

# **Activities HANDBOOK**

**Updated 8/10/2020**



**2020-2021**

**"THE GOLD STANDARD"**



# **Athletics/Activities**

## **Vision**

Prepare students to compete at the highest level of competition and promote the values of positive character traits

## **Mission**

Provide programs built on the concepts of Integrity, Excellence and Enthusiasm in Academics and Athletics

## **Values**

Teamwork, Respect, Leadership, Sportsmanship

## **Focus Areas**

Academics, Citizenship, Community Service

## **Goals**

- 1.) Promote student accountability year round
- 2.) Strive for all students to make progress academically.
- 3.) Place numerous students on the SWC All-Conference Team.
- 4.) Promote Community Service Projects



# **GOLD STANDARD**



In academics, athletics, as well as life it is important to set attainable goals in order to push yourself to reach the best version of yourself. Throughout the 2020-2021 school year you will hear coaches and administration pushing what we call "The Gold Standard". The Gold Standard is what we are trying to reach with all of our student athletes, students in activities, as well as all of our programs. Individuals/Programs that attain this will be honored at end of year. THIS IS WHO WE ARE. The criteria for the Gold Standard is listed below:

## **Individual Goals**

- 1.) 3.0 GPA**
- 2.) NO Discipline Referrals**
- 3.) Summer Iron Cat**
- 4.) Participation in Community Service Events**
- 5.) NO Unsportsmanlike Conduct**
- 6.) Models Positive Body Language**

## **Program Goals**

- 1.) 3.0 Team GPA**
- 2.) Less than 3 Discipline Referrals**
- 3.) 90% of team earned Summer Iron Cat**
- 4.) 90% of Team Participates in Community Service Events**
- 5.) Less than 2 Unsportsmanlike Conducts**
- 6.) Team Overwhelmingly Shows Positive Body Language**

## **Introduction**

Welcome to the Diamond School District's Activity Program. The purpose of the program is to provide experiences, which is vital to the educational development of the student. Activities are an integral part of the total curriculum. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of their education. Student participation in the activities programs is a privilege which carries with it responsibility to the school, to the activity, to the student body, to the community and to the student himself.

## **Philosophy**

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

Student participation in any part of our activities is a privilege which carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the student himself/herself. This participation **privilege** represents a **year round** commitment and will help to develop the student physically, mentally, socially, and emotionally.

## **Goal Statement**

Student activities and athletics shall be an integral part of the secondary educational program which shall provide experiences not otherwise provided and which will help students to acquire additional knowledge, skills and emotional patterns necessary as attributes of good citizenship.

## **I. Sportsmanship**

Diamond R-IV School District is a member of the Southwest Conference and the Missouri State High School Activities Association. As members of these groups we adhere to policies established for the display of good sportsmanship by athletes, students, fans, parents, and patrons. Member schools are to enforce sportsmanship rules for our own school, players, and spectators. Violation of rules can result in the following consequences: written reprimand, probation, suspension, ejection, or permanent removal from events. Consequences are in force for players, coaches, students, and fans.

All school discipline policies and rules apply to Diamond R-IV students at school activities whether they are held on school property or away from school.

## Diamond R-IV Good Sportsmanship Code

1. Maintain pride in self and school.
2. Strive to keep high standards of conduct.
3. Cheering is always encouraged for one's own team.
4. Treat everyone with respect.
5. Abide by the decisions of the officials.
6. Accept victory and defeat graciously.

## **II. Responsibilities**

As a student participant, you are in school to secure the best secondary education you are capable of achieving. Deciding to take advantage of THE OTHER HALF OF EDUCATION plays a significant part in your total educational development. However, with this decision also comes certain responsibilities, if the value of activities is to be achieved, namely:

1. Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintaining academic citizenship and eligibility standards as established by the Missouri State High School Activities Association and the R-IV schools.
3. Learning the spirit of hard work and sacrifice.
4. Learning to attain physical fitness through good health habits.
5. Desiring to excel to the limits of your potential.
6. Showing respect for both authority and property.
7. Be willing to accept the leadership role that is instilled through the activities program.

Keep in mind that you are in the public eye and your personal conduct always must be above reproach. You have an obligation to create a favorable image and gain the respect of your teammates, the student body, and the Diamond community.

Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditable citizens." Conduct shall be satisfactory in accord with the standards of good discipline. Students who do not conduct themselves with good citizenship risk losing the privilege to represent the Diamond School District

### **III. Basic Guidelines for Participation**

#### **General Rules**

1. Students are free to make their own selections as to activities in which they wish to participate. It is the R-IV policy that students facing a conflict between two R-IV sponsored activities will be given the choice of which to attend. Certain school activities (to be determined by the administrators) will have priority. Students are not to be penalized by the activity not attended.
2. A student who has gone out for a sport but quits of his own accord, will not be penalized if competition (meets, games, matches) has not begun. He may participate in another sport during this time if the coach of the team approves. It will be the coaches' decision.
3. Should a student decide to drop from an activity during the regular playing season, the student will be required to participate in an exit interview. The interview will be conducted by the building Principal or the District Athletic Director. Failure to attend the exit interview will result in the student not being allowed to participate in another activity until completion of the exit interview. The student will not be allowed to attend open gym, or attend any practices for a following season sport until the sport that was dropped has been completed.

#### **Participation in Multiple Activities**

There are students who may wish to participate in more than one activity during a given season, i.e., football and cross country. The Diamond R-IV School District will consent to this under the following conditions:

- A. Consents are given by the parents/guardians
- B. The student must select a primary sport
- C. Student must agree that, in the event there is a conflict as to competition dates for the two activities, then, and in such events, the student must participate in the event relating to the primary activity selected by the student;
- D. Student may not change the designation of a primary sport or activity once competition has begun for the season
- E. Student may not quit the primary sport to participate solely in the alternate activity unless consent is given by the coach of the primary sport, the coach of the alternate activity, and the appropriate principal or athletic director.
- F. All MSHSAA requirements for participation in multiple events have been met.

## **IV. CONDITIONS**

### **Transportation**

All students will be transported to and from respective activities via school transportation. The only exception to this is when a parent completes an alternative transportation form prior to the event.

### **Attendance**

1. If it is necessary to be absent from practice, the student is expected to communicate with the coach. A coach may deem it necessary to assign make up practices and/or conditioning for athletic absences.
2. Students must be in attendance a minimum of four hours to participate in any activity or practice scheduled for that day. Exceptions are granted with administrative approval only. If a student comes to school and during the day becomes ill and goes home; they may not return to participate in any activity or practice that day without medical approval and the consent of the school's administration.
3. In the event that truancy or suspension by a student takes place, the student will not be eligible for the participation until he has fulfilled the disciplinary requirements established by the administration.

### **Academic**

MSHSAA standards state a student must have earned 3.0 credits in the preceding semester or at least 80% of maximum number of allowable classes to be eligible to participate in extracurricular activities. In addition, Diamond High School expects all students to have passing grades. Therefore, if a student has a failing grade at the 3-week grade check, the student will be placed on academic probation. During the probationary period the student may participate in practice and competition. If the student continues to have a failing grade at the next grade check, the student will be academically ineligible to participate in any MSHSAA sanctioned activities or any other extra-curricular event. The student may practice during the ineligibility period in hopes of regaining eligibility. Ineligibility will last at a minimum until the next 3-week grade check if there are no failing grades at that time.

Any student with a failing grade in ANY subject, will NOT be permitted to leave school early to participate in any extra-curricular activity scheduled, until said failing grade is brought up to passing.

### **School Discipline**

ISS/OSS: Students who receive Out of School Suspension will be suspended from participation in all extra-curricular activities during the required OSS days. Students who

receive ISS will be allowed to practice during this time, however will not be allowed to participate in school events/contests.

### **Tobacco, Alcohol, and Drug Use**

The possession or use of alcohol, tobacco, or non-prescriptive drugs is known to be detrimental to the individual as well as the team he/she represents. **This is a year round commitment.** Therefore, disciplinary action will be taken. The disciplinary consequences are listed below. Athletics and Activities are a privilege and the administration has the authority to deviate from the tiered consequences if extenuating circumstances warrant.

#### Tobacco Related Offense:

1<sup>st</sup> Offense: 10% of regular season competition of current or next activity.

2<sup>nd</sup> Offense: 20% of regular season competition of current or next activity

3<sup>rd</sup> Offense: 365 day suspension of activities-student may appeal in 6 months

#### Alcohol Related Offense:

1st offense: 25% of regular season competition of current or next activity

2nd offense: 50% of regular season competition of current or next activity

3rd offense: 365-day suspension of activities-student may appeal in 6 months

#### Tobacco and Alcohol Violations Summary:

A season will be designated as the MSHSAA regular season. If the infraction occurs with anything less than the consequence remaining in the regular season, then the percentage of regular season games for that consequence will be applied extending into post season and/or next sport. The tiered consequences of a student's violation will be for one calendar year from the date of infraction. (For example a violation occurring in the winter of the sophomore year will carry through the winter of the student's junior season) The enforcement of this policy will be for 365 days a year both on and off campus. This includes when school is in and out of session. Including winter, spring and summer breaks etc. Students are expected to attend practice/competitions during their suspension. If student decides to quit, then the suspension will carry over to the next activity they participate in. Students are not allowed to "dress out" during competition while suspended.

#### Drug Related Offense:

1<sup>st</sup> Offense- 40% of regular season competition of current or next activity

2<sup>nd</sup> Offense- 365 day suspension of activities-student may appeal in 6 months

### 3<sup>rd</sup> Offense- Permanent Removal from all extra-curricular programs

#### Drug Violations Summary:

Drug violations govern all years of participation. For example, a student receiving a violation during his/her freshmen year, a second violation during his/her sophomore year, a third violation during his/her junior or senior year would constitute a suspension from activities the remainder of his/her years of enrollment.

If a student violates the drug policy, they must be drug tested by the school's contracted drug testing service within 30 days from the date that the consequence was given to be reinstated into the extra-curricular program. If such test is positive, then it will be considered a subsequent offense. If he/she refuses to be retested, the student will be ineligible for the next 365 days.

If a student, at his or her own expense participates in an approved substance abuse counseling or rehabilitation program they may have the suspension reduced pending approval by the Superintendent. Counseling program must be approved by the Missouri Department of Mental Health, Division of Alcohol and Drug Abuse. The parents/guardians must provide written verification. If student does not attend counseling as promised, then the original consequences will be immediately implemented.

#### **Law Enforcement**

Any student who is arrested for a felony or gross misdemeanor may be denied the privilege of participation in all extra-curricular activities for a period determined by the principal.

## **Diamond School District Athletics**

### **Guidelines and Contract for Student-Athletes: Social Media**

As you begin participation in another athletic season, the Athletic Department of Diamond High School wants to make sure you are aware of the revised social networking guidelines. The Diamond High School Athletic Department recognizes and support the student-athletes' right to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for the Diamond School District is a privilege. As a student-athlete, you represent the school district and you are expected to portray yourself, your team, your school and the school district in a positive manner at all times.

#### **As a condition of being a student-athlete at Diamond, student-athletes must abide by the following rules related to the use of the internet and social networking sites:**

- 1.** Any posting or communication via social networking websites which disrupt either the educational or athletic environment or which advocates the violation of any school or team policy would be unacceptable.
- 2.** Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the campus. (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
- 3.** Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning, or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school)
- 4.** Student-athletes may not post any content online that would constitute a violation of Diamond School District Citizenship Code. Student-athletes at Diamond are required to abide by rules set forth in these guidelines. The failure to do so will be considered a violation of the Diamond Citizenship Code. The violation may result in disciplinary action by the athletic department.

**1st Offense-** Warning and parent meeting with the head coach. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities

**2nd Offense-** Parent meeting with the head coach and the Activities Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

**3rd Offense-** Restriction from participation in all Diamond School District Activities duration to be determined on severity of the infraction.

## **Eligibility**

Eligibility to participate in activity contests between schools is a privilege that is attained by meeting the standards cooperatively set for this purpose by member schools of the Missouri State High School Activities Association.

### ELIGIBILITY STANDARDS:

1. Students must be creditable high school citizens.
2. Students must be enrolled in courses that offer 3 units of credit and must have earned 3 units of credit the previous semester.
3. Students cannot compete in any sport for more than four seasons or in any but the first eight semesters in which they are enrolled in high school, including special education.
4. Students must enter school within the first 11 days of the semester to be eligible to play that semester.
5. Students must not accept an award for competing in any high school sport except the award given by their school.
6. High school students who reach their nineteenth birthday before to July 1, you will be ineligible for competition during the next school year.
7. During the activity season, a student represents his or her school by competing in an interscholastic activity contest. He or she cannot compete as a member of a non-school competition in that event.
8. Students may not practice or compete in a non-school competition on the same day that he/she practices or competes for the school.
9. If a student transfers schools, he/she is ineligible for 365 days from the date of transfer, unless there is a corresponding change of residence of the parents or unless he/she meets other exceptions to this rule.
10. A student who transfers schools under conditions that do not meet the terms of the transfer standards may be eligible to participate on a lower level of competition.
11. A student will remain eligible so long as he/she does not commit an act that might be interpreted as unsportsmanlike conduct while playing or attending a high school activity.
12. A student must have zero F's each Grading Period to be eligible to participate in a school sponsored competitive activity. Students who receive an F at the end of the Grading Period will be on probation until the next Grading Period. During the probationary period, the student will be allowed to practice and compete in school sponsored events.

At the conclusion of the probationary period, if the student still has an F then the student will be allowed to practice but will be ineligible to participate in school sponsored competitive activities until the next Grading Period at which time they must have achieved zero F's.

13. Transferring from one school to another solely because of athletics or activities will make the student ineligible for one full year.

14. Students shall not attend a specialized athletic camp for more than two calendar weeks with instruction by the school's coaches. However, the student may attend camps in any sport during the summer.

This is only a partial list of standards, but these are the rules that generate the most questions. All standards of eligibility are listed in the MSHSAA Handbook. The principal and the activity director in conjunction with the Missouri State High School Activities Association will interpret any special cases that develop.

### **Suspension or Removal from a Team**

A student may be removed from the team or suspended from participation by the Diamond R-IV District if it is determined by the district administrative team, or a member thereof (including the Athletic Director) that the student:

- 1.) Engaged in any activity that was contrary to any part of these policies, including the references in these policies to sportsmanship and citizenship;
- 2.) Engaged in any activity detrimental to the team and/or the positive educational environment sought for the program;
- 3.) Grossly disrespected any coach, player, fan, official, or any administrator.

### **Care of Equipment**

Students are responsible for the equipment issued to them. They will pay for the abuse and destruction of any school equipment. They are financially responsible for all equipment or gear issued by the school that is not properly returned. Payment or return of gear must be made before a student progresses from that sport or activity to the next sport or activity season. Uniforms and practice gear are expected to be worn only for the purposes for which they have been issued.

## **V. Additional Information**

### **Conditioning and the Prevention of Injuries**

Proper sports conditioning will improve the power, speed, and endurance of athletes. Statistics indicate that sports conditioning will assist in preventing injury. Year-round conditioning can

increase athletic performance considerably. Opportunities are provided for athletes at Diamond to be involved in year-round conditioning.

### **Physical Exams and Insurance Requirements**

The school shall require of each student participating in athletics a certificate of an issued physical signed and authorized by a physician, advanced nurse practitioner in written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring physician stating that the individual is physically able to participate in athletic practices and contests of his/her school. A student shall not be permitted to practice or compete for a school until a complete, signed certificate is on file at the school. The medical certificate is valid for two years (730 days) from the date of issue for the purpose of this rule.

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

### **Athletic Lettering**

As each teacher in the school district has his or her own personal expectations of students in the grading process, so do coaches in the field of athletics or sponsors of an activity. It is expected that all coaches/sponsors review what their requirements are for achieving a letter in a sport/activity. All coaches will expect students to be a good citizen both in and out of school, be a viable contributor to the team on the level that the student desires to letter, and in regular attendance at both practices and competitions. Exceptions to the individual coach's requirements may involve the activities director and/or principal.

### **Supervision Policy**

No individual student, team, or activity group shall be permitted to participate in events without being accompanied and supervised by a representative of the school faculty or administrative staff. The activity staff is responsible for supervision of groups while on the bus traveling to and from events, while at the events, and until the students' rides arrive. Activity may not occur without school representative supervision. This includes but is not exclusive to: practices, meetings, performances, contests, and bus transportation.

Sponsorship includes the coach/staff advisor riding the bus, accompanying the activity and/or supervising any activity under the sponsorship of a particular department. Sponsorship may necessitate the coach/advisor procuring assistance from within his/her own department and/or activity personnel. It is the responsibility of the coach/advisor to cover his/her events.

### **Curricular/Co-Curricular Organizations**

Some organizations fall under both academic class guidelines **as well as** activity guidelines and requirements because a class period is given to the organization as well as academic credit. Such classes have academic objectives and independent grading criteria. Students enrolled in

these courses may have other required expectations. The individual staff advisors will acquaint the students with the full scope of responsibilities in these activities and classrooms.

### **Conference Affiliation**

The Diamond R-IV School District is a cooperating member of the Southwest Conference, and as a member is committed to adhere to the rules and regulations of the conference.

Presently there are 8 members of the Southwest Conference as follows: Diamond , Marionville Ash Grove, Pleasant Hope , Lockwood ,Miller ,Pierce City , Sarcoxie

### **SPORTS BY SEASON**

#### **FALL:**

Cross Country – Boys & Girls  
Football  
Volleyball

#### **WINTER:**

Boys Basketball  
Girls Basketball  
Wrestling

#### **SPRING:**

Baseball  
Softball  
Golf  
Track – Boys & Girls

### **NON-ATHLETIC ACTIVITIES OFFERED**

Academic Team  
Band  
Choir  
Cheerleading  
Debate/Forensics  
Drama  
Family, Career, and Community Leaders of America (FCCA)  
Future Business Leaders of America (FBLA)  
Future Farmers of America (FFA)  
National Honor Society  
Newspaper/Journalism  
Yearbook

## **Diamond School District Athletics & Activities - Six Step Parent Protocol**

**All concerns regarding your student in the sport/activity in which your student is involved in can be addressed by following eight steps:**

**Step 1** – Contact the Head Coach via phone, e-mail, or in person to arrange a meeting time. Please do not make this initial contact immediately after a game or practice.

**Step 2** – Attend meeting on set date and discuss concern and come to a resolution. Concerns are limited to your student-athlete only. Discussion of any other student athletes is means for meeting termination. Playing time is not an appropriate discussion topic, but discussion about how your athlete can improve is appropriate. The athlete will be present at this meeting.

**Step 3** – Contact the Principal/Activities Director, Chris Mettlach, via phone, e-mail, or in person to arrange a meeting time if a satisfactory resolution to the concern is not reached through Step 2. Head coach will be invited to this meeting.

**Step 4** – Attend meeting on set date and discuss the concern and the proposed resolution to the concern by the Head Coach. The athlete will be present at this meeting.

**Step 5** – Contact the Superintendent, Keith White, via phone, e-mail, or in person to arrange a meeting time if a satisfactory resolution to the concern is not reached through Step 6. Head Coach, Athletic Director, and Secondary Principal will be invited to this meeting.

**Step 6** – Attend meeting on set date and discuss the concern and the proposed resolution(s) to the concern by the Head Coach, Athletic Director, and Principal. The athlete will be present at this meeting

