

# **Linn County R-I High School**

## **ATHLETIC, CLUB AND ACTIVITY HANDBOOK**



**Linn County R-I  
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**Approved By  
the  
Board of Education  
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## Letter To Parents and Students

Dear Parent/Guardian and Student/Athlete:

Please take a few moments to read this letter. Hopefully, this will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

1. In each program, a coach and/or coaches are hired by the school district to be responsible for the team. Team selection, practices and decisions regarding game situations are the responsibility of the coaching staff.
2. We believe it is the coaches' responsibility and right to select the team with whom they will work for the entire season. While we believe players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to "guarantee" a spot on the school-sponsored team.
3. A main goal of a competitive athletic program is to put the most talented members of the team in competition to win the contest. Starting positions and playing time are not guaranteed to seniors making a team, or anyone else for that matter. Each member of a team is very valuable to the team's overall progress. Some members may play a great deal of time in a contest while others may not see what a parent would consider "significant" playing time. All players may not play in every contest, especially at the varsity level of competition. Each student should have personal improvement as one of his or her goals.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

We sincerely hope this helps you to understand the goals and philosophies of the competitive athletic program at Linn County R-1. Please feel free to contact the administration if you have any questions regarding any aspect of the athletic program.

## Students/Athletes

**Introduction:** Welcome to the Linn County R-1 School District's activity/athletic program! Hopefully, your decision to take advantage of this portion of our co-curricular program will be educational, rewarding and challenging. This handbook is given to you so that you might become more aware of the programs that are available and their inter-relationships. The Linn County R-1 School District encourages you to take advantage of as many programs as your time and talent will permit.

**Philosophy:** We believe that interscholastic activities shall supplement the middle school and secondary curricular programs, and as such, become a vital part of a student's total educational experience. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his/her education.

Student participation in any part of our activity program is a privilege, not a right. This privilege carries with it responsibilities to the school, to the activity, to the student body, to the community and to the student himself. This participation will help to develop the student physically, mentally, socially and emotionally.

**Goal Statement:** Student activities and athletics shall be an integral part of the total middle school and secondary educational program with shall provide experiences not otherwise provided. These activities will help students acquire additional knowledge, skills and emotional patterns necessary to develop to their highest potential.

## BASIC GUIDELINES FOR PARTICIPATION

1. Students are free to make their own selections as to the activities in which they wish to participate. It is the Linn County R-1 School Districts policy that students facing a conflict between two school-sponsored activities will be given a choice of which to attend.
2. When activities are outside the Linn County R-1 School District, all students will be transported to the contest by bus.
3. If it is necessary to be absent from practice, the student is expected to contact the head coach prior to the scheduled practice.
4. Students must be in attendance a minimum of ½ a day (either 8:00am to 12:00pm , or 12:00 pm to 3:40pm), to participate in any activity scheduled for that day. Exceptions are granted with **administrative approval only**.
5. In the event of truancy or out of school suspension, the student will not be eligible for participation until he/she has fulfilled the disciplinary requirements established by the administration and the coaches have the ability to determine when the athlete is able to participate again. This may also result in the student making up practices before participating in a contest.
6. In the event that a student is assigned an afternoon detention period as a result of a classroom problem, he/she is not allowed to use the excuse of “I have practice, so I can’t stay.” THE CLASSROOM OBLIGATION ALWAYS COMES FIRST.

## School Rules

1. Team Rules - Each sponsor/coach will establish team rules. Team rules will be distributed and discussed with parents and participants prior to the beginning of competition for the activity/athletic program. The student is expected to comply with team rules and might forfeit his/her eligibility through noncompliance.
2. School Attendance - The student must attend school as outlined in guideline four (4) of the **Basic Guidelines for Participation** on the day of activity/competition to be eligible to participate in extracurricular activities on that day. If the activity occurs on a Saturday, the student must be in attendance on Friday as outlined in guideline five of the Basic Guidelines for Participation. Exceptions are granted with administrative approval only.
3. Detention - A student assigned detention by teachers and/or administrators must report the detention to the sponsor/coach.
4. ISS – A student assigned to ISS will not be able to participate in any afterschool activities that day.
5. Suspension — A student suspended from school on an out-of-school suspension will not be permitted to participate in extracurricular activities while on suspension. Additionally, a student must be in attendance for a half day following the OSS to be allowed to participate in any school sponsored activity after OSS is served, including Saturday events.
- 6.. Expulsion - A student who is expelled or who withdraws from school because of disciplinary action, shall not be considered eligible for extracurricular activities for 365 days from the date of expulsion/withdrawal.
7. Ejection from a Contest - A student ejected from an activity/athletic event because of unsportsmanlike action will not be eligible to participate in the next scheduled activity/athletic event.

## STUDENT COUNCIL

The Student Council is the democratic voice of the student body in the discussion of school activities and problems. It cooperates with the administration concerning school problems and discipline. The student council may make recommendations to the administration and the school board. Recommendations by the student council that would change policy or procedure must receive administrative or board approval.

The student council will receive its funding through sales in the pop and candy machines. Monies from pop and candy sales are generally used for purchases that will benefit the school. (See Student Council Constitution for guidelines)

The building principal and the superintendent are honorary members of the Student Council.

Membership consists of one representative from each class (6-12). The council also will include an executive board consisting of President, Vice-President, Secretary, Treasurer, and Member-At-Large.

The following shall be qualifications of all members:

1. All members of Student Council shall have and maintain at least a 2.5 cumulative grade point average.
2. All members must have completed one semester in this school.
3. Members may serve any number of years if re-elected.

Election of Student Council class representative's shall be held either at the end of the year or during the first week of the new school year to serve the entire year. Election will be held during class meetings. All elected members must meet qualification requirements. Election of officers will take place in May. Candidates elected to office will be sworn in and will assume their duties upon their oath of office.

### QUALIFICATIONS FOR EXECUTIVE OFFICE:

1. President: must be an incoming Senior or incoming Junior.
2. Vice-President: must be an incoming Junior or incoming Sophomore.
3. Secretary: must be an incoming Sophomore, Junior or Senior.
4. Treasurer: must be an incoming Sophomore, Junior or Senior.
5. Member-at-Large: must be an incoming Sophomore, Junior or Senior

Elected officers may be removed from office. (See Student Council Constitution Article VII, Sections A and B)

### ELECTION CAMPAIGN RULES:

Prospective candidates for offices must file a petition to be accepted as a candidate containing the following:

1. A statement of how they can benefit the Student Council.
2. Three teacher's signatures.
3. Twenty student signatures.

Candidates for office will campaign during May and will be sworn into office at the Academic Awards Ceremony. They will assume power after taking the oath. Elected officers are allowed to park in the west end of the teacher parking area.

## HONOR ROLL RECOGNITION

Students will be recognized and be eligible for presentation at the Academic Award Ceremony and may be eligible for the Honor Roll Pin and/or Honor Roll Trip.

Students making the Principal's Honor Roll (4.0) for the entire year will be recognized and awarded the Principal's Award at the Award Ceremony.

Students making the regular Honor Roll (3.5-3.99) for the year will receive an Honor Roll Pin.

Students making the Honor Roll three of the first three quarters will be allowed to participate on the Honor Roll Trip. Students taking the Honor Roll Trip will receive full credit for all class work missed on the day of the trip.

Students must also be academically eligible at the time of the trip. The trip will be of entertainment value during the fourth quarter. All attendance requirements must be met for participation on this trip. **Students who take more than one Pass/Fail course during the school year will be excluded from the honor roll trip.**

## **FUTURE TEACHERS OF AMERICA (FTA)**

Linn County has an active FTA. The FTA provides opportunities for future teachers and takes an active part in recognition of excellence in education. We offer a supervised cadet teaching opportunity for credit. Cadets will be under the supervision of a classroom teacher.

### **Membership Qualifications:**

To become a member of Linn County R-1 Future Teachers of America, students must have accumulated a C grade point average and must have a school record of regular attendance. Total grade point will be taken from the student's files for the beginning of the year. To retain membership from year to year, a C total grade point must be maintained.

Academic eligibility requirements apply in correlation to participation in FTA events.

## **TEACHER ASSISTANCE**

### **Cadet Teaching - (for credit)**

1. Must be a in high school with at least a 2.5 grade point average and good school attendance.
2. Must have approval of sponsor, H.S. principal, elementary principal, and cooperating teacher.
3. Be willing to follow instruction and guidance of cooperating teacher.
4. Understand he/she is not in charge of the class, and realize that discipline problems are to be handled by the cooperating teacher.
5. Be in REGULAR and PROMPT attendance. Excessive absence will result in the Teacher's Aide being dropped and put into a class.

## **EVALUATION OF THE CADET TEACHER**

1. Cadet Teaching will be an elective H.S. subject.
2. The cadet teacher shall receive credit for each semester of successful cadet teaching. This includes one class period of cadet teaching for each school day of a semester.
3. The cadet teacher will receive a letter grade. The letter grade will be assigned by the cooperating teacher and sponsor on the basis of: **participation (class lessons, and visual aides) written work and/or reports as well (See FTA constitution).**

## **ACADEMIC BOWL**

The Linn County R-1 District participates in academic contests and applies MA rules towards contest procedure and students must meet MP and district eligibility requirements.

### **TEAM REQUIREMENTS:**

#### **Junior High Academic Team**

1. Members of the junior high team must be in grades 7, 8, or 9.
2. The team will consist of ten members.
3. There are no restrictions on membership except that students must meet academic eligibility requirements.
4. To be chosen for the academic team, the student must take part in practice and members will be selected by the coach.

#### **High School Academic Team**

1. Members of the high school team can be in grades 9-12.
2. The team will consist of ten members.
3. There are no restrictions on membership except that students must meet academic eligibility requirement.
4. To be chosen for the academic team, the student must take part in practice and members will be selected by the coach.

## **LETTERS:**

To receive a varsity letter, a student must participate in at least 10 rounds of play. Letters will be presented at the Academic Award Ceremony in May. Students may not have been suspended from the team for any reason.

**TRANSPORTATION:**

Students are required to ride school sponsored transportation. Students may be allowed to ride home with their parents if the parents sign them out at the event. All exceptions must be approved in advance by the building principal. \*See General Rules for Extra-Curricular Events

**NATIONAL HONOR SOCIETY**

The name of this organization shall be the National Honor Society of Secondary Schools. (NHS) The purpose of this organization shall be to create enthusiasm for scholarship, to stimulate desire to render service, to promote leadership, and to develop character in the students of Linn R-1.

**MEMBERSHIP:**

Membership in local chapters is an honor bestowed upon a student. Selection for membership is by a faculty council and is based on outstanding scholarship, character, leadership, and service. Once selected, members have the responsibility to continue to demonstrate the qualities of scholarship, leadership, service, and character.

To be eligible for membership the candidate must be a member of those classes (sophomore, junior, or senior) designated as eligible in the chapter bylaws. Candidates must have been in attendance at the school the equivalent of one semester.

Candidates must have a cumulative scholastic average of at least 87.5 percent, B, or 3.5 (on a 4.0 scale) or the equivalent standard of excellence for that school. Candidates are evaluated on the basis of service, scholarship, leadership, and character.

The selection of members to the chapter shall be by at least 75% vote of the faculty council. The faculty council will consist of members in which students are currently enrolled in their classes. The faculty council shall meet at least once a year to select members and to consider dismissal, non-selection, and warning cases.

**DISMISSAL**

The procedure for dismissal shall be determined by the faculty council in compliance with the rules and regulations of the National Honor Society. (See National Honor Society Handbook, (Article X) Smoking, drinking, sale or use of illegal drugs, cheating, conduct unbecoming a member of the National Honor Society can be reason for dismissal.

**RECOGNITION**

Students nominated for National Honor Society induction will take part in a week of initiation and will be recognized at a special assembly in the spring where they will be sworn-in. Once members, they will receive a National Honor Society pin and will be recognized at the Academic Award Ceremony in May.

Graduating members will be presented with a yellow cord to be worn at graduation to signify membership in the NHS. Cords will be presented at the Academic Award Ceremony.

**YEARBOOK/PUBLICATIONS**

Yearbook is a class offering and shall be limited to twelve students a year. Pre-Requisite for yearbook shall be that the student have completed a computer course or be taking a computer course congruently with Yearbook.

The student must have at least a C average in English.

If more than fifteen students show interest in yearbook, selection to the class will be made based upon grade point average.

## **MUSIC - CHORUS AND BAND**

Band is open to any student grades 6 thru 12 based on the following criteria:

*6th Grade Beginning Band:* Open to all 6<sup>th</sup> graders. Students will audition on each instrument to determine the best fit. (There will be a limited number of percussionists.)

*Jr. High Band:* Must be a 7<sup>th</sup> or 8<sup>th</sup> grader and must have played for at least one year.

*High School Band:* Must be in grades 9 through 12 and have participated in band for at least 2 years prior, unless given approval by the band director.

The Junior High and High School Bands will perform together for all parades and contests, and will perform both together and separately at concerts.

Chorus is open to all students 7 through 12.

Band and Choir members are expected to participate in all parades, concerts, or contests required by the director. Unless an absence has been approved by the director, failure to attend any required event will result in the student grades being dropped by one letter grade.

Students are expected to represent Linn County Music with pride. Any unbecoming behavior will result in suspension from parades, concerts, or other activities.

## **LETTERING**

Band and Choir Letters will be awarded to JH and HS members who meet the following criteria:

1. Student must be enrolled in band/choir for the entire year.
2. Students must earn an A or B in band/choir.
3. Students must attend ALL required events.

First year members will be awarded with a letter. Bars will be added for each subsequent year.

## **SCHOOL PLAY**

Linn County R-1 performs a school play each year. Auditions are open to all students in grades 8 through 12. If there are open spaces in the play after auditions, 6<sup>th</sup> or 7<sup>th</sup> grade students may fill the vacant spot at the director's discretion. Notice of auditions will be in the bulletin.

Students will be asked to make a commitment to attend play practices and the sponsor may remove members from the cast for excessive absences from play practice or for lack of serious approach towards practice.

Eligibility requirements apply for auditions. Only academically eligible students may audition for the play. However, due to the nature of the play, eligibility will be waived once the cast has been selected and practices have been held for at least three weeks.

## **AFTER SCHOOL ART PROGRAM (ASAP)**

ASAP, the After School Art Program is for students 4<sup>th</sup>-12<sup>th</sup> grade who are interested in learning more about art. ASAP is a hands on program where students are free to express their creative side while still learning proper art techniques. Students will be introduced to various artists and their artwork, art history and a range of mediums.

## **SCIENCE OLYMPIAD**

All students' grades 7-12 are eligible to participate in Science Olympiad. Both High School and Junior High teams are limited to 15 members each according to National Olympiad Rules. The team sponsor will determine the selection process for the teams. Academic eligibility is required for participation. Students must be willing to work after school and to attend competition (Always held on Saturdays).

## **NATIONAL FFA ORGANIZATION**

Linn County R-1 has a very active FFA Chapter. To be eligible to become a member of FFA, a student must be enrolled in at least one Agricultural Education class each year.

The FFA makes a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education.

Rules and procedures for the FFA are outlined in the National FFA By-Laws. Students are expected to own or have access to FFA official Dress as outlined in the Official FFA Manual. Each high school student will have an approved SAE. Each student will be responsible for all expenses associated with their own SAE project and will maintain a complete set of records in the approved record book.

Eligibility requirements apply to Agricultural Education and FFA activities except when the specific activity is part of the student's grade.

FFA officers are selected yearly and will interview before a committee. Elected officers must meet national requirements, fulfill their office responsibilities and are expected to represent the school positively.

Members are expected to participate in meetings, recreational and community service projects, committee work assignments as well as other projects of the Chapter.

Members will be expected to participate in fund-raising activities and are responsible for the sale, distribution of products and the collection of money. Students are to turn in monies raised in a timely fashion and are responsible for any money lost or not turned in.

## **DANCES/PROM SCHOOL DANCES**

Throughout the year the Linn County Student Council and other organizations sponsor school dances. Here is a list of rules pertaining to school dances.

1. Students must be academically eligible to attend and be in good standing with attendance.
2. If a junior high and high school dance are being held on the same evening, ninth grade students must commit to which dance they wish to attend. They cannot attend both. However, ninth graders may attend both junior high or high school dances so long as they are on separate nights.
3. For courtesy sake, students bringing dates from another school are required to register that student with the office before the dance. No dates over the age of 20 will be allowed.
4. Students are asked to stay in the building. The general rule is that if you leave, you cannot return to the dance.
5. Drinking and smoking will be dealt with according to general discipline and extracurricular rules.
6. Students are expected to conduct themselves appropriately and recognize that the sponsor of the dance may correct them or ask them to leave. (If a student is asked to leave, general rules applying to citizenship may be enforced, restricting them from future dances or activities.)
7. Junior high students are not allowed to attend high school dances and elementary students are not allowed to attend junior high or high school dances.
8. By tradition, alumni have been allowed to attend school dances. All alumni guests are expected to obey school rules.

## **PROM**

Academic eligibility requirements are waived for the Prom. All senior and junior members of the student body and their dates will be allowed to attend the Prom. (Only high school students or older will be allowed to attend the Prom, grades 9-12) No dates over the age of 20 will be allowed.

If a student asks a date who is not from Linn R-1, the student must register their date (name and school) through the office for approval. All students must be in the 9th grade or higher.

Students are expected to follow School Dance Rules and display good citizenship. Students are expected to dress formally.

\*Juniors and Seniors must have paid their class dues and all fines/fees to be eligible to attend Prom.



## **DECORATING FOR PROM**

By tradition the junior class is released from class during the day of the Prom. Juniors to be released to decorate must:

1. Be academically eligible and be in good standing with attendance hours.
2. Must not have been considered a junior for a second year. (May only decorate for one Prom)
3. Have worked on decorations on the previous afternoon or evening.

## **FIELD TRIPS**

Students at Linn County are eligible for various field trips. Students need to understand that they represent Linn County wherever they go. Misconduct or poor citizenship may result in being suspended from future field trips or bus trips.

## **SENIOR TRIP**

Senior trip has been a tradition here at Linn County for many years. It must be understood that the senior trip is not a right. Seniors are permitted to share in the senior trip based upon conduct and citizenship.

To go on the senior trip the senior must:

1. Have displayed good citizenship.
2. Be passing all classes for the quarter and semester. Policy 2922
3. Have required credits and/or classes to graduate from Linn R-1.
4. Have paid all dues, fines, or monies owed to the district.
5. Attendance must be in good standing.

**THE LINN COUNTY R-1 DISTRICT HAS THE RIGHT TO SUSPEND ANY SENIOR FROM THE SENIOR TRIP WHOSE CITIZENSHIP WARRANTS CONCERN.**

\*See Senior Trip: rules, permission slip, and letter to parents located on the school homepage.

## **ATHLETICS**

### **Baseball/Softball, Basketball, Cheerleading and Track**

Linn County will follow the MSHSAA guidelines as to eligibility and rules. (However, Linn R-1 academic standards will also be used to determine eligibility.)

### **Attention Parents and Spectators**

Parents and spectators are encouraged to cheer their teams with enthusiasm while exhibiting good sportsmanship. The Linn County R-1 School District will not tolerate being on the playing surface before, during or after the game, or berating the officials, athletes or coaches. These actions will have the following consequences:

1<sup>st</sup> offense- meeting with the administrative staff and will not be allowed to attend the next competition at any level until such meeting occurs.

2<sup>nd</sup> offense- meeting with the administrative staff and will not be allowed to attend any other athletic events for the rest of the year.

### **Appropriate concerns to discuss with coaches:**

1. What the expectations are for your student/athlete during practices and games.
2. Ways to help your student/athlete improve.
3. Concerns about your student/athlete.
4. Academic support.

It is very difficult to accept that your student/athlete is not playing as much as you hope, or playing the position you hope. Coaches are professionals. They make decisions based on what they believe to be the best for all students/athletes involved. As you have seen from the list above, certain things can be and should be discussed with your student/athlete's coach. Other things must be left to the discretion of the coach and coaching staff.

Issues not appropriate to discuss with the coaches are the following:

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes
5. Positions

Chain of Command:

1. Athlete talks to coach
2. Parents talk to coach (24 hour no call after contest)
3. Parents and athlete talk to Principal
4. Parents and athlete talk to Superintendent
5. Parents talk to Board

## **BASEBALL/SOFTBALL**

All students' grades 9-12 who are academically eligible may try-out for the baseball or softball team. Students are responsible for providing their own ball gloves. The school will furnish bats, batting helmets, and baseballs/softballs.

Student will be assigned a uniform and are financially responsible for their uniform. (Students will be required to purchase their own baseball hats.)

Each coach is given the authority to establish training rules. Students are expected to follow those rules. Failure to comply with athletic rules may result in expulsion from the squad.

All athletes must agree to follow training rules and are subject to appropriate disciplinary action.

\* See Extra-Curricular Code of Conduct

## **LETTERS**

To letter in baseball or softball a player must appear in at least 5 varsity games and have not been suspended from the team for disciplinary reason.

To receive these awards students must be present at the athletic banquet. Certain situations will be looked upon by the A.D., Coaches, and Administration.

## **BASKETBALL**

Linn County will have a junior high and high school boys and girls team.

Junior High members must be in the 7th, 8th, or 9th grades. High school members may be in grades 9, 10, 11, or 12. Freshmen players may be brought up to the junior varsity or varsity team, but may only play in as many games as is specified by MSHSAA guidelines.

All Linn County students, junior high or high school, are allowed to try-out for the basketball team. All students trying out will be allowed on the basketball team.

Coaches are allowed to set training rules and students are expected to follow them. Failure to follow training rules may result in expulsion from the team.

Students are expected to purchase their own tennis shoes and are financially responsible for their uniform if it is lost or damaged in a non game situation.

Students are expected to follow athletic training rules and are subject to appropriate disciplinary action.

\*See Extra-Curricular Code of Conduct

## **LETTERS**

To receive a letter, a student must appear in ten game quarters and not have been suspended from the team for disciplinary reason.

To receive these awards students must be present at the athletic banquet. Certain situations will be looked upon by the A.D., Coaches, and Administration.

## **CHEERLEADING**

Purpose:

The purpose of this squad is to promote school spirit and a positive school environment by participating at athletic events and extra-curricular activities as deemed appropriate by the administration and sponsor. As recognized school leaders, cheerleaders are expected to be positive role models at school and in the community.

Qualifications:

1. Must be a student at the high school or junior high level and maintain MSHSAA academic requirements and must be academically eligible by Linn County requirements. If a student becomes ineligible they no longer are part of the squad and will be dismissed from the squad until the student is no longer ineligible.
2. All paperwork must be completed with parent consent, cheerleading agreement and physical exam turned into your coach before the first practice.

Responsibilities:

1. To attend all practices and games. If a member has two unexcused absences from either practice and/or game/event, the member will be dismissed from the squad. Excused absences would include: funerals and other exceptions determined by the sponsor. Hair appointments, shopping, jobs are not excused.
2. Failure to cooperate with faculty, administration, or organization could result in suspension or dismissal from the squad.
3. To participate in any fund raising activity for the squad.
4. To follow student handbook and standards of LCHS.
5. To follow and enforce Tri-County codes of conduct at home and away ball games.
6. To attend a summer camp as chosen by the sponsor if at all possible.
7. To submit a current physical exam and record of insurance coverage.
8. To present a peppy and enthusiastic appearance to the crowd. Failure to do so could result in the member being benched for the event.
9. To attend all events, practices, assemblies on time. If a member accumulates 6 unexcused tardies, you will be dismissed from the squad. To follow all training rules and understand that they are subject to appropriate disciplinary action. All squad members shall remember that they are representatives of their school and community and reflect good judgment and proper behavior inside and outside of school.
10. Need to show a willing attitude to work and to be instructed

\*See Extra-Curricular Code of Conduct

Practice Rules:

1. Attendance is required for all practices.
2. Saturday practices may be held when necessary.
3. You must dress appropriately for all practices. Failure to do so will result in suspension from a portion of or entire event.
4. If you become ill during the day and leave school, you must notify the sponsor.
5. If you miss a practice, a written note from a parent or guardian will be required. Practice will still be deemed unexcused.
6. Additional practice/meetings may be called at the discretion of the coach.

7. If you miss a practice and it is unexcused, the member will not be allowed to cheer at the next event. (Any student suspended from the squad for one game or more than one game will not be allowed to ride on school transportation.) Upon the second missed practice for an unexcused reason, the member will be dismissed from the squad.
8. After three tardies to games/halftime/practices the member will not be allowed to cheer at the next event.
9. After six tardies, the cheerleader will be dismissed from the squad.

### **Cheerleading Captain:**

There will be two captains chosen each year to serve the entire year. Captains may be chosen based upon the tryout scores and/or voting by the squad members, and/or sponsor's decision. Captains are expected to help promote the skill development of other squad members, as well as to lend support to coaches' decisions regarding safety and discipline.

Responsibilities of captains include, but are not limited to: acting as a liaison between coaches and squad members, coordinating half-time, time-out, and pep rally routines, making/keeping a list of current cheers and chants, and selecting and starting appropriate cheers and chants during games.

### **Squads:**

Varsity basketball members will have at least three attending all varsity and JV boys' and girls' games both home and away.

Junior High will consist of members with at least three attending all freshmen, junior high, and 7th and 8th grade games both home and away.

### **Uniforms and Appearance**

1. Cheerleader tops, skirts, and poms will be provided.
2. Shoes, socks, tights, gloves, bodysuits will be the responsibility of each member after the sponsor has given approval of the squad's decision. These items should be worn only with the uniform.
3. It is the responsibility of each member to maintain a complete uniform. (Dry cleaned and mended)
4. NO HICKIES. If a member has a noticeable hickie, it will result in the member being benched.
5. While in uniform the following rules apply:
  - a. No gum chewing
  - b. No jewelry (stud earrings may be worn when not cheering). No earrings are to be worn when cheering or practicing.
  - c. Only clear nail polish may be worn.
  - d. Hair must be worn back as decided by the squad. Members must wear their hair the same way.
  - e. No kissing, hugging, etc.

\*Disobeying these rules could result in being benched for a game. Persistent infringement could result in suspension or dismissal from the squad.

### **Transportation:**

1. Transportation shall be provided by the school to away events.
2. The cheerleaders will follow the policies set by the school board.
3. All cheerleaders must ride the bus to the event unless excused by the sponsor/principal before the event.

### **Cheering Time:**

1. Cheerleaders are required to be at all home events 30 minutes prior to starting time and 15 minutes prior to the bus departing time.
2. Cheerleaders are to be in the gym to cheer with no less than one minute on the score clock. If late, it will be counted as one tardy.

### **LETTERS**

Letters may be awarded to junior high and high school cheerleaders who have completed the season without dismissal or with suspensions less than three days. Letters will be awarded at the Athletic Banquet in May. To receive these awards students must be present at the athletic banquet. Certain situations will be looked upon by the A.D., Coaches, and Administration.

## **TRACK**

Linn County will have a junior high and high school track team for both girls and boys. All eligible students are allowed to try-out. Students will be expected to participate in events assigned by the coach or assistant coach.

Students are responsible for providing their own running shoes and are responsible for their uniforms if lost or damaged. Coaches are allowed to establish training rules. Failure to attend practice or follow training rules could result in suspension from the team.

As many track meets take students away from school early, students need to be advised that they are responsible for any and all work that is missed while away at track meets. Students should endeavor to get their work in advance and it is their responsibility to contact their teachers about make-up work.

Students are expected to follow all training rules and are subject to appropriate disciplinary actions.\*See Extra-Curricular Code of Conduct

## **LETTERS**

To receive a varsity letter in track, a student must have accumulated at least 10 varsity points throughout the course of the season and not have been suspended from the team for any reason.

## **GENERAL RULES FOR ALL ATHLETIC SPORTS, ORGANIZATIONS, AND EXTRA-CURRICULAR ACTIVITIES**

1. Must be academically eligible to participate in all athletic/activity events. The student must have a **2.0 GPA** or higher and not have any F's. The F qualification does not apply at mid-quarter. Students may practice with the team until eligible.
2. Develop the attitude and behavior necessary to become a good citizen.
3. Students must attend school a minimum of 1/2 day to participate and/or practice. (Exceptions must be cleared in advance by the coach/sponsor or the building principal.)
4. Observe all training rules set forth by the coach/ (Students should see the extra-curricular code of conduct in the Student Activity Handbook. Possession, use, or sale of tobacco, vaping products, alcohol, or illegal substance.
5. Go to and from activities in school approved transportation. (Exceptions must be approved by the principal in advance.) Students may be allowed to ride home with their parents if the parents sign them out at the event. Students may return home with the parents of another student only if the parent has been listed on permission slip for extracurricular events. That parent must sign the student out. Phone calls during the event will not be approved unless an emergency occurs.

## **EXTRA-CURRICULAR CODE OF CONDUCT**

This code of conduct applies to all outside activities that are not directly related to an academic grade. (All MSHSAA activities fall under these guidelines.)

- 2.2.2 Law Enforcement: a. A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. 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. c. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. (Editor's Note: If a traffic offense is accompanied by an act covered in letter a above, such as property damage, bench warrant, etc..., eligibility will be delayed per letter a.)

2.2.5 Student Responsibility: 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. Editor's Note: See also By-Law 3.10.5, Eligible at Time of Transfer.

Extra-Curricular Code of Conduct will be enforced under the following time frame. Baseball/Softball players from the first day of practice till the end of the school year or the last MSHSAA activity of that school year. For all other students, the first day of school until the end of the school year or the last MSHSAA activity of the year.

- A. Students must meet all citizenship requirements set forth by the current MSHSAA Handbook.
  - 1. Persons who are convicted of, or who plead guilty to a felony will be ineligible to represent the school for the current and following semesters.
    - a. Any student who has been formally charged with a felony will automatically become suspended from extra-curricular activities until charges are dropped, or the student is found innocent. (Students are guaranteed due-process.)
- B. Athletes who are reported by any law enforcement official, juvenile authority, school official, or employee, for using smokeless tobacco, smoking or using any tobacco product, Juuling/ECIGS/Vaping.
  - 1. First Offense: be suspended for 4 games.
  - 2. Second Offense: be suspended for the remainder of school year. (This includes all sporting events for the remainder of the school year.)
- C. Participants who are reported by any law enforcement official, juvenile office, school official or employee for use or possession of alcohol will:
  - 1. First Offense: be suspended from all extra curricular activities for a period of 8 weeks following the incident. All court costs, fines, community services hours must be taken care of/completed in order for the participant to be eligible.
  - 2. Second Offense: be suspended from participating in all extra curricular activities for a period of 365 days, or one year following the incident.
- D. Participants who are reported by any law enforcement official, juvenile office or school official or employee for use or possession of illegal drugs will:
  - 1. First Offense: be suspended from all extra curricular activities for a period of 365 days.
  - 2. Second Offense: be suspended from all extra curricular activities for the remainder of their school years at Linn County R-1.
- E. Participants whose conduct at an extra curricular activity are deemed embarrassing to Linn County R-1 or violate the conduct of good citizenship will be:
  - 1. First Offense: Suspended from no fewer than two games but not more than five games. Suspension will be determined by the sponsor and the building principal.
  - 2. Second Offense: Suspended from all extra curricular activities for 12 weeks.
- F. Any student in ISS or OSS during the day of an activity will not be allowed to participate in that activity.
- G. Any student deemed academically ineligible will not be allowed to participate in extra-curricular activities.

(Students may practice.)

**DISCIPLINARY ACTIONS TAKEN IN CONJUNCTION WITH EXTRA CURRICULAR ACTIVITIES ARE IN ADDITION TO DISCIPLINARY ACTIONS TAKEN BY THE SCHOOL IN VIOLATION OF THE SCHOOL DISCIPLINE CODE.**

## **STUDENTS**

### **Nondiscrimination and Student Rights**

The Board of Education reaffirms its belief that every student regardless of race, creed, color, sex, cultural or socioeconomic status or disabling condition be given equal opportunity for educational development.

The Board recognizes the importance of providing each student with a school environment conducive to intellectual, emotional and social growth through participation in a full range of educational programs and activities. Board and staff commitments insure equal educational opportunities in course offerings, guidance and counseling, test procedures, extracurricular activities, discipline procedures and student support services.

**Linn County R-1 School District Activity / Athletic Commitment Pledge**

Prior to participating in any practice or tryout session for any interscholastic sport, each athlete must::

1. Successfully pass a physical examination to participate in athletics, administered by a licensed physician, and the copy of such examination must be on file in of the office of the activities director.
2. Return this Activity / Athletic Commitment Pledge Form with the student and parent signatures.

As a school's student / athlete voluntarily participating in interscholastic activities / athletics, I acknowledge that:

1. I have read this Student Activity / Athletic Handbook and understand what the Linn County R-1 School District expects from me in regard to the expectations set forth in the handbook and to sportsmanship, citizenship, scholastics, and staying free from drug, alcohol, and tobacco use while enrolled in this school. I understand the consequences for violating school policy and I will not do so while a Linn County R-1 School District student participant.
2. I will be responsible for all equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any equipment not accounted for by me at the end of the season.
3. I acknowledge that in order to participate in the activity / sport, I must be present for 1/2 of a school day (either 8:00 a.m. to 12:00 p.m. or 12:00 p.m. to 3:40 p.m.) on the day of the activity. Only prior administrative approval will allow participation without minimum attendance.
4. I have been properly advised, cautioned, and warned by administrative and coaching personnel of the Linn County R-1 School District that I am exposing myself to the risk of injury, including, but not limited to, the risk of sprains, fractures, and ligament and / or cartilage damage which could result in a temporary or permanent, partial or complete impairment in the use of my limbs, brain damage, paralysis, or even death. \*\*Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury and with full consent of my parent / guardian.
5. I, along with my parent / guardian, certify that I have read and understand all of the Linn County R-1 School District activity / athletic policies in this handbook, in order to be eligible for participation, I understand I must comply with all requirements listed.
6. I 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 participating in all activities.
7. Students are the most important factors in school sportsmanship. The following suggestions will serve as a guide for our students in carrying out our responsibility at athletic contests:

We will consider athletic opponents and officials as guests and should treat them as such. We will respect the rights of students from the opposing school. We will respect the rights of all spectators. We will not boo or use any form of profanity at any athletic event. We will cheer both teams as they come on the field of play. We will commend or cheer good plays made by either team. We will cheer for an injured player when removed from the game. We will support our teams and cheerleaders wholeheartedly. We will accept the official's decision as final. We will show self-control at all times during the game and after. We will be modest in victory and gracious in defeat.

Student Signature-----Date-----





## Parental Activities Contract

As a member of the Missouri State High School Activities Association, it is our belief that interscholastic activities are an integral part of the middle school and secondary curricular program and an extension of the classroom. Our school's program shall supplement the curricular program of the school and shall provide the most worthwhile experiences possible. These expectations shall result in learning situations that contribute to the development of the attributes necessary for good citizenship.

**Fundamentals of High School Activities:** When hosting an event, the opponent should be treated as guests and treated cordially. Officials should be recognized as impartial arbitrators who are trained to do their job to the best of their ability. Familiarity with the current rules of the game and recognition of the necessity for a fair contest are essential. Sportsmanship requires one to understand his or her own bias and the ability to prevent the desire to win from overcoming rational behavior. Applause for an opponent's good performance is a demonstration of generosity and good will and should not be looked at negatively.

**Expectations of Parents:** Your enthusiasm as a spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon our school and our community. Parents are expected to:

- **Know and demonstrate the fundamentals of good sportsmanship.**
- **Respect, cooperate and respond to cheerleaders.**
- **Respect school property and authority.**
- **Show respect for opponents and opposing coaches and fans.**
- **Show respect for players who are injured.**
- **Respect the judgment and strategy of the coach (even if you disagree).**
- **Respect the judgment of game officials (even if you disagree).**
- **Avoid profane language and obnoxious behavior at all times.**
- **Avoid applauding errors or penalties of the opponents.**
- **Refrain from heckling, jeering or distracting opponents, including distracting behavior during the shooting of free throws.**
- **Refrain from being critical of players, coaches or officials for a loss.**
- **Refrain from throwing objects on the playing area or in the bleachers.**
- **Avoid stomping of bleachers or the use of artificial noisemakers.**
- **Refrain from using cheers that taunt or ridicule opposing players, coaches, cheerleaders or spectators.**
- **Refrain from booing or showing displeasure with game officials or game activities.**

I certify that I have read and understand the above expectations and information related to sportsmanship. I understand that I am a role model for my son/daughter and that I represent our school and our community when I attend an activities function. I also understand that if I do not comply with the above listed responsibilities that I may forfeit my privilege of attending future activities involving our school.

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Date

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Parent's signature