

# Holden R-III School District



## Activities Handbook

**2023-2024**

Commitment to Success

Continuing Tradition

## **Introduction**

Welcome to Holden R-III School District's activities programs. Hopefully your decision to take advantage of our extracurricular programs will be educational, rewarding, and challenging. We encourage you to take advantage of as many programs as your time and talents will permit. We do not encourage specialization in any one activity, but rather we encourage you to experience a variety of activities. This handbook is given to you so that you might be aware of:

1. The programs available to you.
2. The responsibilities with participation in activities.

Naturally due to conflicts during seasons, practice times, schedules, etc... some choices will have to be made by you. Good luck to you as you strive to grow through these activities.

## **Activities**

### **Fall Sports**

HS Football, HS Girls Volleyball, HS Boys Cross Country, HS Girls Cross Country, HS Girls Softball  
MS Football, MS Girls Volleyball, MS Boys Cross Country, MS Girls Cross Country

### **Winter Sports**

HS Boys Basketball, HS Girls Basketball, HS Boys Wrestling, HS Girls Wrestling  
MS Boys Basketball, MS Girls Basketball, MS Boys Wrestling, MS Girls Wrestling

### **Spring Sports**

HS Baseball, HS Boys Track, HS Girls Track  
MS Boys Track, MS Girls Track

### **Extracurricular Activities**

HS Cheerleading, MS Cheerleading  
HS Scholar Bowl  
HS Student Ambassadors, MS Student Ambassadors

### **Co-Curricular Activities**

HS Band, HS Choir, HS Color Guard, HS Drama, HS Science Olympiad, HS Math Team, HS Student Council,  
HS National Honor Society, HS FBLA, HS FCCLA, HS FFA, HS Art Clubs, HS Yearbook, HS Foreign Language

MS Band, MS Choir, MS Science Olympiad, MS Math Relays, MS Student Council, MS Yearbook, MS  
National Honor Society, MS Art Clubs, MS Homework Club

### Activities Pledge Sheet

The Holden R-III School District activities department currently requires that all students and their parents/guardians review the activities handbook. Each parent/student prior to participation is required to electronically sign that they have read and understand the handbook. This handbook contains necessary information used to inform the participant and their parents/guardians of the rules, regulations, and procedures of the activities department.

Students are subject to the Holden R-III School District's discipline policy as outlined in the student handbook, as well as specific rules in the activities handbook and rules set by the coach/sponsor. Copies of the policy may be obtained in the Superintendent's office, school offices or from the coach/sponsor.

As a participant in the activities provided by Holden R-III School District, you are accepting standards that are over and above that of the nonparticipating student.

Keep in mind that you are in the PUBLIC EYE and that your personal conduct must be above reproach! You have an obligation to create a favorable image and gain the respect of your fellow participants and teammates, the entire student body, and the entire Holden community. Participation in our activities represent a privilege that is a year-round commitment and will help develop the student physically, mentally, socially, and emotionally.

The activities department, under the direct supervision of the superintendent and the activities director, is responsible for the promotion and implementation of the activities programs.

### Activities Philosophy

The ultimate purpose of extracurricular activities is to provide a maximum number of students an opportunity to grow as young adults within the structure and framework of organized and disciplined programs. Extracurricular activities are an integral part of the educational process. Extracurricular activities offer a positive and meaningful experience that will enhance the growth and development of all young men and women who participate. **The Holden R-III School District is committed to the belief that participation in interscholastic activities is a PRIVILEGE, not a right.**

It is our philosophy to take the best student participants and represent Holden High School to the highest degree. Successful, winning programs is a by-product of commitment, fundamental skills, preparation, training and strength of character. We will strive for success and to win by developing these traits.

Only those students who are eligible under the rules of the Missouri State High School Activities Association (MSHSAA), the Holden R-III School District policies, and who are capable of assuming the responsibilities of being official representatives of the high school through their manners, conduct, appearance, and sportsmanship shall be permitted to represent the school in an activities program.

### Preparation for Sport & Strength Training

We believe there is a strong correlation between the quality of the strength & conditioning program and the success of any team. We are committed to allocating resources to strength-training programs. All teams can be positively affected by improvements in strength, speed, and agility.

Preparation for sport is comprised of two distinct conditioning aspects: training and practice. Training refers to the process of enhancing the physical and mental condition of the athlete; practice refers to the process of perfecting the technical skills demanded by the particular sport. Both are equally important. Utilizing strength-endurance, traditional strength and explosive-power strength are all crucial training modalities that effectively create the best prepared high school athletes.

**Summer & Off-Season Training**

We believe that the “summer” & “off-season” sessions of strength training are crucial for programs to be competitive in sports demanding strength, speed, agility and conditioning. These sessions are an ideal time to work in aggressive, yet smart, off season volume and progression.

**Conference Affiliation**

The Holden R-III School District is a cooperating member of the Missouri River Valley Conference (MRVC). As a member, we are committed to adhere to the rules and regulations of the conference. Presently, there are thirteen members of the conference split between East and West.

**MRVC East**

Higginsville	Knob Noster	Holden
Carrollton	Lexington	Richmond

**MRVC West**

Harrisonville	Oak Grove	Center	Clinton
Warrensburg	Odessa	Pleasant Hill	

As a member of the Missouri State High School Activities Association (MSHSAA), we are committed to abide by all rules, regulations, and policies established by the MSHSAA.

**Participant Responsibility**

It is the student’s responsibility to follow these principles: self-discipline, respect for others, and respect for authority, fair play, sportsmanship, teamwork, and good citizenship. We believe that it is a privilege to represent the school in activities and that privilege should be reserved for those students who meet these responsibilities. Only those students who are eligible and who are capable of assuming the responsibilities of being official representatives of the schools through their manners, conduct, appearance, and sportsmanship shall be permitted to represent the school in the activities programs.

**Basic Guidelines for Participation**

***Attendance***

No student will be allowed to participate in an activity, athletic event, or practice unless he/she was in attendance for all periods of that school day, except in cases of medical/dental appointments, family emergencies or prior approval by the administration. They must check in before 8:30. This does not include a tardy. This rule also applies for the day prior to an event scheduled on a weekend. Furthermore, the student may not be certified eligible to participate on any subsequent date until the student attends a full day of classes. It is important to be in attendance the full day following an event. Do not use activities as an excuse to miss school.

A student assigned OSS cannot participate in extra or co-curricular activities on that date, nor are they allowed on school property without the permission of the administration. A student assigned ISS can participate in practice or a concert (meeting a course requirement) on the same date, but not a contest. ***A student assigned ISS on the last day of the school week and the first day of the next school week can participate in practice or a concert (meeting a course requirement) over the weekend/break but cannot participate in a contest.***

Absence from practice or events must be cleared with the coach/sponsor before missing a practice or event. Classroom obligations and rules are to come first. After school detentions will be served as scheduled. Practices and events are not valid excuses for not serving detentions.

### ***Commitment***

If you quit one activity, you will not be allowed to go out for another activity during the same season unless permission is granted by the sponsor/coach of the activity you quit and the new activity sponsor/coach you wish to participate. No student will be allowed to practice or participate as a member of an activity until they have fulfilled all obligations of the preceding activity (all uniforms, equipment, and materials must be accounted for prior to allowing the individual to act as a member of another activity).

### ***Transportation***

All students are required to travel to each activity in school approved transportation. Students may be signed out after the event is over by the student's parent through the coach or sponsor. If an emergency arises and it becomes necessary that an adult other than the student's parent needs to sign them out after an event, a transportation release must be submitted for prior administrative approval from the parent or guardian of the student concerned. The parental transportation requests are valid for one year unless the parent/guardian contacts the office to make a change. The coach or sponsor will make the final decision in these matters.

### ***Dress/Hair Policy***

Because the participant does represent the school and the student body while participating in interscholastic activities, a statement needs to be made regarding appearance of the student athlete. In general, hair should be groomed in a tasteful manner, with the safety of the student athlete, his/her teammates, and his opponents in mind.

Students participating in activities will not be permitted to wear clothing to school or school functions, which contain references to TOBACCO, ALCOHOL, DRUGS and SEX.

### ***Social Media / Technology***

To participate in extracurricular activities students must be a credible school citizen as defined in the MSHSAA and District policies. This applies both in school and out of school situations. Social networking sites such as Instagram and Tik Tok in addition to the use of Twitter and text messaging often publish or transmit text, pictures, and other information depicting students engaged in activity that does not represent responsible citizenship. Students must understand that inappropriate material transmitted electronically and negative posts about the school district, its programs, and staff will not be tolerated and may result in a suspension or removal from the Holden R-III School District activities program. Student participants shall refrain from posting photographs on any of the social websites that would include behavior unbecoming and in violation of the expectations of anyone involved in extracurricular activities.

Social networking sites can be important tools for users but they can also lead to serious problems and long lasting consequences. Participation in the Holden R-III School District's activities program is a privilege not a right, therefore, participants must accept responsibility for responsible use of technology along with being a responsible citizen.

### Academic Eligibility

<b>Grades 9-12</b>	<b>Current Semester:</b> Enrolled in 3.0 credits or 80% of maximum allowed classes a student can be enrolled in a semester.	<b>Semester Eligibility:</b> Students with two F's at the end of a semester will be ineligible for the entire next semester.
<b>Grades 7-8</b>	<b>Current Grading Period:</b> Enrolled 80% of maximum allowed classes a student can be enrolled in a semester.	<b>Quarter Eligibility:</b> Students with two F's at the end of the quarter will be ineligible for the next quarter.

*\*Summer school courses may count towards maintaining an 8th graders academic eligibility for the FIRST grading period, provided some requirements are met.*

*\*\*Summer school courses may count towards maintaining a 9-12<sup>th</sup> graders academic eligibility for FALL semester provided some requirements are met.*

*\*\*\*During academic suspension, students need to attend practices, games, concerts, go to team meetings, etc., but they cannot represent the school in any contests. Students may not travel to away events. Students will be allowed to participate in a local concert, local marching band event, or a local pep band performance if it is tied to an academic class.*

*\*\*\*\*Academic eligibility will start over for students who are promoted to the 7<sup>th</sup> or 9<sup>th</sup> grade prior to the first day of classes.*

### Discipline

#### ***Inappropriate Behavior***

Inappropriate behavior handicaps the student's ability and team's performance. The following acts will be considered inappropriate behavior:

- Any act which results in administrative discipline.
- Any act in which criminal charges are pending.
- A student whose character or conduct brings discredit to the school or to the student.
- Any act which will bring disrespect to an individual or team.

#### ***Citizenship Procedures***

The Missouri State High School Activities Association Official Handbook states: "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 "creditible citizens." Conduct shall be satisfactory in accord with the standards of good discipline."

### **Sportsmanship**

As an athlete or participant representing the Holden R-III School District, it is your responsibility to exhibit good sportsmanship at all times. We expect our student participants to compete to the very best of their abilities. When our athletes win, they should do so modestly and with respect for the other team. If they lose, they should do so with dignity and congratulate the other team.

All student participants as well as spectators are expected to display good sportsmanship at all levels of competition. Any spectator exhibiting behavior that is unacceptable may be asked to leave the competition and more severe consequences may be enforced.

Listed below are policies concerning violations of sportsmanship, as they are stated in the official handbook of the Missouri State High School Activities Association.

Student/Fans – Action regarding the misconduct of a student or fan shall range from a warning to being required to appear before the Board of Education to show reason why that person should not be prohibited from attending future games. Violent acts shall result in charges being brought against the individual or information being provided to the prosecuting attorney, who may bring charges under Missouri law.

Actions regarding all other acts of poor sportsmanship or misconduct will be referred to the administrators.

### **Parent Communication**

Both parenting and coaching can be difficult, challenging and ultimately rewarding experiences. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your child becomes involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team or activity.

When your child becomes involved in the Holden R-III School District's programs they will experience some of the most challenging and rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way your child wishes. At these times, the expectation is that the student participant will initiate a discussion with the coach about their concerns. We believe this approach is both the most likely way to a positive resolution, and valuable learning experience for the student participant. The coaches have been instructed to encourage this type of dialogue and to promptly set aside time for individual, private appointments when requested.

### ***Reminders for Parents***

- Follow the communication chain: student to coach, parent to coach, parent to AD, etc.....
- Parents are not allowed in a locker room, dugout, bench, sideline, etc. before, during or after contests.
- If a problem arises, parents should contact the head coach no sooner than 24 hours after the contest or practice.
- Do not discuss issues with assistant coaches unless your concern is with that coach specifically.

### ***Appropriate Concerns to Discuss with Coaches***

- The treatment of your child, both mentally and physically.
- Ways to help your child improve.
- Concerns about your child's progress, behavior, and grades.

### ***Issues Not Appropriate to Discuss with Coaches***

- Playing time
- Team strategy
- Play calling
- Other student-athletes

### ***Steps to Follow if a Concern Arises***

- Discuss issue with your son/daughter.
- Encourage your son/daughter to discuss the issue with their coach.
- Do not confront a coach before practice, after practice, and/or a contest. Wait 24 hours after an event to contact a coach about a concern.
- Set up an appointment with the coach by calling the school office.
- If a resolution isn't reached, schedule a conference with the AD.

### **Dual Activity Participation**

A student may choose to participate in two activities during the same season. The two head coaches/sponsors of each activity will meet with the student and his or her parents/guardians to review what requirements are needed to be met by the student in order to participate in both activities. A contract may be required, signed by the student, coaches, and parents.

It will be understood by all coaches and sponsors that conference, district, sectional, and state contests or events take precedence over a contest or event that is a lower-level event. If there are conflicts students should know from their coach or sponsor that they are expected to attend the higher-level contest or event. Students, who do not attend the higher-level event, will become ineligible for the other event on that same date. If there is a compromise to be made among coaches and sponsors to allow students to participate in both; then that will be up to each individual coach or sponsor to communicate with each other and to communicate to the student and their parents.

If students have two activities in one day that are equal level, then students will follow the details on their dual sport contract. If there is a curricular event in conflict, the student is required to attend the event tied to class, they will be ineligible to participate in the other event. Sponsors will make every attempt to work with students so that they may attend both events, therefore, students are expected to attend both events if possible.

### **Care of Equipment**



School athletic and activity equipment shall not be worn at any time other than at authorized practices and contests, unless the activities director or coach gives special permission. All equipment must be turned in within one week following the end of the season. All equipment must be cleaned and in good condition. A charge will be given for any equipment that has been abused, neglected, or not returned. Students will be held accountable for any lost equipment.

#### **Letter Awards**

Letter awards are presented in all varsity level athletics and in certain activities. Specific lettering requirements may be obtained from the coach or sponsor of that activity. The participant must have finished the season in good standing with his/her coach/sponsor. They must attend the banquet or ceremony at the end of the season unless they have permission from the coach/sponsor and administrator to miss. A certificate will be presented to each participant that meets the lettering standards established in the specific activity. When the participant earns his/her first varsity letter, the activities department will present them with the appropriate chenille award. The chenille award is given in addition to the letter certificate but is awarded only once during the student's participation.

#### **Iron Eagle Award**

This prestigious award is given to Holden High School seniors who have played for three athletic teams for all four years of their high school career. These athletes must also have maintained at least a 2.5 cumulative GPA throughout their high school career and be considered in good standing regarding citizenship by the coaching staff and administration.

#### **Information for Prospective College Athletes**

For those student-athletes who feel that they may have the time and talents to become a college athlete the NCAA puts out the NCAA Guide for the College Bound Student-Athlete. This publication is a summary of rules and regulations governing the transferring, recruiting, eligibility, and financial aid that would be beneficial to any senior.

A student, who is planning to enroll as freshmen and wishes to participate in Division I or II athletics, must be certified by the NCAA Initial-Eligibility Clearinghouse. The proper forms and materials for the NCAA Clearinghouse are available through the counselor's office. To play NAIA sports, every student must be registered with the NAIA Eligibility Center. Go to [www.PlayNAIA.org](http://www.PlayNAIA.org) to register.

**Drug Testing (Holden R-III School District school board policy: JFCI)**

As a condition of participating in extracurricular activities, middle school students, high school students and their parents must consent to the districts drug testing policy. Participants must complete drug testing consent form available online prior to participating in any school activities.

**Due Process for Activities**

In all cases involving dismissal of a participant from his/her activity or complete removal from Holden R-III School District’s activities program, due process is available through the District’s regular administrative channels. Final administrative appeal may be made to the superintendent of schools.

<b><i>Infraction</i></b>	<b><i>1<sup>st</sup> Offense</i></b>	<b><i>2<sup>nd</sup> Offense</i></b>	<b><i>3<sup>rd</sup> Offense</i></b>
<b>Alcohol/Drugs</b> (use, possession, under the influence, or positive drug test)  <b><i>*All suspensions will carry over to the next athletic season or school year.</i></b>	Student is prohibited from representing the school during suspension and/or until all legal responsibilities have been resolved. <b><i>(whichever is greater)</i></b>  <b><i>Athletics:</i></b> 30% of contests <b><i>Activities:</i></b> 30% of events (current season with remaining contests to extend to the next season)	Student is prohibited from representing the school during suspension and/or until all legal responsibilities have been resolved. <b><i>(whichever is greater)</i></b>  <b><i>Athletics:</i></b> Remainder of current school year. <b><i>Activities:</i></b> Remainder of current school year.	Student is prohibited from representing the school during suspension.  <b><i>Athletics:</i></b> Permanently <b><i>Activities:</i></b> Permanently
<b>Drugs</b> (distribution)	Student is prohibited from representing the school.  <b><i>Athletics:</i></b> 1 year <b><i>Activities:</i></b> 1 year	Student is prohibited from representing the school.  <b><i>Athletics:</i></b> Permanently <b><i>Activities:</i></b> Permanently	N/A
<b>Tobacco/E Cigarettes</b> (use or possession)  <b><i>*All suspensions will carry over to the next athletic season or school year.</i></b>	Student is prohibited from representing the school.  <b><i>Athletics:</i></b> 30% of contests <b><i>Activities:</i></b> 30% of events (current season with remaining contests to extend to the next season)	Student is prohibited from representing the school.  <b><i>Athletics:</i></b> Remainder of current school year. <b><i>Activities:</i></b> Remainder of current school year.	Student is prohibited from representing the school.  <b><i>Athletics:</i></b> Permanently <b><i>Activities:</i></b> Permanently

<b>Violation of Law</b> (Misdemeanor)	For all infractions: Student may be prohibited from participation and from representing the school in activities at the discretion of a review committee comprised of the Activities Director, Principal, Coach or Sponsor.
<b>Violation of Law</b> (Felony)	For all infractions: Student is prohibited from participation and from representing the school in activities for an alleged violation. Reinstatement upon acquittal. Permanent restriction upon conviction.
<b>Suspension from School</b>	For all infractions: Student is prohibited from practicing and participation in activities for each day of out of school suspension.

***\*The student will immediately self-report any violation of law to the Activities Director. Failure to self-report will prohibit the student from representing the school in any activity for 365 calendar days.***

***\*\*Clarification: Calendar days are to be considered during the regular school term.***

***\*\*\*Activity Seasons: Fall August 3<sup>rd</sup> – November 1<sup>st</sup>, Winter November 2<sup>nd</sup> – February 28<sup>th</sup>, Spring February 29<sup>th</sup> – End of Activity Year.***

***\*\*\*\*Infractions are cumulative and will transfer from year to year.***

Discipline action will be handled on an individual basis, except those that are specifically spoken to above. Expulsion from the team will result, if in the judgment of the head coach and administration, the student’s actions reflect an irreconcilable attitude on his/her part. Each head coach of an athletic or activity program will have additional expectations of student-athletes that participate in their program.