

Louisiana R-2 School District



Activities Handbook

2023-2024

bulldogactivities.org

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Introduction

Research indicates a student involved in extracurricular activities has a greater chance of success during adulthood. With this in mind, these activities have been established. Many of the character traits required to be successful participants are exactly those that will promote a successful life after graduation. We hope the information provided within this handbook helps your family's experience with Louisiana R-2 activities less stressful and more enjoyable.

This manual has been authored to serve as a guide to and for activities in the Louisiana R-2 School District. All teams and groups that compete against other schools will be governed by the guidelines set forth in this manual and referred to as an activity. In addition, The Missouri High School Activities Association (MSHSAA) guidelines apply to the interscholastic activities under their jurisdiction. In addition to the requirements found in this manual, each coach/sponsor will develop guidelines, expectations, and rules that apply to his/her respective activity. These will be provided to students at the start of the sports or activity season. The coach/sponsor's rules, expectations, and guidelines must be adhered to in order to maintain eligibility. Each coach/sponsor has the authority to develop and enforce such guidelines as needed to run a safe, respectable, and effective program.

Mission

We want our students to have the opportunities and experiences to develop the following skills:

- ✓ Respect for self and others
- ✓ Ability to take positive risks
- ✓ Appreciate and recognize strengths and weaknesses
- ✓ Understand the idea of teamwork and working towards common goals
- ✓ Realize the importance of life skills
- ✓ Become aware of the diversity around our school district

One of our goals through activities is to prepare students for the successes and failures they will face in the future. Our activities provide enrichment, entertainment, and pride for parents and the community. By being involved in activities, students will understand how to contribute positively to society now and in the future.

Louisiana R-2 Activity Philosophy

We strive to win championships, but only by maintaining the integrity of our students, our school, and our community. At all levels we are striving to produce champions while teaching the skills of the given activity along with lessons of sportsmanship, responsibility, and teamwork.

Bulldog Pride will be earned daily by practicing these fundamental ideas:

- ✓ Always strive for excellence
- ✓ Achieve optimal performance
- ✓ Teach and model the process of success
- ✓ Lead a group to become a highly effective team
- ✓ Teach students how to win (Students need to learn to win at life)
- ✓ Teach students about intrinsic motivation
- ✓ Communicate effectively
- ✓ Respect and protect the self-worth of our students
- ✓ Be demanding without being demeaning

Citizenship Standards

The Louisiana R-2 School district and the Missouri State High School Activities Association (MSHSAA) believe in obtaining credible citizenship habits. These opportunities give students a chance to learn lessons not taught in the classroom. Students are representing both their school and community and must be held to high standards of citizenship. Inappropriate behavior as far as citizenship is concerned includes but is not limited to:

- The use, distribution, or promotion of illegal and/or illicit activities and behaviors. This includes but is not limited to personal websites (i.e. Facebook), and social networking sites (i.e. Twitter) or any electronic technology device (i.e. cell phone).
- Hazing and other inappropriate initiation practices will not be tolerated.

The citizenship standards are not only enforced during the activity's season, but throughout the entire year. Students do not have to be in season in order to violate the citizenship standards. Those students violating the citizenship standard for the first time will have a restriction of 30% of the remaining contests of the current activity. The second infraction will result in being ineligible for all activities for 365 days. Students will be allowed to practice during this time.

Should a student violate the Citizenship Standards he/she must report the infraction to the building principal or Activities Director. Choosing to not self-report will result in increased penalties.

Any in school or out of school suspensions will prevent students from participating in practice or games/activities during suspension. If excessive, the student will be removed from the team/activity.

Changing/Quitting Teams

A student participating in a sport but who does not finish the season in that sport will not be eligible to start practicing for another sport before the end of the competition in the sport dropped.

Academic Standards

MSHSAA

A student in grades 9-12 must be currently enrolled in and regularly attending courses that offer a minimum of 3.50 units of credit and must have earned a minimum of 3.00 units of credit the preceding semester of attendance (pass 6 out of 7 classes or 7 out of 8 classes); or a student must be enrolled in a full course at his or her level in a special education program approved by the Missouri State Department of Education, which though ungraded enrolls pupils of equivalent age, and that student must have made standard progress for his or her level the preceding semester. MSHSAA standards dictate that a student falling below 3.0 credits passed for a semester will be ineligible for the next semester.

Grades 7 and 8 Requirements: A 7th or 8th grade student must meet the following requirements in order to be academically eligible to participate in interscholastic activities:

- a. Grading Period: 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 students/parents. A student must have been promoted to a higher grade or a higher level in special education at the close of the previous year. However, any such student who failed more than one scheduled subject, or failed to make standard progress in special education, shall be ineligible the following grading period regardless of promotion to the higher grade. (However, see also item c below).
- b. Semester of Participation: The student shall be currently enrolled in and regularly attending the normal course for that grade or must have enrolled in a full course at his or her level in any public school special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent chronological age.
- c. Entry into 7th or 9th Grade: This section shall not apply to students promoted for the first time into the 7th or into the 9th grade prior to the first day of classes.

Transportation

All students participating in school sponsored activities requiring transportation will be transported by school furnished transportation. Students will not be allowed to take automobiles to school sponsored activities unless special approval is granted by administration. All students will be required to return by school furnished transportation unless written permission is given to a coach/sponsor by the student's parent/guardian. If there are special arrangements that need to be made, those arrangements need to be made prior to the day of the event.

Eligibility

Eligibility is a privilege to be granted by the school to a student, which allows that student to participate in interscholastic activities. Eligibility is not a student's right by law. Previous legal cases have determined that eligibility is a privilege to be granted only if the student meets all school adopted standards, which enables the school to grant the student such a privilege. If a student would like to attend a camp, take lessons, or be a member of a non-school sponsored team, it is best to check with the Activities Director. The Activities Director will use the MSHSAA handbook to make sure there are no eligibility concerns.

Insurance & Physical Exams

The Louisiana R-2 School District will require each student participating in athletics to have a MSHSAA Physical Form filled out by certified medical personnel stating that he or she is physically able to participate in athletic competition for the school district.

A student shall not be permitted to practice or compete for the school district until it has verification that he or she has basic athletic insurance coverage.

If a student does not have insurance, the school partners with a company that will provide insurance for that student for a small fee. Please see the Activities Director for more information.

Attendance

As student-athletes, it is very important that our young people attend all practices and contests. If a student-athlete does not attend practice or a contest and the absence is unexcused they will be subject to extra conditioning, loss of playing time and possibly removal from the activity.

Listed below are the types of absences that WILL be excused:

- Illness accompanied by a parent note/phone call/email
- Illness accompanied by a doctor's note
- Court
- Visitation/Funeral
- Family Crisis (i.e. car accident, family member in hospital)
- School Trips/Functions
- College/Campus Visit
- Summer Vacations (Coaches need to be given notice of arrangements)

*Students will still have to meet the 14 practice requirement to still be eligible to play in contests.

Listed below are the types of absences that WILL NOT be excused:

- Work
- Saturday Detentions
- Hair appointments
- Personal matters (i.e. errands, chores)

The following scale will be used by all activities sponsors when dealing with unexcused absences:

- 1st Unexcused Absence: Extra conditioning (Coach can choose to sit player for next contest)
- 2nd Unexcused Absence: Suspended for 25% of the remaining contests (no less than 1)
- 3rd Unexcused Absence: Suspended for 50% of the remaining contests
- 4th Unexcused Absence: Removal from the team

Dual Participation

Student athletes may participate in more than one activity during the same season with the approval of the coaches, Athletic Director, and the student athlete's parents. The student will be required to fill out a Dual Activities Participation Contract and choose a primary activity. A schedule will be worked out between both coaches and the student at this time with consideration given to the importance of the sport (ex. varsity versus junior varsity, playoffs versus regular season and games versus practice). Where there are scheduling conflicts, the student must attend the contest for their designated primary unless arrangements are made between the coaches. The student athlete must realize that extra time for practice is necessary to compete in two activities in one season. The student must meet the conditioning requirements set forth by the MSHSAA bylaws of both activities. If the requirements of one or both activities are not met, the student

athlete may be cut from the activity(s). Students will not be allowed to dual sport if they have any grade lower than a 70% at any given grading period (progress reports, quarter, or semester) during the season in which they would like to dual sport.

We have also come across situations where students are playing for the school in one sport and for a travel/recreational team in another sport during the school sport season. This is complicated but is allowed by MSHSAA by-law 3.13.2.b.

3.13.2.b. Same Season/Different Sport: 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 under the following specific conditions. In order to be eligible for the school team, the student must join the team at the start of the season and attend all scheduled school practices and contests. Participation in a non-school sport event that is specifically allowed in Section 3 must be approved in advance by a school administrator. Absences not related to non school competition will be handled locally.

1. No school time is missed to compete, practice for, or travel to the site of such non-school competition unless the absence is approved in advance by the school administrator.
2. The student shall not practice for or compete in the non-school competition on the same date the school team practices or competes, without approval of the school administrator.
3. School Coaches: If held during the school year but outside the designated school season for the sport:
 - (a) A high school coach of any sport may not provide any coaching or instruction to any student who currently attends or will attend the member high school (grades 9-12) the following year.
 - (b) A junior high school coach of any sport may not provide any coaching or instruction to any student who currently attends or will attend the member junior high school (grades 7-8; and grade 9 when included in a separate junior high school membership) the following year.
 - (c) No coach may play on a non-school team on which members of his/her school team will be participating nor may he/she be directly involved in the actual administration of such games, including officiating.

The Louisiana R-2 School District will not allow a student to miss a school contest for a non-school practice or contest. If the student and their parents make the choice to attend the non-school practice or contest instead of the school contest, that absence will be counted as an unexcused absence and the student will be subject to the discipline stated above in the attendance policy.

Ejections From Contest

If any player or coach is ejected from a contest, MSHSAA By-Law 5.5 states that they are suspended for the next contest. The administration is allowed to increase that punishment based on the situation. If a fan is ejected from a contest, that fan will be suspended for, at minimum, the next contest. In this situation as well, the administration is allowed to increase that punishment based on the situation. If a fan refuses to leave, causes a disruption, and/or is disrespectful they can expect that punishment to be severe.

Parent-Participant-Coach/Sponsor Communication Guide

The Louisiana R-2 Philosophy

- Achievement requires sincere commitment from all participants, parents, coaches/sponsors, and administrators. To be successful, effective communication must occur.
- The school activities department and administration believe strongly in being accessible to parents and supportive of the staff.
- We are continually attempting to improve communication with students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of a program.

Expectations for Parent Communication with Coaches/Sponsors

- 1) It is reasonable to expect your child's coach/sponsor to inform you
 - a. When and where practices and contests are held.
 - b. About the expectations he/she has for all students, as well as your individual child.
 - c. What is required to be a part of the team/activity, i.e. time commitment, fees, special equipment, off-season preparation, lettering/award requirements.
 - d. If your child is injured during participation in a practice or contest.
 - e. Whenever any disciplinary action results in your son/daughter being denied participation in a practice or meet.
- 2) Typical concerns of parents that are appropriate to discuss with a coach/sponsor are
 - a. Any unhealthy mental or physical strain you detect in your child at home (especially when it affects his/her academic performance)
 - b. How you can contribute to your child's skill development.
 - c. Any significant changes you detect in your child's behavior.
- 3) It is inappropriate to discuss with a coach/sponsor
 - a. Playing time.
 - b. Team strategy or play calling.

- c. Other students.
- 4) Coaches/Sponsors often need parents to tell them
 - a. Any specific health concerns about your son/daughter.
 - b. Notification of any schedule conflicts. Please make sure this contact happens well in advance of the conflict.
- 5) Your commitment to the program and how you plan to make a contribution to the program's success. For example, ensuring your child gets enough rest and nutrition at home.

Procedures for Contacting Coaches/Sponsors

- 1) Make sure the student has met with the coach/sponsor and discussed the issue.
- 2) Make an appointment with the coach/sponsor and Activities Director
- 3) If the coach/sponsor cannot be reached, call the Activities Director to set up a meeting.
- 4) Please do not attempt to confront a coach/sponsor before, during, or following a contest, practice, or activity. These can be busy and emotional times for both the parent and the coach/sponsor and this time period does not promote objective analysis of the situation. **A parent should not enter a team locker room before or after a contest or practice unless his/her student has been injured.**
- 5) What should you do if the meeting with the coach/sponsor does not result in a resolution to the problem?
 - a. Meet with the Activities Director to discuss the situation.
 - b. At this meeting the appropriate next step can be determined.

24 Hour No Contact with Coach Policy

Extra-curricular and co-curricular events often represent the extremes of emotions. Profanity and confrontational behavior will not be tolerated. Parents/Guardians who have a complaint should not contact the coach/sponsor through any verbal or written communication within 24 hours after a game or performance. This will allow adults to calm down and not react in an emotional manner in front of their children. Complaints should be handled in a one on one manner out of sight of other players and parents. Steps in the grievance process are:

- 1. Student meets with coach/sponsor before or after practice.
- 2. Parent meets with coach/sponsor following the 24-hour grace period. (Please contact the Athletic Director or Administrator so that this meeting can be scheduled.)
- 3. Parent, Coach/Sponsor and Administrator meet.

*****Failure to follow these procedures and breaking the 24 hour rule will result in the following consequences for all offending parties:

First offense: Suspension from all school sponsored extra-curricular/co-curricular activities. The suspension will be a time period set by the Athletic Director and

Administrator no less than two weeks and no greater than twelve weeks or the rest of the season, whichever is greater, depending on the severity of the action taken by the adult in question.

Second offense: Suspension from all school sponsored extra-curricular/co-curricular activities. The suspension will be a time period set by the Athletic Director and Administrator no less than twelve weeks and no greater than 365 days depending on the severity of the incident. The offending person or persons may also be banned from school premises as deemed necessary.

Third offense: Suspension from all school sponsored extra-curricular/co-curricular activities. The suspension will be a time period set by the Athletic Director and Administrator no less than 365 days with the possibility of being suspended indefinitely. The offending person or persons may also be banned from school premises as deemed necessary.

Sportsmanship is an EXPECTATION, so please...Let the players play, let the coaches' coach, let the officials officiate, and let the spectators be POSITIVE!

Board Policy: Student Drug Testing

Background and Purpose

Alcohol and drug abuse are serious problems today in America, and schools including Louisiana School District are not immune. Students involved in school-sponsored activities are increasingly exposed to a variety of dangerous and illegal drugs. Some students are also attracted to "performance enhancing" drugs, such as steroids, in misguided efforts to increase their strength or endurance.

The administration of the Louisiana School District has noted and documented, both formally and informally, an increase in the use of drugs and alcohol by students, including those students participating in extracurricular activities. The administration supports a zero tolerance policy. (This means that a test has no levels noted other than positive or negative.)

The education and drug-testing program described in this policy and the administrative procedure is a part of an overall physical and social conditioning program at Louisiana School District. The school mission statement (policy AD) is the foundation of the educational program offered in the district. It states, "The mission of the Louisiana R-II School is to prepare each student to be a caring and critical thinking citizen." It is the district's position that drug and alcohol use are inconsistent with the learning process and participation in school activities. The goal is not to levy discipline, but rather to aid in the discovery and prevention of possible drug-related problems. The key component of this program is opening the lines of communication between students and parents about the serious matters of drug and alcohol abuse.

Students representing the Louisiana School District in extracurricular activities are to be respected and admired by other students, faculty, staff and the community. The participants in activities are expected to hold themselves as good examples of acceptable conduct, citizenship, sportsmanship, and represent the qualities desired of our students as stated in the Louisiana School District statement of beliefs and mission statement. Drug and alcohol use cause serious physical, mental and emotional harm. A student involved in extracurricular activities using drugs may endanger himself/herself as well as others involved in the activity. All students in the Louisiana School District who choose to participate in extracurricular activities are entitled to do so in a drug-free environment.

The purposes of the program are to prevent drug and alcohol use, educate students and their parents or guardians about the serious mental and emotional harm caused by drug and alcohol abuse, and to maintain the Louisiana School District as a safe environment for all students.

The program is mandatory to all students participating in extracurricular activities. The activities included are: boys' and girls' basketball, boys' and girls' track, baseball, golf, softball, cheerleading, flag corps, student council, National Honor Society, football, Quiz Bowl, Foreign Language Club, FBLA, FCCLA, FFA, FTA, Interact, girls' swimming and the trap team.

The program does not affect other policies and practices of the school in dealing with drug or alcohol use or possession where reasonable suspicion is obtained by means other than the mandatory and random testing discussed here. All students involved in extracurricular activities shall be tested beginning with the first day of participation in the school-sponsored program. Students will also be subject to random testing as prescribed in procedure JFCI-AP during the activity

Disclosure of Other Medications

All currently available drug tests have the possibility of producing a “false positive”. This means that if the student is taking any over-the-counter or prescription medications, the test may produce a positive reading. In addition, certain foods have been known to produce false positive results. Students who fail to provide the verification of medication and test positive will be subject to the consequences specified for positive test results.

Consequences

Consequences for a positive test shall be suspension from participation in school-sponsored extracurricular activities (contests, trips, etc.) for a period of 25 school days, and until the student tests negative. Students will be expected to attend all club meetings, and participate in all sport practices during the suspension in order to remain eligible to participate. They are also expected

to attend all games, but not participate. This subsequent test by the student will be at the expense of the student and parent/guardian. The lab testing facility must be the contracted facility by the school district. The amount of time between the first positive test and further testing must be at least 25 school days.

A student who fails to produce a sample during scheduled or random testing will be subject to the consequences of a positive test. The consequences will remain in place until the student produces a sample for testing. In addition, the student will be subject to non-random testing at the discretion of the administration or designee for two weeks from the date the sample was provided.

After a student tests positive for illegal substances, and wishes to remain eligible for any further participation in activities, he/she will be subject to non-random testing at the request of the administration or designee. The student may be tested in this manner for 365 calendar days beginning from the date of the first positive results. Testing procedures will remain identical to the random testing procedures. A second positive test, mandatory or random, will result in the student being ineligible to participate in all extracurricular activities (practices, meetings, contests, etc.) for 365 calendar days and until the student tests negative.

Drug Counseling and Assistance

The main goal of this drug testing policy is to educate students regarding the serious problems of drug and alcohol abuse. As such, drug counseling and assistance programs will be urged by the school district for any student testing positive under this policy. If requested by the parent/guardian, assistance in obtaining help for the student will be provided by the school counselors. Any assistance otherwise or enrollment into any other drug counseling sessions will be exclusively the cost of the student and parent/guardian.

Earning A Varsity Letter

Each sport will have its own criteria for earning a Varsity Letter. The criteria for each sport is listed below.

Football/Basketball Cheerleading: In order to receive a Varsity Letter for the season, a Cheerleader must:

1. Display high levels of leadership during the season.
2. Remain a citizen in good standing while on the squad.
3. Not have any unexcused absences from games, practices, or other designated events.

Football: In order to receive a Varsity Letter for the season, a football player must participate in 50% of the total Varsity quarters played for the season.

Softball: In order to receive a Varsity Letter for the season, a softball player must participate in 50% of the total Varsity innings played for the season

Basketball: In order to receive a Varsity Letter for the season, a basketball player must participate in 50% of the total Varsity quarters played for the season.

Baseball: In order to receive a Varsity Letter for the season, a baseball player must participate in 50% of the total Varsity innings played for the season.

Track: In order to receive a Varsity Letter for the season, a track athlete must receive a certain amount of points for the season. This point total will be set by the track coaches.

Golf: In order to receive a Varsity Letter for the season, a golfer must have their score used in a Varsity match or tournament in 50% of the season's contests.

Louisiana R-2 Activities

Sports	High School	Middle School
Football	x	x
Girls Softball	x	x
Cheerleading	x	x
Basketball	x	x
Girls Swimming	x	
Baseball	x	
Golf	x	
Boys Track	x	x
Girls Track	x	x

Clubs/Activities	High School	Middle School
Band	x	x
Choir	x	x
Trap Shooting	x	
FBLA	x	
FFA	x	
Interact	x	
Scholar Bowl	x	x
Musical	x	
FCA	x	
FTA	x	
Spanish Club	x	
NHS	x	x
Student Council	x	x
Yearbook	x	
Speech & Drama	x	

2023-2024 Coach/Sponsor List

Activity	Coach(es)/Sponsor(s)
Football	<p align="center"> Matt Smith (Head HS) Dustin Green (HS) Cory Elmendorf (HS) Joe Calhoun (Head MS) Tommy Fallert (MS) </p>
Girls Softball	<p align="center"> Kelsea Dorsey (Head HS) Kristen Tucker (HS) Matt Cannon (Head MS) Jaidyn Wommack (MS) </p>
Cheerleading	<p align="center"> Leah Waddell (HS) Margaret Matteson (HS) Suzy Howland (MS) Leah Waddell (MS) </p>
Basketball	<p align="center"> Matt Smith (Head Boys HS) Dustin Green (HS Boys) Bobby Spoonster (HS Boys) Derrick Branstetter (Head Girls HS) Kelsea Dorsey (HS Girls) Kristen Tucker (HS Girls) Greg Pitzer (Head Boys MS) Cory Elmendorf (MS Boys) Tommy Fallert (Head Girls MS) Larissa White (MS Girls) </p>
Girls Swimming	<p align="center">Rachel Lipsey</p>
Baseball	<p align="center"> Ryan Griffin (Head) Dustin Green Greg Pitzer </p>
Track	<p align="center"> Tommy Fallert (Head HS) Jessica Graver(HS) Rachel Lipsey (HS) Joe Calhoun (MS) Leah Waddell(MS) </p>
Golf	<p align="center">Matt Cannon (Head)</p>

Clubs/Activities	Sponsor
Band	Josh Stettes
Choir	Josh Stettes
Color Guard	Josh Stettes
Trap Shooting	Dr. John Picone
FBLA	Dustin Green
FFA	Alicia Flowers
Interact	Tawyna Reynolds
Scholar Bowl	Rebecca Jennings (HS) Libby Fallert (MS)
Musical/Speech & Drama	Maggie Neff
FCA	Amanda DePriest
FTA	Amanda DePriest
Spanish Club	Traci Oblinger
NHS	Jennifer Gschwender
Student Council	Emily Calvin (HS) Jennifer Gschwender (HS) Shelby Boswell (MS)
Yearbook	Maggie Neff (HS) Shelby Boswell (MS)

I have read and understand the expectations set forth in this handbook for students and parents. I have also read and understand the expectations set forth in the Coach's rules and expectations. Failure to live up to these expectations will result in consequences set forth in these documents.

Student Name (Printed): _____

Student Signature: _____

Parent/Guardian Signature: _____

Please return this signed sheet to the Activities Director. The Activities Director needs to have this on file for a student to participate in any contest.