group responsibilities, as outlined by the sponsor/coach, but will not participate in the activity event.

SECOND OFFENSE: Suspension from all activities for 183 calendar days.

All violations will be carried over to the following sports/activities seasons along with the school discipline policy being enforced.

After the first violation by a student, the student will be encouraged to seek alcohol/drug evaluation or rehabilitation program. Student admission, direct observation and testimony from school administrators, certified staff, law enforcement official/agencies, social service agency reports- any or all will be considered as proof of violations of this policy.

These rules are considered by the school, coach, and sponsors to be twelve (12) month rules and will be treated as such. The rules in this handbook will apply to off-campus and on-campus incidents. The rules are set forth to help students participating in school-sponsored activities and be responsible citizens who are accountable for their actions at all times.

MSHSAA activities affected are academic team, all sports, music, cheerleaders, dance and speech.

Non-MSHSAA activities affected are all other school sponsored activities and organizations.

Any other extracurricular activity not mentioned above will be held to the standards set forth in this handbook, including class trips.

**Acts of Theft and/or Vandalism -**

Students are expected to refrain from acts of theft or vandalism. A student will violate the school district's citizenship standards if he or she engages in the following conduct:

1. Direct acts of theft or vandalism at school or elsewhere which are verified to the satisfaction of the administration.
2. Attempts to engage in theft of another person's property which are verified to the satisfaction of the administration.
3. Aiding or abetting another person who engages in acts of theft or vandalism at school or elsewhere which are verified to the satisfaction of the administration.
4. A violation, or alleged violation, of federal, state or local criminal law which results in a summons being issued to the student, or charges being filed in court against the student or conduct which is verified to the satisfaction of the administration.

Violation of the theft/vandalism rules shall cause the student to receive the following citizenship penalty:

**CLASS I OFFENSE:** Where the violation of the theft/vandalism rules constitute, or allege to involve the theft of items, or damage valued by the administration at one hundred and fifty dollars (\$150.00) or more, the student shall receive a minimum 91-180 school day citizenship suspension.

**CLASS II OFFENSE:** Where the violation of the theft/vandalism rules constitute, or allege to involve the theft of items, or damage valued by the administration at less than one hundred and fifty dollars (\$150.00), the student shall receive a minimum 1- 90 school day citizenship suspension.

### **Conduct Standards**

Students involved in extracurricular activities are expected to conduct themselves in a positive, respectful manner at all times during the school day or school activities. Students who conduct themselves inappropriately may lose their privileges regarding extracurricular participation.

### **General Conduct Standards**

Students must refrain from posting negative, rude or indecent comments or pictures on social media accounts about Cameron High School, Coach's, Staff, Teachers and Administrators.

Cell phones and Camera use is not allowed before, during or after practices and games in locker room areas.

Violations of these offenses will be dealt with on an individual basis and will be determined by Coaches, Athletic Director and Principals.

### **Team or Activity Standards**

Students are expected to observe and obey the rules established by the coach or sponsor of the activity. The specific rules shall be communicated by each coach or sponsor to the student participants at the beginning of the activity. Violation of the team or activity rules shall constitute a violation of the school district's citizenship standards, with the penalty to be determined by the coach or sponsor, athletic director and Principal. The above specific citizenship standards and consequences listed under section B are in place for the four (4) years a student is in high school (9 – 12 grade). For example, if a student violated the specific citizenship standards as a freshman and again as a senior, the violation would be considered a second offense or occasion.

Students in junior high (7 & 8 grade) will be considered as a separate unit from the high school. The specific citizenship standards and consequences listed under section B are in place for the two (2) years a

student is in junior high. Students entering the ninth (9) grade will not carry over any consequences received during junior high.

Participation in multiple activities is encouraged at Cameron High School. When two events fall on the same date all efforts will be placed on making it possible for the student to attend both events. If the student can not make both the equal level events in a day the student will be allowed to choose which event to participate in with a makeup practice/assignment to be allowed. Order of priority is:

- State Game/Performance
- District Game/Performance
- Conference Game/Performance
- Game/Performance
- Activity (Dance/Cheerleading)
- Practice

All athletes must commit to a team by the 5<sup>th</sup> practice session. Athletes may switch teams up to the first 5 days of practices. Exceptions may be made for athletes that have been cut from previous teams and they have 3 days after the cut date to join a different team.

A student that quits a sports team may not attend open gyms or start another sport season until the sport he/she quit has concluded.

### **ELIGIBILITY TO PARTICIPATE IN EXTRA-CURRICULAR ACTIVITIES**

To be eligible to participate in any extra-curricular activity or organization, students must meet the following guidelines:

1. A student must be enrolled in six credit bearing classes per semester and attending Cameron R-I Schools before he /she becomes eligible to participate in extra-curricular activities;
2. If a student receives 2 “F’s” for the semester, that student will be ineligible until the following semester grade reports. The student will not be able to practice or compete in any activity until all 6 credit grades are passing at the conclusion of the next semester. Students may become eligible the night after grades are finalized by the guidance office. Second semester grades will determine a student’s eligibility the succeeding year by the same process as mentioned above. A student may not use summer school credit to replace a non-passing grade.
4. Students must meet all applicable requirements of MSHSAA (if the activity is a MSHSAA sponsored activity);
5. Students must adhere to all school rules and policies while participating in extra-curricular activities;
6. Students must display a positive attitude and excellent

citizenship/sportsmanship at all times while participating in extra-curricular activities;

7. Students must attend school on a regular basis and must maintain a 90% attendance record to participate. Coaches and activity sponsors will routinely check the academic and citizenship status of their students throughout the school year and especially during the scheduled season of competition. Exceptions to this policy will not be made without an administrator approval.

8. A student **shall neither practice nor compete** as a member of a non-school team or as an individual participant in organized non-school competition in that same sport during the school year.

9. A student **may** practice or compete as a member of a non-school team or as an individual participant in organized non-school competition in a different sport than the school sport in season.

(Pg. 68 MSHSAA Handbook)

## ATTENDANCE

A participant must maintain a 90% attendance record. HE/SHE MUST BE IN SCHOOL FOR THE ENTIRE DAY OF AN EVENT OR FOR PRACTICE OR WILL BE INELIGIBLE TO PARTICIPATE IN ANY SCHOOL ACTIVITY (field trips, extra-curricular events, etc.) unless a compelling reason is approved by the principal or designee **prior** to the absence. A student must be in attendance for all 7 blocks the previous day if a contest falls on a Saturday.

## PRACTICE

Students should expect to practice in preparation for most of their activities. Each activity sponsor will establish practice schedules that students must follow. Special arrangements to miss a practice or meeting must be made with the sponsor 24 hours prior to the student's absence. **Students must be at school all day to attend and participate in practices.** Any unusual reason for an absence from school should be cleared with the high school principal or designee **24 hours in advance.** Coaches are cautioned not to practice students who are ill or who have missed school due to illness or injury. Practice times and schedules will vary depending on sports, facilities, and time of season.

## SCHOOL RESPONSIBILITY CODE IN EFFECT

Students are reminded that all school rules are in effect at all activities. Their behavior should be exemplary while attending all school activities, and students must respect the authority of those in charge. Discipline at activities will duplicate discipline at school.

## **DETENTION**

The Assistant Principal will notify the head coach or sponsor of a detention as soon as possible after the detention is given. All detentions must be served before participation in contests, but a student may practice after a detention is served that day. After two separate detention incidents (excluding tardies), MSHSAA citizenship rules would apply and could result in dismissal from the team, squad, or activity. Dismissal from the team, squad or activity would be subject to building guidelines and administrative review.

## **SUSPENSION/ISS**

All days of **in-school** suspension must be served before participation in games or activities. A student may **not** participate in practices, games or activities on the day the suspension has ended. A student may participate in games or activities on the day after the in-school suspension has ended. If a student has All Day Study Center then they will still be eligible to participate in all activities that day.

All days of **out-of-school** suspension must be served before participation in practices, games or activities. A student may **not** participate in practices, games or activities on the day the suspension has ended. A student may participate in games or activities on the day after the out-of-school suspension has ended.

MSHSAA citizenship rules would apply and could result in dismissal from the team, squad, or activity to a student receiving in-school or out-of-school suspensions. (See MSHSAA handbook)

MSHSAA rules and regulations will apply regarding suspensions and expulsions from school. (See MSHSAA handbook)

## **APPEARANCE**

The student shall be neat and clean at all times and project a wholesome image. Grooming and appearance is at the discretion of the individual sponsor/coach.

### **ASSUMPTION OF RISK**

Some activities will involve physical activity in which students could mildly, moderately or severely injure themselves. Catastrophic injuries resulting in death or permanent paralysis may occur during participation. Each student assumes this risk as there is no absolute prevention against any potential injury.

### **Parent-Coach Communication**

Both parenting and coaching are extremely difficult tasks. By establishing and understanding of each positions, everyone is better able to accept the actions of the other and provide greater benefit to students. As parents when your student becomes involved in a program, you have the right to understand what expectations are placed on your student. As a coach it is their responsibility to make sure each parent is given the expectations for that program. This begins with clear communication from the coach of your student's responsibilities for that program. Coaches and parents are expected to encourage and praise students in their attempt to improve themselves as students, athletes, and citizens. Parents can facilitate this by gaining an understanding and appreciation of all aspects of the sport/activity and the expectations placed on the student.

Communication a parent should expect from the students coach

1. Philosophy of the coach/staff advisor
2. Expectation the coach has for each student on the squad
3. Location and times for all practices and contests
4. Team requirements, such as fees, special equipment, or off season conditioning
5. Procedure for if an injury should occur during participation
6. Discipline that results in denial of the student's participation
7. Requirements to earn a school letter

Communication coaches expect from parent

1. Concerns expressed directly to the coach
2. Notification of any scheduled conflicts in advance

Appropriate concerns to discuss with coaches

1. Treatment of the student, mentally and physically

2. Ways to help the student improve
3. Concerns about the students behavior

Issues not appropriate to discuss with coaches

1. Playing time
2. Team strategy
3. Play calling
4. other student athletes or participants

As students become involved in the extracurricular programs at Cameron R-1 school district, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way the parent or student wishes. At these times a discussion with the coach is encouraged. It is very difficult to accept that your child is not playing as much as you may hope. Coaches are professionals. They make judgement decisions based on what they believe to be the best for all students involved. As seen from the list above, certain things can be and should be discussed with the students coach/Sponsor. Other things must be left to the discretion of the coach.

There are situations that may require a conference between the coach and the parent. These conferences will be encouraged. It is important that both parties involved have a clear understanding of the other's position. Everyone involved is expected to be respectful, to recognize and show appreciation of the other's role, and to reinforce the policies and procedures outlined in this handbook. When a parent, or the coach/staff advisor feel a conference is necessary, we ask that both parties keep in mind our communication ladder policy which is stated below.

Communication Ladder:

1. Athlete- Coach Meeting (MANDATORY)  
If a player or his/her parent has an issue or problem with his/her sport/activity experience, the student-athlete is expected to address the coach. Athletes are also encouraged to talk with the coach about any issue in their personal or academic lives. The district's expectations of coaches include open communication and positive relations. Coaches have been trained on communication and counseling skills.
2. Athlete-Parent-Coach Meeting  
If an issue has not been resolved in step one, this is the next step in the chain of command. The guideline here is to set up an appointment at the coach's discretion. If the issue is emotional, the appointment should be scheduled at a late time so the parties involved are calm and problem solving can occur. The parent or player should define the purpose of the session when the appointment is set. Parents who try to discuss important issues with a coach as they are walking off the game or practice field would not be appropriate. In this step, there may be rare cases when it may be best if the athlete does not participate in the session. If either the parent or coach feels this is the

case, this should be discussed when setting up the appointment and the purpose of the meeting.

3. Athlete-Parent-Coach-Administrator Meeting

If an issue is not resolved in step two, this is the next step in the chain of communication. This step may be initiated by any party. Using the same process as above, an appointment is set and all parties define the purpose of the meeting.

Again, these may be cases where it is appropriate an athlete not be present. This is to be discussed and determined prior to the appointment.

### Competitive Program Selection

1. Coaches/Sponsors and staff are hired by the school district to be responsible for establishing criteria for selection or participation on a team/organization. This may be a highly subjective process. Selection and decisions regarding game/performance situations are the sole responsibility of this staff.
2. Coaches/Sponsors are expected to assemble the most competitive team possible, by selecting individuals, filling positions according to need and appropriately placing students on the proper team/performance group, then defining each individual's role based on certain criteria, including but not limited to citizenship, sport/activity specific ability, ability to work together, and willingness to learn.
3. Underclassmen students have the same opportunity to make a varsity team/performance groups as a senior does. In order to make a varsity team/performance groups as a freshman it must be approved by a parent, student and coach that the athlete is of the ability to compete at a varsity level without causing harm to one's self.
4. The main goal of any level of competitive athletics/ activities is to put the most talented members of any team/performance in the competition to win the competition. Starting positions and playing time are not guaranteed to anyone. Each member of a team/performance group is valuable to the teams/performance groups overall success. Regardless of time spent in actual competition, simply by being part of a team/performance group, a student can learn many valuable lessons such as: sportsmanship, working together to meet team/performance group goals, commitment, placing team/performance group above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, and being responsible for one's own actions.

### **Sportsmanship**

As an athlete/student representing Cameron R-1 schools, the student has the responsibility for exhibiting good sportsmanship at all times. The moment the

athlete/student puts on a uniform or represents a school in an activity, they become a representative of the student body, the school and the community. The student will receive the needed skills and attributes to know how to handle themselves in an appropriate manner.

### **Cameron Sportsmanship Code**

For Players, Coaches, and Fans

1. Maintain pride in self and school
2. Strive to keep high standards of conduct
3. Cheering is always encouraged for one's own team
4. No taunts, chants, noises, cheers, jeers, songs, profanity, signs or motions directed to the opposing team, coach, schools or officials. Treat everyone with respect
5. Positive signs may be displayed for one's own team
6. No disrespect will be shown to the opposing team during introductions
7. No noise makers
8. Abide by the decisions of the officials
9. Accept victory or defeat graciously

## CAMERON SCHOOL DISTRICT ACTIVITIES CONSENT FORM

NAME \_\_\_\_\_  
(Please print)

Year of Graduation \_\_\_\_\_ Birthdate \_\_\_\_\_

This application to participate in interscholastic activities at Cameron School District is voluntary on my part and is made with the understanding that I am eligible under the following rules set by M.S.H.S.A.A. and the additional rules set by the Cameron School District. Any questions see student handbook/activity handbook.

### M.S.H.S.A.A. ELIGIBILITY STANDARDS

1. You must be a creditable school citizen.
2. You cannot be 19 years old before July 1 preceding opening of school.
3. You cannot have graduated from a four year high school.
4. You cannot have attended eight semesters of high school.
5. You cannot have competed in four seasons of a particular sport.
6. You must have attended school the first 11 days of the semester that you are participating in.
7. You cannot have played under a false name.
8. You cannot commit an unsportsmanlike act.
9. Students serving school suspension are not eligible to practice or compete in school activities.
10. You must be enrolled in courses offering 3.0 units of credit.
11. You must have earned 3.0 units or 80% of credit the preceding semester whichever is greater. Summer school credits may apply to state eligibility standards.

**I UNDERSTAND THAT VIOLATION OF ANY OF THE RULES PUBLISHED IN THIS HANDBOOK IS GROUNDS FOR DISMISSAL FROM THE ACTIVITY.**

**CONSENT TO PARTICIPATION/RISK ACKNOWLEDGEMENT**

My / our child wishes to participate in the Cameron activities program. I / we realize that there are risks involved in my / our child's participation. I / we understand that the risk to my / our child includes a full range of injuries, from minor to severe, and that the result could be death, paralysis, or other serious, permanent disability. I / we agree to accept this risk as a condition of my / our child's participation.

\_\_\_\_\_

Student's Signature

\_\_\_\_\_

Parent or Guardian Signature

Date\_\_\_\_\_

**This page must be returned to your sponsor/coach to complete eligibility requirements.**