

Knob Noster R-VIII School District

High School

ATHLETIC/ACTIVITY

HANDBOOK

Revised 22/23

Introduction

This handbook has been written to inform students of what is expected of them as participants in the Knob Noster High School athletic and/or activities program. Outlined in this handbook are the philosophy, objectives, standards, eligibility, and general rules of activity participation. Each participant and his/her parents/guardians should read this handbook carefully before choosing to participate in any activity offered at Knob Noster High School.

Philosophy of the Activity Program

Interscholastic activities are an integral part of the total curriculum at Knob Noster High School. It is our goal to develop and conduct an activity program consistent with the philosophy of education in the Knob Noster R-VIII School District. Activity participation should contribute to health and happiness, development of physical skills, emotional maturity, social competence, moral values, a sense of cooperation, a spirit of competition, self-discipline, and a realization of group goals. Participation in extracurricular activities is a privilege, rather than a right or obligation. Students are required to meet standards and requirements prescribed by organizations in which they hold membership. *(Copies of individual coaches/sponsors rules and procedures are filed in the athletic director's office and/or principal's office.)*

Objectives

1. To develop good school citizens.
2. To develop good lifelong qualities: physical, mental, and moral.
3. To develop respect for authority by abiding by the rules of the game and/or competition and the decisions of the coaches/sponsors and officials.
4. To teach the rules and skills of the extracurricular activities.
5. To help the participant develop academically both in accomplishments and attitudes.
6. To promote good sportsmanship and appreciation of competitions in general so that the participant may function in society both as a spectator as well as a participant.
7. To develop pride in self, school, teammates, and classmates.
8. To learn to win graciously and lose like ladies and gentlemen.

Conference Affiliation

Knob Noster High School is a member of the Missouri River Valley Conference. Schools included in the East division of the conference are: *Carrollton, Higginsville, Holden, Knob Noster, Lexington, and Richmond*. Schools included in the West division of the conference are *Excelsior Springs, Harrisonville, Oak Grove, Odessa, Pleasant Hill, Warrensburg, Clinton and Center*.

Sports/Activities Offered By Season

Fall	Levels	Season
Football	JV-Var	Aug-Nov
Softball	JV-Var	Aug-Oct
Girls Tennis	JV-Var	Aug-Oct
Volleyball	JV-Var	Aug-Nov
Boys-Soccer	JV-Var	Aug-Nov
Cross Country	JV-Var	Aug-Nov

Winter	Levels	Season
Boys-Basketball	JV-Var	Nov-Mar
Girls-Basketball	JV-Var	Nov-Mar
Wrestling	JV-Var	Nov-Feb

Spring	Levels	Season
Baseball	JV-Var	Mar-May
Boys Tennis	JV-Var	Mar-May
Track Boys & Girls	JV-Var	Mar-May
Golf	JV-Var	Mar-May
Girls-Soccer	JV-Var	Mar-May
Robotics	Varsity	Feb-June

Interscholastic Activities

AFJROTC	Varsity	Aug-May
Band – Jazz		Aug-May
Band – Marching		Aug-Nov
Cheerleading	Varsity	Aug-Mar
Scholar Bowl	JV-Var	Sept-Apr
Science Olympiad	JV-Var	Oct-Apr
Speech/Debate/Drama	JV-Var	Sept-Apr
Vocal Music		Aug-May

Athletic/Activity Council

An Athletic/Activity Council exists to make recommendations relating to student participation. The council consists of the following individuals: 1. Principal 2. Athletic Director 3. Varsity Coaches/Sponsors

Eligibility

MSHSAA (*Missouri State High School Activities Association*) governs all high school activities in the state of Missouri. Rules and regulations have been established for all high schools to follow.

Eligibility is determined at the conclusion of each semester for the upcoming semester. A student must pass three (3) units of credit toward graduation the previous semester and currently be enrolled in six (6) credit-bearing classes. Note: A+, library aide, and office aide are not credit-bearing classes.

Appeal Process

1. Upon request, the Eligibility and Participation Advisory Committee will review the Athletic Director's decision and may recommend to the superintendent that the:
 - A. Suspension is sustained.
 - B. Penalty be modified.
 - C. Penalty be reduced.
2. A student and his/her parents may appeal the decision of the Eligibility and Participation Committee to the superintendent and ultimately to the Board of Education.

Additional Areas Relating to Student Eligibility

1. All students participating in interscholastic activities must be a credible school citizen. Credible school citizens are students whose conduct both in and out of school does not reflect discredit upon themselves or the school. Citizenship is a trademark of all high school activities. The high school principal can remove anyone's eligibility as a result of poor citizenship with input from the athletic/activity council.
2. Athletes must have a *current physical examination form* **and** *permission to participate form* completed and turned in to the coach/ athletic director before being permitted to practice or compete. Athletic physicals are good for a 2 year period from the date of issue.
3. Athletes must submit *proof of insurance* before participation in practice will be allowed (*Proof of insurance requires a copy of the insurance card or written verification from the insurance company*).
4. Parents and athletes must attend one meeting with the activities director during their years at Knob Noster High School. This meeting must be attended in the athletes first season competing. The parent and athlete must sign a form indicating they are familiar with the guidelines set forth by Knob Noster

High School once a year. An athlete may not participate until this form is on file in the activities director's office.

5. Athletes must meet scholastic eligibility requirements set forth by the school district along with all MSHSAA regulations.

6. Athletes must not have reached their 19th birthday prior to July 1 of the current school year.

7. Athletes/participants who have outstanding debts for equipment from a previous sport or activity are not eligible to participate in any contest until the equipment is returned or debts are paid in full.

8. Any equipment not turned in within two weeks after the final contest may be assessed a 1% charge of the total cost of the equipment per day. Track equipment must be turned in by the last day of school or the day after final competition.

Failure to Care for or Return District Property – Loss of, failure to return, or damage to district property including, but not limited to, books, computers, calculators, uniforms, and sporting and instructional equipment.

First Offense:	Restitution. Principal/Student conference, detention, or in-school suspension.
Subsequent Offense:	Restitution. Detention or in-school suspension.

MSHSAA Scholastic Eligibility Regulation

1. A student must have earned 3.0 units of credit in the previous semester.

2. A student must presently be enrolled in 3 units of credit in the semester in which they are participating in a sport/activity.

3. Summer school courses may count toward maintaining academic eligibility providing the following requirements are met: *The course must be a core requirement toward meeting graduation/promotion requirements in math, science, language arts, etc. No electives may count toward meeting the summer school criteria. Correspondence courses may not count as summer school credit. No more than one credit earned in summer school shall count toward maintaining academic eligibility.*

Knob Noster High School Attendance Regulation

Students must be in attendance at school the **entire day** to be eligible to participate in an activity that day unless excused by the principal or their designee. With prior notice and written

evidence, a student may attend a medical appointment, attend a funeral, or take part in an official college visit.

Students not attending school all day are ineligible to participate in activities/practices on that day. If the student misses school on the last day of the school week, they are ineligible to participate in activities/practices on the ensuing days until the next day school is in session.

Conflict with Other School Sponsored Activities

Communication between all coaches/sponsors/teachers involved in athletics/activities is of utmost importance in the continued success of the educational process. If a student participates in two or more school sponsored activities and a scheduling conflict occurs, it will be the responsibility of the student and parent/guardian involved to notify coaches/sponsors/teachers of the conflict. The coaches/sponsors/teachers involved will attempt to resolve the conflict and make a recommendation in the best interest of the student. In the event a solution cannot be reached by any of the parties involved, the building administration will be notified. In the event a student does not participate in a school sponsored event due to participation in another school sponsored event, the coach/sponsor/teacher of the event in which the student did not participate may assign the student a non-penalizing make-up assignment/activity not above or beyond the regular daily activity of that group. State MSHSAA events take priority over regular season events. Students who choose not to participate in the state event will not participate in any event. Regular season events take precedence over a practice of another school-sponsored activity. The activity director will make the final decision of a mutual agreement between coaches which cannot be worked out.

Athletic/Activity Injury

Any student injured during practice or an interscholastic contest should report the injury (no matter how minor) immediately to the coach/sponsor. Coaches/Sponsors have the responsibility of writing an accident report to place on file with the office.

Athletic Training Rules—Activity Participation Rules

Athletes and participants of extracurricular activities are recognized as leaders in our school and community. Student representatives are expected to set a good example in regard to conduct, personal grooming, and attire. Student actions and appearances represent our parents, school, athletic/activity program, and community. Training is a year around proposition. Members of any team/club or organization at Knob Noster High School should adhere to requirements set forth by each coach/sponsor.

Athletic/performance excellence, personal pride, and the desire to maintain good health habits usually make these rules an easy task for most athletes/participants. It is expected that all students dedicate themselves to the sport/activity in which they participate.

Prior to beginning an activity, a student should make sure he/she understands the rules and regulations to be followed. Each coach/sponsor will explain specific expectations at the beginning of a season. Any violation of athletic/participation training rules will be handled by each individual coach/sponsor or may be referred to the Knob Noster Athletic/Activity Council.

In order to maintain the highest possible standards for activities in the Knob Noster School system, the following minimum requirements have been established for all students participating in the athletic/activity program. Students should remember these are minimum requirements and each individual coach/sponsor may establish further guidelines.

In the event of an in-school suspension (ISS), a student will not be eligible to participate in any interscholastic event until he/she has fulfilled all of the disciplinary requirements set forth in the ISS assignment. A student may not participate in practice sessions or contests during the ISS period. A student will be required to attend all contests and activities in which he/she is involved during the ISS period as a nonparticipating member unless directed otherwise by the coach/sponsor or principal.

In the event of an out-of-school suspension (OSS), a student will not be eligible to participate in a practice or an interscholastic event until he/she has fulfilled all of the disciplinary requirements set forth by the administration or as recommended by the athletic/activity council. Any student serving OSS is not to be on school property or attend any school sponsored event (home or away) unless he/she has received approval from the principal.

The use of alcohol, tobacco, drugs (including any from of e-cigarette) is prohibited. Participants found to be under the influence or in possession of a controlled or prohibited substance will be subject to appropriate disciplinary measures by the administration, coaches and/or sponsors, or the athletic/activity council. Disciplinary measures may range from a minimum suspension of 20%* of the contests for a particular sports/activity season to dismissal from the activity or sport. If the violation occurs during a period in which the student-athlete is not participating in a MSHSAA sanctioned activity, the penalty will be enforced at the beginning of the next MSHSAA sanctioned season they participate in. Student-Athletes who choose to appeal their suspension will be ineligible until the appeal process has been completed and finalized. Appeals must be submitted to the building level principal in writing within 5 business days of the original decision.

A second substance abuse offense during the remainder of a student's high school career will result in a suspension from all school sponsored activities for 365 days from the date of the violation.

A student who commits a substance abuse violation and it is reported to the school by law enforcement and not by the student themselves will be ineligible 365 days from the date of the violation.

A student may not be in attendance where illegal alcohol consumption and/or illegal drugs are present. The penalties are a minimum of 20%* of the season to dismissal from the team. A second occurrence during a student's high school career will result in a suspension from all MSHSAA sponsored activities for 365 days from the date of the violation.

* The student shall lose eligibility for a minimum of 20% of the highest level of competition in which the student is a participant. This includes Varsity, JV, sophomore and freshman competition. During the time of loss of eligibility, the student must meet all other team obligations. The maximum penalty for a first violation is loss of eligibility for 365 days.

A determination of attendance and/or use may be from personal observation, photographs or knowledge of the student being present where an unlawful act took place. This type of violation could result in dismissal from extra- or co-curricular activities.

Law Enforcement: 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. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. 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.

Athletic Disciplinary Actions

Please note that the Athletic disciplinary actions below are in addition to the “High School Code of Conduct Discipline Procedures.”

Types of Violations	Occurrence	Disciplinary Action
TYPE “A1” OFFENSES		
Practice / Bus / Classroom - Language (Profanity) - Insubordinate to Authority - Misuse of Equipment	1st	Coach's discretion / Conversion with AD Parent Contact
	2nd	1-Game Suspension / parent Contact
	3rd	Removal from team / Parent Contact
TYPE “A2” OFFENSES		
On field offenses		
- Yellow Card / Red Card - Technical Foul - Personal Foul - Profanity during or after contests - Inappropriate gestures towards crowd / cheerleaders / opponents / etc - Insubordinate to coaches on/off the field or court - Inappropriate behavior entering or departing the playing surface	1st	AD / Administration Discretion, depending on severity of offense. Detention, Game(s) suspension, ISS, OSS, community service, removal from team.
	2nd	AD / Administration Discretion, depending on severity of offense. Detention, Game(s) suspension, ISS, OSS, community service, removal from team.

TYPE “B” OFFENSES

The use and/or possession of the following: <ul style="list-style-type: none">- e-cigarettes and/or Vapes- Alcohol- Smokeless Tobacco	1st	20% of contests, or contests from next season.
	2nd	365 Day Removal HS Athletics

Code of Conduct

Participation in school activities and MSHSAA sponsored activities is a privilege. Students are expected to abide by all school attendance and behavior guidelines. **If a student is involved in activities or athletics and have received OSS they may not participate until 1 full school day has been attended.** Students that are removed from class, placed in ISS or OSS for disciplinary reasons, or miss school time due to unverified absences during the season of participation will be dealt with according to the following procedures:

1. Code of Conduct Violations Which Result in Detentions or Friday School.

- A. First Offense: The student will meet with the Coach/Sponsor and finalize the consequence.
- B. Second Offense: The student will meet with the Activities Director and Coach/Sponsor to finalize the consequence.
- C. Third and Subsequent Offenses: The student will miss the next scheduled contest or event.

2. Code of Conduct Violations Involving Truancy and Multiple Unverified Absences.

- A. First Offense: The student will meet with the Coach/Sponsor to finalize the consequence.
- B. Second Offense: The student will meet with the Activities Director and Coach/Sponsor to finalize the consequence.
- C. Third and Subsequent Offenses: The student will miss the next scheduled contest or event.

3. Code of Conduct Violation in Which Consequences Result in Suspension (ISS or OSS)

- A. First Offense: The student will meet with the Coach/Sponsor and Activities Director to finalize the consequence.
- B. Second Offense: The student will miss the next scheduled contest or event.
- C. Third and Subsequent Offenses: The student will miss the remaining contests or events of the season.

Termination of Participation

For purpose of clarification, the athletic year is divided into three seasons: Fall, Winter, and Spring.

1. Athlete voluntarily terminating participation:

Any athlete who participates in a sport and subsequently drops from the squad on his/her own accord after the first interscholastic contest in that sport is not eligible to compete in another sport during that sport season without consent of both coaches involved or the Athletic/Activity Council. The student will not be allowed to take part in sport specific activities for any sport. The student will only be allowed to take part in conditioning, which includes running and lifting weights. A student dropping from a sport on their own accord may participate in another sport following the conclusion of the current regular season.

Individual coaches/sponsors have the discretion of denying a student participation in the respective sport if it is felt the student will not be able to 'catch up' with other athletes/participants.

2. Student involuntarily terminating participation:

If any athlete/participant is cut from the squad for other than disciplinary reasons, he/she may seek a 'try-out' immediately for another sport in season **or** begin practice in a sport of an upcoming sports season.

Sportsmanship

Good sportsmanship is expected of all students participating in the Activity program. An unsportsmanlike act while participating in an event may result in loss of eligibility.

1. An unsportsmanlike act resulting in a player or team being penalized will be dealt with according to MSHSAA **and/or** individual coach/sponsor/school regulations. (Type A1 Offense / Type A2 Offense)
2. Any player ejected from a contest as a result of an unsportsmanlike act may be required to appear before the Athletic Council to consider his/her eligibility for further athletic contests. (Type A2 Offense)

Transportation

The Knob Noster School District does not provide transportation to and/or from scheduled practice sessions. It is the responsibility of the student to secure proper transportation to and from practice sessions. Students must be picked up in a timely manner following practice sessions. Students who are not picked up in a timely manner may be dismissed from the team.

All participants will ride school sponsored transportation provided by the Knob Noster R-VIII School District to and from away activities. At no time will participants be allowed to ride with friends. Parents/guardians may take their son or daughter home from an away event with approval from the coach/sponsor. Parents must sign the parent transportation form with the coach/sponsor prior to departing the contest site. Any other arrangements must be pre-approved by the principal prior to the contest. Upon arrival back at school, students riding school sponsored transportation are responsible for making arrangements to return home. Students should be picked up in a timely manner following all home or away contests.

Conduct at Away Activities

Expectations for students from Knob Noster High School increase at activities away from home. Students represent the entire student body and the city of Knob Noster by his/her appearance and behavior. Students are expected to conduct themselves in a polite and respectful manner at all times. Dress and grooming should be at its best. All facilities used (*i.e. shower, locker rooms, etc.*) should be left as they are found. (Type A1 / Type A2 offense)

Athletic / Activity Letters and Awards

To be eligible for consideration to receive a **K**, the participant must exhibit a proper attitude towards his/her teammates, game/contest officials, and opponents. He/she must exhibit good sportsmanship and school conduct as judged by coaches, sponsors, officials, and administrators.

A six inch block letter, plus a medal emblem indicating the sport/activity, will be presented to all participants, grade 9-12, who have met Varsity level requirements to earn a **K** in any one sport/activity. A bar will be presented each time the student has lettered. The 6-inch letter will be given only one time during the 4 years of high school.

In all cases of injuries suffered by a participant during participation in an activity which would make it impossible for them to meet requirements for earning a **K**, the coach/sponsor will consider merits of each situation individually to determine the possibility of lettering. All **K's** and medals are to be worn on the official *Knob Noster Letter Jacket* in properly designated areas.

Knob Noster High School Varsity Letter Requirements

In order for a player to receive a Varsity Letter (**K**), he/she must meet the following requirements **plus** complete the sports season in good standing. All requirements refer to competition occurring at the Varsity Level. Junior Varsity experience does not apply.

Academic

A **K** will be awarded at the end of each school year to students who have obtained a 3.34 GPA or above for that year, provided they have not received a semester grade of "F" during the year (*A student receiving a temporary 'F' due to an incomplete designation will not be eligible to earn a K*).

Academic Bowl

To earn a **K** in Academic Bowl, a student must reach a specific participation requirement and several specific achievement requirements.

Band

In order to receive a music letter in band, a student must achieve **a minimum of 40 points** from the point values listed below. (65 pts = Level II Letter; 90 pts = Level III Letter; 120 pts = Letter of Distinction) AND 3. Attend (or excused absence) ALL required performances.

***The following items automatically disqualify a student from lettering:

1. Unexcused absences from any performance., 2. A semester grade of an "F" in band, 3. Band behavior resulting in ISS or OSS. (director may excuse incidents based on circumstances), 4. Not completing a full year of band without approval.

Baseball / Softball

To earn a **K** in baseball or softball, a student must play 1/2 of the total number of innings that the team plays, or make a significant contribution to the team as determined by the head coach.

Basketball (boys & girls)

To earn a **K** in basketball, a student must play 1/2 of the total number of quarters the team plays, or make a significant contribution to the team as determined by the head coach.

Cheerleading

To earn a **K** in cheerleading, a student must earn points for attendance at varsity games, practices, meetings and other required events. A student must finish the season with 95% (fall) or 95% (winter) of total possible lettering points.

Cross Country

To earn a **K** in Cross Country, a student must run in at least 1/2 of the varsity races throughout the season, or make a significant contribution to the team as determined by the head coach.

Football

To earn a **K** in football, a student must play 1/2 of the total number of quarters that the team plays, or make a significant contribution to the team as determined by the head coach.

Golf

To earn a **K** in golf, a student must play at least ½ of the varsity matches throughout the season, or make a significant contribution to the team as determined by the head coach.

Managers

Student managers—Students who participate in the school's activity program in the capacity of student managers for the entire season will receive a **K** upon recommendation from the coach/sponsor.

JROTC

To earn a **K** in AFJROTC, a student must: earn a minimum of 20 hours of AFJROTC community service; have no no ISS, OSS, or equivalent school disciplinary action; earned 95% average on all uniform wear/inspection day; earn a B or above in AFJROTC (both semester; have an unweighted GPA 2.50 or above, with passing grades in all classes for both semester; attended all mandatory activities for the year (unless exempted by SASI; accumulate 200 points as outlined in the TRIAD AFJROTC Cadet Handbook.

Speech/Drama/Debate

To earn a **K** in speech/drama/debate, a student must earn 40 points during the school year. Points are earned by participation in various contests and productions.

Soccer

To earn a **K** in soccer, a student must play 1/2 of the varsity halves, or make a significant contribution to the team as determined by the head coach.

Tennis (boys & girls)

To earn a **K** in tennis, a student must play 1/2 of the varsity matches, or make a significant contribution to the team as determined by the head coach.

Track (boys & girls)

To earn a **K** in track, a student must earn 10 points on a point system. Points will be earned by practice participation, results in competitions, and other criteria explained at the start of the season or make a significant contribution as deemed by the head coach.

Vocal Music

To earn a **K** in vocal music, a student must achieve *point number one* on lettering sheet **plus a minimum of 25 points** from the same sheet provided to each member by the vocal music director at the start of each year.

Volleyball

To earn a **K** in volleyball, a student must play 1/2 of the varsity matches, or make a significant contribution to the team as determined by the head coach.

Wrestling

To earn a **K** in wrestling, a student must wrestle in half of the provided varsity matches with a winning record or make a significant contribution based on the coach's discretion.

6424 Stealth Panther Robotics -

Team members must meet the following criteria with coaches discretion:

- Put in 80% of all team hours
- Attend and participate at all competitions
- Receive no disciplinary actions

- Maintain an 80% GPA or better for the year
- Be a productive and proactive member of Stealth Panther Robotics
- Submit a reflective essay that meets the specific requirements outlined in the Team Operations Manual by the announced coaches' end of year deadline.

Conference, District, and State Recognition Patches

Patches for individual Conference and District recognition will be the responsibility of the student/parent. State recognition patches of participants that place in their activity will be ordered and paid by the athletic department (*subject to availability of funds*). Participants must place or receive a one rating in their event(s) to qualify.

State Team Championship patches will be ordered and paid for by the school athletic department (*subject to availability of funds*). The patches will be provided for the varsity letter winners.