

LAMAR MIDDLE SCHOOL CO-CURRICULAR HANDBOOK

BELIEF:

The Lamar R-1 School District believes the co-curricular program is a vital part of a student's physical, mental, social, and emotional experience, which supplements the curricular program.

MISSION:

The mission of the Lamar Middle School is to provide a variety of opportunities for all students, acting as a bridge between the elementary classroom and high school specialization, to develop physical, mental, emotional, and social skills in a safe supervised environment.

GOALS:

To develop and improve:

1. Teamwork
2. Self-esteem
3. Sportsmanship
4. Self-control
5. Respect for self and others
6. Critical thinking
7. Wise decision making
8. Positive assertiveness
9. School assertiveness
10. Competitive fun
11. Physical skills
12. Confidence, punctuality, integrity, and loyalty
13. Life sports
14. Positive academic and citizenship responsibility
15. To maximize on opportunities for communication

COMMUNICATION:

Activities Coordinator, Head Coach and Team Coach will have a pre-season meeting with parents and students.

GENERAL POLICY STATEMENT

Introduction

This handbook is to help the parent, student and coach, and sponsor understand the procedures we have in place for participation. We envision a program that can improve physical, emotional health and provide active participation. A program should give students a feeling of inclusion in the school community to maximize their potential. This information should bring about more efficient and informative operation.

Please read this handbook carefully. It has been developed to provide you with information. The program will comply with the rules, regulations, and policies of the Missouri State High School Activities Association, the Lamar R-1 Board of Education, and the school's administration. These policies are in addition to the middle school handbook.

In activities, personal problems will occur. To handle those situations the following grievance procedures will be used:

- 1st – Resolution between coach, sponsor, and student
- 2nd – Resolution between coach, student, sponsor and parent
- 3rd – Resolution between activities coordinator, coach, sponsor, student and parent
- 4th – Resolution between principal, activities coordinator, coach, sponsor, student and parent

- 5th – Resolution between superintendent, principal, activities coordinator, Coach, sponsor, student, and parent
- 6th – Resolution between board of education, superintendent, principal, activities coordinator, coach, sponsor, student, and parent

Practice on days other than school days must be approved by the head coach of the respective sport and administration. There will be no mandatory practices after 6:30 on Wednesday or Sunday evenings. Open gym practice may be held on Sunday afternoon. If a student has a reasonable conflict, he/she must notify the coach ahead of time concerning the conflict. Participants and/or their parents have the following appeals process if they perceive any practice on days other than school days to be unreasonable. 1) Head coach, 2) Athletic Director, 3) Principal, 4) Superintendent, 5) Board of Education.

Participants may choose the activities they wish, but once the season has started no one shall change sports without the consent of each coach and sponsor involved.

- a. Students cut from one sport may tryout for another providing they were not cut from the first sport for disciplinary reasons.
- b. No student dropped from one squad for disciplinary reason, or whom “quits” shall be eligible to compete in another sport for that particular season.
- c. No student may start another sport until the previous one has been completed.

All activities will be scheduled so that students miss minimum class time for travel to away events. It is the responsibility of the coach and the sponsor to have students excused from class to travel. It is the responsibility of the students to see their teachers to obtain homework they will miss. All work shall be made up according to the Middle School handbook.

YOUR STUDENT

In working with the middle level student, we recognize these specific developmental characteristics:

- *Students, between the ages of ten and fourteen go through a developmentally difficult growth period.
- *Students, in early adolescence are subject to growth spurts, the appearance of secondary sex characteristics and the onset of puberty
- *Students are self conscious about physical changes
- *Students are conscious of their individual uniqueness
- *Students at this age experience a tremendous period of brain growth
- *Students at this age are heavier and taller than their counterparts twenty-five years ago
- *Students at this age experience widely varying moods and display erratic and inconsistent behavior
- *Students at this age want to be “adult” without losing the safety of childhood
- *Students at this age are easily embarrassed
- *Students at this age increasingly seek approval from their peers, decreasingly from adults
- *Students at this age tend increasingly to resent adult restrictions

*Students at this age experiment with language and other social behaviors they have never tried before

*Students at this age are struggling to become independent however, they tend to become lost without the security of family, peers, and school

*Students at this age bring to school a wide range of physical, social, and emotional levels as well as a wide range of family backgrounds, social economic levels, and personal experiences

*Students at this age often have developmentally unique physical problems and limitations

SCHOOL ATTENDANCE

Students are not allowed to participate in school activities without special approval from the principal if they are absent any part of the day of the activity.

Participants who miss the practice before a game will not be allowed to play in that game unless approved by the principal and coach. Parents or students must make an effort to receive the necessary approval from the principal as soon as the absence is known.

ACTIVITIES PRACTICE POLICY

Student participants are expected to attend all practices on time on the days they attend school, unless agreement has been reached by the coach/sponsor and parents no later than the day previous to the scheduled practice session. Student participants are also expected to have arranged transportation for the time of the scheduled end of practice. Any student participant who has not completed transportation connections within twenty (20) minutes of the scheduled end of practice will be considered in violation of the practice policy.

Consequences:

First: warning to the student participant and a parent contact by coach/sponsor.

Second: partial participation in the next scheduled contest/event.

Third: no participation in the next scheduled contest/event.

Fourth: dismissal from the activity group or team.

SCHOOL BEHAVIOR STANDARDS

1. Any student who is participating in an activity and is assigned in-school suspension or is suspended for misconduct/disruptive behavior/tardies will be ineligible to participate during their suspension.

2. Any student who is participating in an activity who receives a second assignment of in-school suspension for misconduct/disruptive behavior/tardies during any quarter or season will be subject to ineligibility for the remainder of that season.

3. Any out of school suspension, which does not apply to the citizenship policy, will result in a 14-day extra-curricular suspension starting with the 1st activity/game following the suspension.

4. Any student who commits an act resulting in juvenile convictions made knowledgeable to LMS, will be ineligible to participate for the remainder of that season or quarter.

5. Any student with unexcused absences will result in:

- 1st Offense – Counseling
- 2nd Offense – Counseling. Suspension from next contest, participate in all practices.
- 3rd Offense – Dismissal from the team.

CITIZENSHIP GUIDELINES

(The following guidelines will be administered in addition to those guidelines in the student handbook)

The following offenses will be addressed and consequences applied by the student's current extra curricular activity sponsor. The sponsor will consult with citizenship review committee. The Citizenship Review Committee will consist of the superintendent, the building principal, athletic director, and all sponsors of extra-curricular activities in which the student is involved. Sponsors may exceed minimum disciplinary action, which will be considered on an individual basis.

Alcohol/Drug, Felonies, Theft, Vandalism, Assaults and Weapons

- Any use/possession of alcohol or drugs or major offenses of theft, vandalism, assaults, weapons etc. against the citizenship standards on or off of school property will result in –
 - 1st Offense – Suspension from participation in all extra-curricular activities for a minimum of 30% of the regular season, and 5 hours mandatory counseling.
 - 2nd Offense – Suspension from participation in all extra-curricular activities for a minimum of 50% of the regular season, 5 hours mandatory counseling, and 5 hours of community service.Subsequent offenses will result in revocation of eligibility for all extra-curricular activities. The student may reapply to the administration for reinstatement of eligibility one year from the date of revocation.
- Student's participation in practice session and events after school hours during extra-curricular suspension will be decided by the head coach/sponsor.

Tobacco

- 1st Offense – Counseling
- 2nd Offense – Counseling, Suspension of the next contest; must attend practices.
- 3rd Offense – Dismissal

Unexcused Absences

- 1st Offense – Counseling
- 2nd Offense – Counseling. Suspension from next contest, participate in all practices.
- 3rd Offense – Dismissal from team

MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION REGULATIONS

No member school of this association may compete in any interscholastic activities with any other school, or against any other team, that is not a member of this association or like association, or with a school that is suspended from the association, or with a junior college team on which there are contestants above high school rank.

However, a member school of this association which is a special education school organized and administered exclusively for the handicapped may compete with a team representing any non-member school or institution by securing permission from the Board of Directors.

ACADEMIC STANDARDS

Statement of Philosophy – Participation in middle school activities is a valuable educational experience and should not be looked upon as a reward of academic success. Students with low academic ability need the educational development provided through participation in activities as much as students with average or above average ability. Activity participation should be for all students making appropriate progress toward graduation and otherwise in good standing.

Grades 7 and 8 – A 7th or 8th grade student must 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 educational program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent chronological age.

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 two scheduled subjects, or failed to make standard progress in special education, shall be ineligible the following semester regardless of promotion to the higher grade.

This section shall not apply to students promoted from the 6th grade and entering the 7th grade nor from the 8th grade and entering 9th grade for the first time.

A student who was academically ineligible the preceding semester but meets the academic standard at the close of that semester becomes eligible the first day classes are attended in the succeeding semester.

ACADEMIC PROGRESS POLICY

Students that choose to participate in co-curricular activities, which include athletics, are expected to perform in the classroom before they are allowed to perform on the field. All Lamar athletes must keep all grades at the passing level (No F's). If a student falls below this level at any time he/she will be out on a two-week probationary period. He/She will have the opportunity to raise the grades that are below the requirements. If grades are still below requirements after this

probationary period the students will be suspended from competition until satisfactory progress has been made and he/she has all passing grades. Any student receiving an F for the first semester shall be suspended for a minimum of one contest. Student must continue to attend all practices during an academic suspension.

In order to represent Lamar Middle School in co-curricular activities a student must also develop the following character traits:

- Services – Must be cooperative, courteous and considerate of others and of the general welfare of the school.
- Dependability – Must be truthful, loyal and punctual.
- Leadership – Must display appropriate leadership qualities, self-control, ability and willingness to assume responsibility.
- Citizenship – Assumes a 24-hour daily citizenship responsibility of unquestionable integrity in behavior and conduct.
- Patriotism and Loyalty – Must show an unselfish interest in family, school, community and nation.

Parental Permission – Prior to each year of interscholastic athletic participation, a student shall furnish a statement, signed by the student's parents or guardians, which grants permission for the student to participate.

Physical Exams and Insurance – The school shall require of each student participating in athletics, including cheerleading, a physician’s certificate stating that he or she is physically able to participate in athletic practices and contest of his/her school.

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 PARTICIPATION ASSUMPTION OF RISK

There are many special benefits being afforded student-athletes by the athletic programs at Lamar Middle School. It must be understood that participating in athletic activities may lead to injury to student – athletes. Therefore, our purpose is to make all student – athletes and their parents aware that dangers do exist and that participation is voluntary with the understanding that risks are involved.

It is to be further understood that student – athletes must share in the responsibility for their own safety and safety of others as each participates in the district athletic program.

The student – athlete participating in the athletic program could mildly, moderately, or severely injure the anatomy. Catastrophic injuries resulting in death and permanent paralysis may occur during sports participation. There is no absolute prevention against any potential injuries.

SPORTSMANSHIP CREED

The Player:

Lives clean and plays hard. Plays for the love of the game. Wins without boasting. Loses without excuses and never quits. Respects officials and accepts their decisions without question. Never forgets that he/she is a representative of the school.

The Coach:

Inspires in players a love for the game and the desire to win. Teaches them that it is better to lose fairly than to win unfairly. Leads players and spectators to respect officials by setting a good example.

The Official:

Knows the rules. Is fair and firm in all decisions. Calls them as he/she sees them. Treats players and coaches courteously and demands the same treatment for himself. Knows the game is for the players and lets them have the spotlight.

The Spectator:

Never boos a player or an official. Appreciates a good play no matter who makes it. Knows that the school gets the blame or the praise for his/her conduct. Lets the students play.

DIRECTIONS TO COMPETING SCHOOLS

Stockton

160 hwy. east to hwy. E, then hwy. E east to hwy. 39, then 39 north to south edge of Stockton

Neosho

71 hwy. south to Carthage then alt. 71 south to junct. hways. 71 and 60, then north on bus. 60 hwy. school is on the right

Jasper

71 hwy. south to Jasper then hwy. H west approx. ½ mile, school is to the right

Nevada

71 hwy. north to 1st Nevada exit, then west on bus. 71 and 54 hwy. to fire station, then north on Ash St. to Ashland, then west on Ashland to Olive St., then north on Olive St. to school

Lockwood

160 hwy. east to 1 block east of 4 way stop in Lockwood

Monett

71 hwy., south to I-44 then east on I-44 to 97 hwy. and Stotts City exit, then east on south outer road to H hwy., then south on H hwy. to Monett school

ElDorado Springs

71 hwy. north to 54 hwy., then east on 54 hwy. to Grand St. in ElDorado Springs, then north on Grand St. to school

Butler

71 hwy. north to Bus. 71 exit, then north on Bus. 71 approx ½ mile, then east approx. ¾ mile to school

Webb City

71 hwy. South to Rangeline and 71, then north to 1st St., then east on 1st St. 1 block to school

Seneca

71 hwy. south to I-44, then west on I-44 to 43 hwy. south, then south on 43 hwy. to 1 blk. south of 4 way stop in Seneca, then 1 block east to school

Aurora

71 hwy. South to I-44 East, then east to Exit 46 to hwy. 39. Turn right on 39 hwy. then right on S. Lincoln Ave. to middle school. For the high school take Carnation Dr. to Church St. Go straight south approx. 1 mile. Turn left on Prospect Rd. School approx. 1/2 mile on the left side.

Cassville

71 hwy. to Hwy. 60, turn left onto Hwy. 60. At Hwy. 37 turn right. Take Business 37 (Main Street) to Hwy. Y and turn left. Take first street to the right, and you will be on the back side of the campus.

Carl Junction

Hwy. 160 to 43 hwy. South. Turn right on hwy. 96. Turn left on County Road 284/N. Roney St. Turn right onto Allen.

Granby

Hwy. 71 South . Merge onto hwy. 59 south to hwy. 60 east, turn left on hwy 60, turn right on S. Pennsylvania past water tower.

Mount Vernon

Hwy. 71 South to I-44 east. Take the Mount Vernon exit to S. Landrum. Turn left and follow to school.

East Newton

71 Hwy. South to Hwy. 86, turn left and go approx. 2 1/2 miles. School on left.

PARENT SIGNATURE SHEET

ACKNOWLEDGE OF RISK: By signing below, I acknowledge I have read the assumption of risk statement and that I am aware that there is a possibility that my child may suffer mild, moderate or severe injury, including paralysis or death due to participation in athletic activities. I further acknowledge any injury incurred may cause life long disability to joints, muscles, ligaments, tendons, or any of the major vital organs.

Student – Athlete Signature

Parent or Legal Guardian Signature

EMERGENCY MEDICAL PERMIT AND ACTIVITIES PARTICIPATION:

STUDENT NAME: _____

I, being the parent or guardian of the above name student, agree to permit this student to engage in extracurricular activities at Lamar R-1 School. I give permission to authorized school representatives to act in my absence to authorize members of the medical profession to treat injuries and/or illness incurred while participating in activities sponsored by the Lamar R-1 School. I shall assume all medical payments and recognize that the Lamar R-1 School medical insurance plan is considered to be supplemental in coverage.

Parent/Guardian Signature: _____

Date: _____

Home Phone: _____ Work Phone: _____

Parent's Insurance Co. Name, Plan & Number _____

- 1. Allergies/allergic reactions, including _____
- 2. All medications being taken _____
- 3. Medical Concerns: _____

RULES FOR LAMAR MIDDLE SCHOOL HANDBOOK AND EXTRA-CURRICULAR ACTIVITIES/ELIGIBILITY REQUIREMENTS:

We have read and we understand the eligibility and the rules and the behavior rules expected at Lamar R-1 School.

Student Signature

Parent or Guardian Signature

Date: _____