

Lexington R-V School District



Activities Handbook

2019-2020

Lexington High SCHOOL DISTRICT
EXTRA-CURRICULAR HANDBOOK

Statement of Philosophy:

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

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

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

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

While room for creativity within individual activity must exist, a central thread of consistency of the basic tenants of the Lexington R-V Philosophy of Activities should form a primary foundation of each activity.

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

Desired Outcomes of the Minutemen Athletic Programs:

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

Affiliations:

MSHSAA Sponsored Sports – MRVC Conference Affiliation

The Lexington School District is a cooperating member of the Missouri River Valley East Conference Association of Cooperating Schools and is committed to adhere to the rules and regulations of the association.

| MRVC EAST | MRVC WEST |
|---|---|
| Carrollton Holden Knob Noster Lafayette Co. C-1 Lexington Richmond | Excelsior Springs Harrisonville Oak Grove Odessa Pleasant Hill Warrensburg |

In addition to competing for conference championships within each division, an all-sports award is presented to the school that has the best overall record in the sports recognized by the conference.

LHS Sports by Season

| Fall | Winter | Spring |
|--|--|---|
| Football Head Coach – Kyle Cogan | Basketball – Boys Head Coach – Chris Brooks | Baseball Head Coach – Jeff Smith |
| Softball Head Coach- Amanda Sherman | Basketball – Girls Head Coach – | Track and Field – Head Coach – Chad Caldwell |
| Tennis – Girls Head Coach – Rodney Wolken | Basketball Cheerleading Head Coach – Amanda Edwards | Tennis – Boys Head Coach – Rodney Wolken |
| Volleyball Head Coach – Malissa Florez | Wrestling Head Coach – Shane Williams | Golf Head Coach – Brian Eads |
| Football Cheerleading Head Coach – Sabra Eads | | |

LMS Sports by Season

| Fall | Winter | Spring |
|---|---|--|
| Football Head Coach- Aaron Hayden | Basketball – Boys Head Coach Brian Eads | Track and Field – Head Coach Boys-Jacob Bounds Head Coach Girls- |
| Softball Head Coach- No Team | Basketball – Girls Head Coach- Riley Patterson | |
| Volleyball Head Coach- Riley Patterson | Wrestling- Head Coach Aaron Hayden | |

LHS Activity Fees

| Activities | Fee |
|--|------------|
| Academic Team | -- |
| Band (Flags, Twirlers, Drum Majors) | \$25.00 |
| Choir | \$25.00 |
| DECA (Distributive Education Clubs of America) | \$10.00 |
| D.O.I.T Club | -- |
| Forensics | -- |
| FCCLA (Future Career and Community Leaders of America) | \$20.00 |
| FFA | \$15.00 |

| | |
|---|---------|
| Musical Cast (Refreshment Sales Fee) | \$5.00 |
| National Honor Society | \$10.00 |
| SkillsUSA (Tech Center Students Only) | \$20.00 |
| Student Council | -- |
| Thespians (One time fee) | \$22.00 |
| TOP Club (9 th and 10 th Grade) | -- |

Students who participate in **activities** must pay before they can **PARTICIPATE**. Students who participate in **athletics** must pay before they can **COMPETE**. Fees must be paid to the student's respective building's office.

- There will be a \$100 cap per family, per school for participation fees.
- Students playing two sports in the same season will only be required to pay one participation fee.

| Lexington R-V Family Activity Pass | Fee |
|--|------------|
| Family Activity Pass <ul style="list-style-type: none"> • For parents and school age children through 12th grade • Home games only • No tournaments or MSHSAA sanctioned play-off events | \$100.00 |

STUDENT INFORMATION

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

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

I. Expected Behavior of Athletes:

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

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

II. Guidelines for Participation:

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

- A. Students in athletics, cheerleading, must have a physical examination by a qualified physician and this form must be kept on file in the office of the athletic director. In order for this physical exam to be valid, it must have been administered on or after February 1 of the previous year, and have been signed by a parent or guardian giving the student permission to participate. **MSHSAA by law 3.8.1 and 3.8.2**
- B. All students who participate in athletics, cheerleading, must have on file in the office of the athletic director written proof of valid insurance coverage. **BOTH A. and B. MUST BE COMPLETED PRIOR TO PARTICIPATION IN PRACTICE.**
- C. CITIZENSHIP: Students must be creditable school citizens whose conduct, either in or out of school will not reflect discredit to themselves or their school. **MSHSAA by law 2.2.1**
- D. ACADEMICS: 1.) An incoming freshman must have been promoted from the eighth grade.
2.) **MSHSAA 2.3.2 Academic requirements, Grades 9-12** Effective July 1, 2009, as a result of the 2007 Annual Ballot, the minimum academic standard will be increased to 3.0 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater. Students must be enrolled in at least 6 credit earning classes during the semester of eligibility. Second semester freshmen through seniors must earn 3.0 credits in the previous semester. Students may earn up to one (1) full credit needed for graduation in summer school. Students must maintain a “C-“average based on semester grades. An appeals committee comprised of the Principal, Athletic Director and Counselor exists for special circumstances.
3.) **MSHSAA 2.3.7 Academic requirements, Grades 7-8.** A “grading period” is a period no less than six weeks and no greater than nine weeks where progress is determined and is reported to the students or parents. A student must have been promoted to a higher grade. However, any such student who failed more than two scheduled subjects, or failed to make standard progress in special education, shall be ineligible the following *grading period* regardless of promotion to higher grade.
- E. TRANSFERRING SCHOOLS: Students *and* parents must move into the district of their new school unless they meet the exceptions listed in MSHSAA rules. **MSHSAA by law 2.5**
- F. PARTICIPATION LIMITS: Students are eligible to participate in any activity for a maximum of four consecutive seasons beginning when he/she enters the ninth grade. **MSHSAA by law 2.4.1**
- G. AGE LIMIT: If a student reaches nineteen (19) years of age prior to July 1, he/she will be ineligible the next school year. To be eligible for the junior High school competition against teams in a particular grade classification, the student shall not have reached the following ages prior to July 1 preceding the opening of school: Grade Seven (7) age 14 and Grade Eight (8) age 15. If a student does not meet the age standard for a particular grade classification, that student may compete on a team of a higher grade classification. **MSHSAA by law 3.5**
- H. ENTERING SCHOOL: Students must enter school within the first eleven (11) days of the semester in order to be eligible. **MSHSAA by law 2.5.2**
- I. AMATEUR AND AWARDS STANDARDS: Students may not receive cash or merchandise for participating in an athletic contest. Any awards presented must be symbolic in nature such as medals or ribbons and the retail value cannot exceed \$250.00. **MSHSAA by law 3.6.2.** *A student may play in a band, sing, etc. and receive remuneration, if they are not representing the school.*
- J. NON-SCHOOL COMPETITION: Students may not participate for or participate with a non-school team or in any organized non-school athletic competition in the same sport during the same season.

For example, a student may not play on an AAU basketball team during the school basketball season. A track participant may not enter road races or be on a club team at the same time. A baseball player cannot play or practice on a Summer League team during the same season. Students may participate on a school team and a non-school team in different sports during the same season. Students may not practice with or participate for a non-school team or organized non-school athletic competition on the same day as they practice or participate for the school team without approval of their school administrator. **MSHSAA by law 3.13.2**

- K. DISCIPLINE CODE: The Lexington R-V School District Discipline Code applies to all activities and participants. Violations of the discipline code may result in suspension from game participation or removal from the team. Student Responsibility to notify the school of any and all situation that would affect his/her eligibility under the below standards. If a student does not notify school of the situation prior to the school's discovery then the student shall be ineligible for up to 365 days from discovery.
- L. In particular:
- a. ABSENCES: A student must be in attendance for 4 of the 7 classes of the school day to be eligible to participate in or attend an activity that night, unless the absence is prearranged with the principal or athletic director.
 - b. SCHOOL PROPERTY: Any student/athlete who owes a fine or has been assessed damages will not be allowed to play, practice, or attend any extracurricular activity until the fine or assessed damages are paid. Also, all students must turn in their uniforms(s)/equipment from the prior season to be eligible to participate in upcoming sport/activity.
 - c. TRANSPORTATION: If the school provides transportation, the student must ride that school transportation to and from all school sponsored activities. Exceptions will only be made where the parent or guardian contacts the coach/sponsor to make the arrangements. Students are expected to be on their best behavior while representing the district. This includes riding the bus.
 - d. SUSPENSION: If a student is suspended from school, the student will not be eligible to participate until he/she has fulfilled the disciplinary requirements established by the administration. In addition the student will miss the next official contest or meet in which he/she would be involved.
 - e. ANY BEHAVIOR NOT LISTED ABOVE BUT LISTED IN THE Lexington R-V STUDENT HANDBOOK: These incidents will be handled on an individual basis and the coach, athletic director/assistant principal, and/or principal will make determinations as to the consequences.
- L. CITIZENSHIP GUIDELINES FOR ACTIVITIES AT Lexington R-V: It is understood that citizenship eligibility cases are handled on an individual basis at the school level by the coach/sponsor, athletic director and/or principal. However, minimum system wide guidelines will assist in the handling of certain cases.
1. STUDENTS UNDER ARREST: If a student is arrested for a misdemeanor (shoplifting, vandalism, DWI, etc.) or for a felony (assault, robbery, etc.) the student will ***not*** be allowed to represent the school in interscholastic activities until the legal outcome of the case had been determined and any penalty or special condition of probation has been satisfied. If law enforcement authorities determine that charges will not be filled, eligibility will be contingent upon school policies. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others.
 2. POSSESSION OF ALCOHOL, TOBACCO, NON-PRESCRIBED DRUGS, AND/OR DRUG PARAPHERNALIA: Students shall not use/possess or distribute alcoholic beverages, non-prescribed drugs, drug paraphernalia, or tobacco. The use of these will be dealt with on an

individual basis depending on the severity of the incident and consistent with the MSHSAA guidelines with the consequences ranging from suspension to termination of privileges. The following actions by a student will result in automatic dismissal from the team for the remainder of the sports season, when reported by certificated school employees or law enforcement authorities during the season. In addition, the student must sit out the first one fourth of the contests for the next season in which he/she participates. This penalty also applies to any student in violation of the following during off-season sports. A second violation will deem the student ineligible for a period of one year (365 days). That penalty may be reduced to 180 days if the student voluntarily completes a qualified recovery program, and agrees to random drug testing for the remainder of his/her high school athletic eligibility.

- A. Use of or personal possession of alcohol.
- B. Theft at school where school discipline is administered. If theft occurs away from school and charges are brought forth, the student will be suspended from games until eligible by MSHSAA guidelines.
- C. Selling, use of, or possession of a controlled substance will result in the loss of eligibility for 365 days. Voluntary completion of a qualified recovery program would reduce the penalty to 180 days.
- D. Vandalism of school property.

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

Use of or possession of **TOBACCO**:

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

Out of Season:

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

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

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

- 3. **STUDENTS WHO ENGAGE IN UNSPORTSMANLIKE ACTS:** Discipline for such acts resulting in a flagrant foul, technical foul, unsportsmanlike conduct penalty, etc. will be left to the discretion of the coach but could cause the student-athlete to be restricted from representing the school for **at least** the next contest. Please note that if any player receives a special report related to profanity or unsportsmanlike conduct toward a player or official, or is ejected our school requires that at a minimum the player not play in the next contest.
- 4. **STUDENTS GUARANTEED DUE PROCESS:** The student will have the opportunity to express his/her side of any incident in which he/she may be involved. If the student is dissatisfied with any decision, he/she has the right to appeal through the following channels.
 - a.) Athletic Director

- b.) Principal
- c.) Superintendent
- d.) Board of Education

M. ATHLETES WHO QUIT A TEAM: Any athlete who quits a team after the first scheduled contest will not be allowed to join another team until the season for the team he/she quit has been completed. Athletes who are cut from a team may join another team prior to the end of the season of the team from which he/she was cut if the coach of the new team approves. *Coaches are discouraged from allowing a player who has quit a team to be reinstated, although such situations should be handled on an individual basis.*

N. SATURDAY/HOLIDAY/WEDNESDAY/SUNDAY PRACTICE:

1. **SUNDAY:** Varsity teams may have a voluntary practice after 1:00 PM on Sundays that precede a District Tournament game or regular tournament game or when the gym is not available on Saturday. The following guidelines must be followed:
 - a.) The principal/athletic director should be notified in advance.
 - b.) Players cannot be required to attend and shall not be penalized if they choose not to attend or have other commitments.
 - c.) Practices shall be held after 1:00 PM.
2. **SATURDAY:** Saturday practices may be scheduled at the discretion of each coach with the approval of the principal/athletic director. Players cannot be required to attend and shall not be penalized if they choose not to attend or have other commitments.
3. **HOLIDAYS:** Holiday practices are permissible but coaches will use judgment in setting and conducting them. Athletes who are out of town with their families should be excused and not penalized. While it is necessary to practice over the holidays, coaches recognize that this is often a time for family trips and other functions.
4. **WEDNESDAY:** When possible, Wednesdays will be avoided when scheduling competitions. This does not include tournaments or make-up games.
5. *Missing practice without notifying a member of the coaching staff of the respective sport will be considered a serious offense and the penalty shall be determined by the head coach of the respective sport.*

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

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a

What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if he/she just "doesn't feel right." Most concussions occur

DANGER SIGNS

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

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

WHEN IN DOUBT, SIT THEM OUT!

MSHSAA Concussion Return to Play Form

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

evaluation and care of the scholastic athlete following a concussion injury. **Please initial any recommendations that you select below.**

Athlete's Name: _____

Date of Birth: _____

Date of Injury: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____ Care Plan Completed By: _____

Return to This Office (Date/Time): _____

Return to School On (Date): _____

RETURN TO SPORTS

PLEASE NOTE:

1. Athletes should not return to practice or play for at least 24 hours after their head injury has occurred.
2. Athletes should never return to play or practice if they still have **ANY symptoms**.
3. Athletes: Be sure that your coach and/or athletic trainer are aware of your injury and symptoms, and that they have the contact information for the treating physician.

The following are the return to sports recommendations at the present time:

Physical Education: Do **NOT** return to PE class at this time.

May return to PE class at this time.

Sports: Do **NOT** return to sports practice or competition at this time.

May gradually return to sports practices under the supervision of the healthcare provider for your school or team.

May be advanced back to competition after phone conversation with attending physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist)

Must return to physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist) for final clearance to return to competition.

- OR -

Cleared for full participation in all activities and restrictions. Return of symptoms should result in re-evaluation by physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist) for assessment.

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____ Office Phone: _____

Evaluator's Signature: _____

Evaluator's Address: _____

Return to Play (RTP) Procedures after a Concussion

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

Asymptomatic at rest and with exertion (including mental exertion in school) AND have written clearance from their primary care provider or concussion specialist (athlete must be cleared for progression to activity by a physician other than an Emergency Room physician, if diagnosed with a concussion).

2. Once the above criteria are met, the athlete will be progressed back to full activity following the step-wise process detailed below. (This progression must be closely supervised by a Certified Athletic Trainer. If your school does not have an athletic trainer, then the coach must have a very specific plan to follow as directed by the athlete's physician).
3. Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly.
4. Stepwise progression as described below:

Step 1: Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2: Return to school full-time.

Step 3: Light exercise. This step cannot begin until the athlete is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin walking or riding an exercise bike. No weight-lifting.

Step 4: Running in the gym or on the field. No helmet or other equipment.

Step 5: Non-contact training drills in full equipment. Weight-training can begin.

Step 6: Full contact practice or training.

Step 7: Play in game. Must be cleared by physician before returning to play.

- The athlete should spend 1 to 2 days at each step before advancing to the next. If post-concussion symptoms occur at any step, the athlete must stop the activity and the treating physician must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms occurred.

P. LETTERING POLICY: Letters will be awarded to deserving athletes at the C- Team, Junior Varsity and Varsity levels in sports where teams are fielded at that level of play. Deserving athletes will only be awarded one C-Team certificate, one Junior Varsity certificate, and one Varsity letter. Bars and Pins will be awarded for multiple sports played at the same level after the first letter is given. Each coach

shall determine his/her own criteria for lettering purposes, subject to the approval of the athletic director. The coach will also make the athletes aware of the lettering criteria prior to the start of the season. In each sport, the coach shall determine if an athlete is eligible for a C- Team, Junior Varsity, or Varsity letter.

Q. SCHEDULING CONFLICT RESOLUTION: Many of our student-athletes compete in multiple extracurricular activities. There may be situations where the seasons coincide or perhaps the two seasons overlap. When this happens the following hierarchy will be used to determine which event the student athlete will compete/perform.

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

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

III. College Bound Student Athletes:

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

Core Courses

NCAA Division I requires 16 core courses. NCAA Division II currently requires 14 core courses. Division II will require 16 core courses for students enrolling on or after August 1, 2013. See the charts below.

NCAA Division I will require 10 core courses to be completed **prior to the seventh semester** (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the seventh semester and cannot be retaken for grade improvement.

○ *Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.*

Test Scores

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

Grade-Point Average

- Be sure** to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- Division I** students enrolling full time **before August 1, 2016**, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year.
- Division I** GPA required to receive athletics aid and practice on or after August 1, 2016, is 2.000 (corresponding test-score requirements are listed on Sliding Scale B).
- Division I** GPA required to be eligible for competition on or after August 1, 2016, is 2.300 (corresponding test-score requirements are listed on Sliding Scale B).

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

Division I 16 core courses:

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

Division II 16 Core Courses (2013 and After):

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

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

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

- G. JUNIOR COLLEGE ELIGIBILITY: Junior Colleges vary widely on their requirements. Contact the school's registrar for specific requirements.

IV. Parent/Coach Communication:

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

A. COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH/SPONSOR:

- 1.) Philosophy of the coach.
- 2.) Expectations the coach has for your child as well as all the players on the squad.
- 3.) Locations and times of all practices and contests.
- 4.) Team requirements, i.e., practices, special equipment, out-of-season conditioning.
- 5.) Procedures followed should your child be injured during participation.

B. COMMUNICATION COACHES/SPONSORS EXPECT FROM PARENTS:

- 1.) Concerns expressed directly to the coach.
- 2.) Notification of any schedule conflicts well in advance.
- 3.) Specific concerns with regard to a coach's philosophy and/or expectations.

***As your child(ren) become involved in the interscholastic programs at Lexington R-V School District, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach/sponsor is encouraged.

C. APPROPRIATE CONCERNS TO DISCUSS WITH COACHES/SPONSORS:

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

It is very important to accept your child's not playing as much as you may hope. Coaches are professionals. Coaches make judgment decisions based on what they believe to be **best for all students involved**. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

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

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

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern:

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

- 1.) Call to set up an appointment.
- 2.) The Lexington R-V High School phone number is 660-259-4391 and the Middle School phone number is 660-259-4611.
- 3.) If the coach cannot be reached, call the athletic director. A meeting will be set up for you.
- 4.) **PLEASE DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OF AFTER A GAME OR PRACTICE. 24HRS** these can be emotional times for both the parent and the coach. Meeting of this nature do not promote resolution.

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

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

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

Lexington R-V SCHOOL DISTRICT CITIZENSHIP GUIDELINES FOR EXTRA-CURRICULAR ACTIVITIES 2019-2020

I acknowledge receipt of, and have studied and understand the Lexington R-V School District Interscholastic Handbook. **We agree to abide by these rules** and those established by the MSHSAA, MRVC Conference.

We understand that all activities involve specific risks.

As a student-athlete/student participant at Lexington R-V I have not, nor am I currently serving court assigned probation, owe a fine or restitution, or have been assigned community service for violation of the law. I understand that participating on an interscholastic team while my character is not at the highest level jeopardizes not only my eligibility but, that of my teammates.

Signature of Student: _____ Date: _____

Signature of Parent(s)/Guardian: _____ Date: _____

This sheet must be signed by the parties indicated and returned to the head coach/sponsor of the appropriate activity before the student will be allowed to participate.

| | |
|---|--------------------|
| PARENT AND STUDENT SIGNATURE (Concussion Materials) | |
| We have received and read the MSHSAA materials on Concussion, which includes information on the definition of a concussion, symptoms of a concussion, what to do if you have a concussion, and how to prevent a concussion. | |
| Signature of Athlete: _____ | Date: _____ |

| | |
|--|--------------|
| | |
| Signature of Parent(s) or Guardian: | Date: |

This sheet must be signed by the parties indicated and returned to the head coach/sponsor of the appropriate activity before the student will be allowed to participate.