



NORTH  
KANSAS CITY  
SCHOOLS  

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# High School Athletics and Activities Handbook



• Character • Pride • Accountability •



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## **INTRODUCTION**

Welcome to the North Kansas City School District's interscholastic athletic and activities program. We are excited you have chosen to participate in the programs offered by your high school and hope they are not only educational, but rewarding and challenging as well.

## **GOAL STATEMENT**

Interscholastic athletics and activities are integral parts of the total secondary educational program. These experiences assist in the development of skills, knowledge, and emotional control necessary for character development, and they enrich the overall school experience for all students. As champions for students, the district's mission is to ensure that all students are "life-ready and ethically grounded in an ever-changing world through innovative educational experiences that inspire lifelong learning, embrace inclusion, and forge a unified community."

## **PHILOSOPHY**

North Kansas City Schools believes that interscholastic athletics and activities are important supplements to the secondary curricular program and are vital to a student's total high school educational experience. These experiences contribute to the development of learning skills and emotional patterns that enable students to maximize their high school education. Many of our students choose to continue participation in organized athletics and activities as part of their post-secondary experience, and some pursue careers that align with their chosen sport/activity. In addition, participation in athletics and activities assists students to develop emotionally, mentally, socially and physically.

Student participation in our interscholastic programs is a privilege and carries with it responsibilities to the school, program, student body and community.

We do not encourage students to specialize in one program or activity, but to take advantage of as many athletic and activity programs as their time, energy and talent permit. You are commended for your initiative to grow emotionally, mentally, socially, and physically through activities and athletics.

## **RESPONSIBILITIES**

As a student participant, you are in high school to obtain the best secondary education you can achieve and your decision to take advantage of the other half of education plays a significant part in your total educational development. However, with this decision come certain responsibilities:

- Strive to achieve good citizenship and social traits including cooperation, teamwork, honesty, dependability, respect, and emotional control.
- Maintain eligibility requirements that are established by the Missouri State High School Activities Association (MSHSAA) and North Kansas City Schools.
- Learn the spirit of hard work and sacrifice.
- Learn to attain physical and mental fitness through good health habits.
- Desire to excel to the extent of your potential.
- Show respect for both authority and property.
- Accept the leadership role that is instilled through the activities and athletic programs.

As a representative of your high school, keep in mind that you are in the public eye and your personal behavior and conduct must be above reproach. You have an obligation to create a favorable image and gain the respect of your teammates, student body and community.

## **PROTECTING YOUR ELIGIBILITY**

The Missouri State High School Activities Association, of which North Kansas City Schools is a member, is a voluntary, non-profit, educational association of junior and senior high schools established to work cooperatively in adopting standards for supervising and regulating interscholastic activities and contests.

One of the primary functions of MSHSAA is to establish eligibility standards that must be met by all students to attain the privilege of representing his or her school in interscholastic activities. Eligibility is a privilege granted by the high school to a student and allows the student to participate in interscholastic activities. Eligibility is not a

student's right by law. Precedent-setting legal cases have determined that eligibility is a privilege to be granted only if the student meets all standards adopted by the school, which enables the school to grant the student such a privilege.

Listed below is information to acquaint you with the major rules and regulations you must follow in order to protect your eligibility. Please contact your high school activities director for further clarification.

### **Creditable School Citizen**

You must be a creditable school citizen. Creditable school citizens are students whose conduct, both in and out of school, will not reflect discredit upon themselves or their school.

### **Academic Requirements**

You must be making satisfactory progress toward graduation as determined by North Kansas City Schools and must have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which you can be enrolled in the semester, whichever is greater.

For your current semester, you must be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits, whichever is greater. Credits earned or completed after the close of the semester will not fulfill the requirement. Summer high school courses for **FALL** academic eligibility may count towards eligibility. Specific concerns regarding eligibility guidelines should be directed to your activities director.

Students promoted for the first time into ninth grade are considered academically eligible for the first semester after promotion.

Do not drop courses without first consulting with your school activities director or counselor to determine whether doing so will affect your eligibility.

### **Academic Standards Procedure**

Each head coach or sponsor (assistant if applicable) will follow the academic performance of his or her charges every three weeks using the North Kansas City School District PowerSchool

Program. If a coach or sponsor identifies a student that is not performing satisfactorily academically, the coach or sponsor will meet with the student to discuss issues that may explain why their performance is deficient. If it is determined that follow-up with the student is needed, the coach or sponsor will refer the student for further academic assistance.

### **Transferring School Districts**

If you transfer school districts and your parents do not move to the new school district, you will be ineligible for 365 days unless an exception to the transfer or promotion rule is met (see your activities director for specific MSHSAA information).

If you move with your parents to a new school district, you will be immediately eligible for practice provided you were eligible in all other respects at the former school. MSHSAA requires five (5) days of attendance before competing in a game.

### **Participation Limits**

Eligibility to participate in high school athletics and activities begins when you first enter the ninth grade and lasts for the first eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.

### **Entrance and Age Requirement**

You must be enrolled in school within the first 11 days of the semester to be eligible for participation. If you reach the age of 19 prior to July 1, you are ineligible for interscholastic competition the following school year.

### **Non-School Competition**

You may be able to participate in certain organized non-school athletic team competitions and your school team, however **you must contact and obtain approval from your building Activities director prior to participation.**

### **Awards Standards**

A student may accept an award for participation in an athletic contest, or for athletic honors or recognition of athletic achievements in the interscholastic program. Awards presented to

students shall meet the criteria listed in the MSHSAA Handbook section 3.6.2. Awards in the form of high school scholarships or concessions on tuition because of athletic ability shall cause the student to become ineligible for future competition in all interscholastic sports.

### **Auditions**

You may participate in an “audition” or “try-out” for a college team only after you have completed your last season of eligibility in the sport for which you wish to try-out.

You cannot represent your school (appearing in school uniform, school-named clothing, at school facilities, or with mascot/school colors) to endorse or promote a product or service, commercial venture, political venture, etc. without prior, written consent by a school administrator.

Questions and concerns regarding All-Star contests should be directed to your activities director.

### **Sports Camps/Clinics**

You may participate in up to 20 days of sport specific activity per sport with a school representative during the summer months.

You may attend a non-school sponsored summer sports camp or clinic for as long as you wish where you do not receive instruction or coaching from a member of your school’s coaching staff.

You may attend a specialized camp or clinic outside the sport season during the school year where you do not receive instruction or coaching from a member of your school’s coaching staff. Before attending any specialized athletic camp, clinic or group sport instruction, you should consult your activities director.

You are allowed to provide lessons or instruction in your sport without jeopardizing amateur standing.

### **BASIC GUIDELINES FOR PARTICIPATION**

You are free to choose the activities in which you wish to participate. It is the North Kansas City School District’s policy that when students face a conflict between two school-sponsored activities, the sponsors of the activities shall meet to

determine a resolution with the best interest of the student in mind. Certain school activities (to be determined by the building administration) will have priority. Students are not to be penalized by the activity not attended.

### **Attendance**

It is important that you be in attendance at school. Attendance is required to be able to participate in any activity scheduled for that day. Exceptions may be granted with prior administrative approval only. If it is necessary to be absent from practice, you are expected to obtain permission from the head coach prior to the scheduled practice.

In the event that you are truant or suspended, you are not eligible for participation until you have fulfilled all of the disciplinary requirements established by the administration.

### **Care of Equipment**

In order to give students a sense of responsibility and an appreciation of equipment, you will be held accountable for the abuse or loss of equipment. Students checking out equipment must pay for all items that are lost or stolen. The following guidelines will reduce the chances of lost or stolen equipment:

- Do not exchange or loan any of the equipment checked out to you to another teammate. If exchange is warranted, clear it on your checkout card by having the coach make the adjustments.
- Except when you are in visual contact, keep your locker closed and locked at all times. This includes when you are in the shower. School and personal equipment and belongings should be locked up at all times.
- Any loss of equipment should be reported immediately to the head coach rather than waiting until the end of the season.
- Any protective equipment that does not fit properly or that has any defective parts should be reported to a coach immediately. Do not wear such equipment until the necessary adjustments have been made. This is for your protection.

- It is against MSHSAA regulations to sell or rent any equipment to any individual. Therefore, any equipment you may see out of the school environment does not belong to the individual(s). Please report any such violation to a coach or the activities administrator. By doing so, you are not only helping the athletic department, but also the individual who must pay for the stolen item.

### **Participation Fees**

A student participation fee of \$50.00 will be charged to all students participating in athletics, cheerleading, pom pon, winter guard, speech and debate, scholar bowl and science olympiad during the school year. The maximum charge is \$50.00 per student each year regardless of the number of activities they choose for participation. A maximum fee of \$120.00 will be charged to an individual family regardless of the number of students participating in the high school's interscholastic activities programs. Please consult your building activities director for any questions or concerns regarding this participation fee.

### **CREDITABLE SCHOOL CITIZENSHIP**

You are ineligible for interscholastic athletics and activities if you violate the policies of the North Kansas City Schools Board of Education as outlined in Section JG or if you do not exhibit good citizenship at all times.

If you violate school policies, the procedures and penalties of those policies may take precedence over or be in addition to those described in the following section. The coach or sponsor, activities director and school administrator will determine the length of non-participation for those students found not to be in compliance with school district policies. To clearly outline and define the disciplinary action, the following guidelines are provided for students:

#### **Citizenship**

Students whose character or conduct is such as to reflect discredit upon themselves or their school is not considered a "credible citizen". This includes violations of public law or school policy.

### **Violation Penalty**

Students that admit to being or have been charged with a municipal ordinance violation, misdemeanor, or felony, or in which administrators have first-hand knowledge, will be suspended from participation and will remain ineligible until their judgment is satisfied according to public law or school policy (MSHSAA By-Law). This includes violations that take place during the season or non-season and includes evenings, weekends and summer. School officials may deny participation in all extracurricular activities if a student is convicted or found "not innocent" of a municipal ordinance, misdemeanor, or felony.

### **Reinstatement**

Reinstatement to the athletic or activity team may be granted after a review by the school administration and the coach or sponsor.

### **Procedures and Appeals**

The coach or sponsor, in conjunction with the Activities director and school administrator, may suspend a student from activities after having given them the right to be heard. The suspension decision may be appealed to the principal. The principal's decision will be final. The student and their parent or guardian may appeal actions taken pursuant to this policy by contacting the district Athletic Director's office.

### **SPORTSMANSHIP**

As a participant representing North Kansas City Schools, you are required to exhibit good sportsmanship at all times. The moment you put on your school's uniform, you become a representative of your student body, your school and your community. You will receive the ingredients for good sportsmanship through the teaching, coaching and examples of the coaching staff. Ensure you exhibit what you learn.

Winning philosophies are important, but likewise realize the importance of how the game is played, as well as viewed. Simple acts or gestures of respect such as displaying good conduct, cooperating with officials, shaking hands with opponents before and after contests, showing self-control at all times, accepting decisions and abiding by them, accepting both victory and defeat with pride and compassion and never being boastful or

bitter will aid you and your team to exemplify the standards of sportsmanship expected of athletes and participants in North Kansas City Schools.

### **HAZING POLICY**

North Kansas City Schools prohibits any form of hazing, including but not limited to initiation rituals and harassment. Hazing is unacceptable conduct and will result in disciplinary action. This disciplinary action may include, but is not limited to, a student's suspension or expulsion from school or the termination of an employee's employment with the school district.

No student, coach, teacher, sponsor, volunteer or school district employee shall plan, direct, encourage, assist, engage or participate in any hazing activity. Coaches, administrators, teachers, sponsors, volunteers and school district employees shall not permit, condone, or tolerate any form of hazing. Students subjected to hazing are instructed to promptly report such incidents to a school official.

### **SOCIAL MEDIA**

The North Kansas City Schools practice the overall social media philosophy of "THINK."

T – is it **true**?

H – is it **helpful**?

I – is it **inspiring**?

N – is it **necessary**?

K – is it **kind**?

We all want to protect our credibility, reputation, and ourselves ultimately, and this acronym is something that we can THINK about before posting. Ultimately, we, as individuals, are responsible for what we post on our social media. While the district supports an individual's expression of free speech, please remember you are a representative of the district and as such anything you post reflects not only on you but also the district and your school. It is recommended you do not post any personal information on social media sites and use discretion when posting pictures of yourself and your teammates.

### **CHEMICAL ABUSE POLICY**

North Kansas City Schools recognizes the use of mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The use of mood-altering chemicals such as alcohol, drugs, marijuana, etc., or misuse of prescription or over the counter medications by adolescents affects extra-curricular participation and the development of related skills.

North Kansas City Schools also recognizes that, at a time when students need to learn how to deal with adult problems, drugs can give them a false means of sidestepping those problems. It is also recognized that taking these chemicals further saps the student of spontaneity and adolescent vitality. The close contact advisors and coaches have with students provides them with a unique opportunity to observe, confront and assist these students.

#### **Purpose**

The purpose of the North Kansas City School District's chemical abuse policy is to:

- Recognize and elevate the physical and emotional potential of students in a positive manner and encourage the growth of these students in an atmosphere of responsible citizenship.
- Emphasize the school's concern for maintaining and improving the health and safety of students while participating in activities.
- Promote every student's awareness of the long-term physical and emotional affects of chemical use on their health.
- Promote equity and a sense of order and discipline among students.
- Confirm and support existing state laws, which restrict the use of chemicals.
- Establish and promote high standards of conduct for those students who are leaders and standard-bearers among their peers.
- Assist students who desire to resist peer pressure, which directs them toward the use of chemicals.



- Provide prevention guidelines for chemical abuse in the athletic and activity programs for students and sponsors of North Kansas City Schools.
- Demonstrate creditable citizenship at all times. Non-creditable citizenship could result in disciplinary action or removal from participation.

### **Objective**

To establish a prevention program by adopting penalty guidelines for violations of chemical use by students who participate in school activities.

To ensure that the fairest treatment is received for the action, the following must occur:

- Certainty – Enforcement of consequences will follow the violation.
- Severity – Fair penalty for the act.
- Celerity – Promptness of the process.

### **Consequences of Chemical Abuse**

During the school year or during the season of practice, play or rehearsal, regardless of the quantity, a student shall not have in possession, use, consume, buy, sell or give away a beverage containing alcohol or any substance defined by law as an illegal drug.

It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his or her own doctor; however, it is a violation to use any drug or other substance for a purpose other than its prescribed use. The following are only minimum guidelines and are applicable to all non-curricular related activities such as interscholastic athletics, cheerleading, pom pon, speech and debate, music, winter guard and academic performance groups, etc.

#### First Violation

The student shall lose eligibility for a minimum of 30%\* of the highest level of competition in which the student is a participant. This includes JV, sophomore and freshmen competition. During the time of loss of eligibility, the student must meet all other team obligations. In addition, the student must undergo counseling as specified by the school administration before they can participate in games. The maximum

penalty for a first violation is loss of eligibility for 365 days.

#### Second Violation

The student shall lose eligibility for 365 days, beginning with the date of the violation.

### **Consequences of Tobacco Abuse**

During the school year or during the season of practice, play or rehearsal, a student shall not have in possession, use, consume, buy, sell or give away any type of tobacco products. The following are only minimum guidelines and are applicable to all non-curricular related activities such as interscholastic athletics, cheerleading, pom pon, speech and debate, music, winter guard and academic performance groups, etc.

#### First Violation

The student shall lose eligibility for a minimum of 10%\* of the highest level of competition in which the student is a participant. This includes JV, sophomore and freshmen competition. During the time of loss of eligibility, the student must meet all other team obligations. In addition, the student must undergo counseling as specified by the school administration before they can participate in games. The maximum penalty for a first violation is loss of eligibility for 365 days.

#### Second Violation

The student shall lose eligibility for a minimum of 30%\* of the highest level of competition in which the student is a participant. This includes JV, sophomore and freshmen competition. During the time of loss of eligibility, the student must meet all other team obligations. In addition, the student must undergo counseling as specified by the school administration before they can participate in games. The maximum penalty for a second violation is loss of eligibility for 365 days.

#### Third Violation

The student shall lose eligibility for 365 days, beginning with the date of the violation.

In order to serve a penalty during a sport season other than during the season in which the infraction occurred, the student must have participated in that sport the previous year.

*\*The penalty assessed against the total average matches or contests played during tournaments shall be counted the same as individual matches/contests. For example, if the tennis team plays an average of 20 matches or contests (tournaments included) and the penalty is 10%, then  $.10 \times 20$  would be 2.0 matches or contests. The actual penalty may be greater in an individual sport where tournament advancement requires preceding wins.*

## **CONDITIONING AND INJURIES**

Proper sports conditioning will improve the power, speed and endurance of the athlete on the field or in the gymnasium. It will also help strengthen muscles and joints, increase flexibility and maximize agility through the channeling of aerobic as well as anaerobic power. In addition to the benefit of increased performance, statistics indicate that sports conditioning will assist in preventing injury.

Year-round conditioning can increase athletic performance considerably. Training, unfortunately, is easily reversible and that is why year-round conditioning is so important. Opportunities are provided for athletes in North Kansas City Schools to be involved in year-round conditioning. It is strongly recommended that all athletes not involved in a sport participate in the conditioning program during the off-season.

All athletes want to perform to the best of their abilities, yet a sprained ankle, a bad knee or a pulled muscle can prevent one from doing the best they can. Though there is no guarantee these injuries will not occur, their frequency and seriousness can be reduced through simple measures such as the year-round conditioning mentioned above, training techniques and an awareness of the injury patterns in your chosen sport. Make certain to consult with the athletic trainers immediately if an injury does occur.

### **Physicals**

Athletic By-Law 309 (a) in the MSHSAA Handbook states: "The school shall require of each student participating in athletics or an activity performance

group a physician's certificate stating that he or she is physically able to participate in athletic contests or performance groups." The medical certificate is valid for the purpose of this rule for a duration of **two years from date of issue**. This certificate must be on file before the start of any practice which begins the school sport season before you will be allowed to practice with any North Kansas City Schools athletic teams. In addition, the North Kansas City School District partners with Liberty Hospital to provide an athletic trainer for each high school.

In addition to the semi-annual physical, every year each student-athlete must complete the ["Pre-Participation Physical Evaluation History Form."](#) The link to this form can be found on the district website.

### **Insurance**

Athletic By-Law 309(b) in the above handbook states: "A student shall not be permitted to practice or compete for a school until it has verification that they have basic athletic insurance coverage." North Kansas City Schools provides a **supplemental accident insurance policy for all students**. This policy is not intended to cover all costs associated with accidental injuries; however, it does meet the MSHSAA minimum insurance requirement under By-Law 309. Please contact your school nurse for more information regarding this supplemental policy.

## **TRANSPORTATION POLICY**

### Away Contests

In general, all school trips must be made with school-approved transportation (e.g., school buses, chartered buses, etc.) All students participating in away school-sponsored contests are expected to ride the school-approved transportation. You may secure permission to return from a contest with some exceptions:

- with your own parent, providing that your parent requests such permission from the coach or sponsor in advance.

- with your coach or sponsor in the case of unusual circumstances (e.g., injury or need to attend another school event).

You may be allowed, pending administrator and parent approval, to transport yourself to in-district events. There may also be circumstances that require you to transport yourself to local events outside the school district. A parent acknowledgement form must be completed and administrator approval is required if you are not using district-provided transportation.

#### Off Campus Practice and Home Contest Sites

When practice sites and **home** contest sites are off campus, a one-way shuttle bus may be provided. If you are allowed to drive to school, you may drive yourself to off-campus practice and **home** contest sites if a signed parent permission slip is on file with your coach or sponsor. If you transport another student, parent permission slips from all parents must be on file in the activities director's office.

Sponsors and coaches may transport students in their own vehicle with administrative approval.

## NCAA ACADEMIC STANDARDS

Students who desire to participate in sports beyond high school should work closely throughout their academic years with their respective school counselors and Athletic Directors to ensure academic progress to meet NCAA academic standards.

### Division I Eligibility

### Core-Course Requirement

Complete 16 core courses in the following areas:

**ENGLISH**

4 years

**MATH**  
(Algebra I or higher)

3 years

**NATURAL/  
PHYSICAL  
SCIENCE**  
(Including one year of lab, if offered)

2 years

**ADDITIONAL**  
(English, math or natural/physical science)

1 year

**SOCIAL  
SCIENCE**

2 years

**ADDITIONAL COURSES**  
(Any area listed to the left, foreign language or comparative religion/philosophy)

4 years

In addition, the NCAA provides the following test score sliding scale for potential Division I athletes:

| DIVISION I<br>FULL QUALIFIER SLIDING SCALE |      |          | DIVISION I<br>FULL QUALIFIER SLIDING SCALE |      |          |
|--------------------------------------------|------|----------|--------------------------------------------|------|----------|
| Core GPA                                   | SAT* | ACT Sum* | Core GPA                                   | SAT* | ACT Sum* |
| 3.550                                      | 400  | 37       | 2.750                                      | 810  | 59       |
| 3.525                                      | 410  | 38       | 2.725                                      | 820  | 60       |
| 3.500                                      | 430  | 39       | 2.700                                      | 830  | 61       |
| 3.475                                      | 440  | 40       | 2.675                                      | 840  | 61       |
| 3.450                                      | 460  | 41       | 2.650                                      | 850  | 62       |
| 3.425                                      | 470  | 41       | 2.625                                      | 860  | 63       |
| 3.400                                      | 490  | 42       | 2.600                                      | 860  | 64       |
| 3.375                                      | 500  | 42       | 2.575                                      | 870  | 65       |
| 3.350                                      | 520  | 43       | 2.550                                      | 880  | 66       |
| 3.325                                      | 530  | 44       | 2.525                                      | 890  | 67       |
| 3.300                                      | 550  | 44       | 2.500                                      | 900  | 68       |
| 3.275                                      | 560  | 45       | 2.475                                      | 910  | 69       |
| 3.250                                      | 580  | 46       | 2.450                                      | 920  | 70       |
| 3.225                                      | 590  | 46       | 2.425                                      | 930  | 70       |
| 3.200                                      | 600  | 47       | 2.400                                      | 940  | 71       |
| 3.175                                      | 620  | 47       | 2.375                                      | 950  | 72       |
| 3.150                                      | 630  | 48       | 2.350                                      | 960  | 73       |
| 3.125                                      | 650  | 49       | 2.325                                      | 970  | 74       |
| 3.100                                      | 660  | 49       | 2.300                                      | 980  | 75       |
| 3.075                                      | 680  | 50       | 2.299                                      | 990  | 76       |
| 3.050                                      | 690  | 50       | 2.275                                      | 990  | 76       |
| 3.025                                      | 710  | 51       | 2.250                                      | 1000 | 77       |
| 3.000                                      | 720  | 52       | 2.225                                      | 1010 | 78       |
| 2.975                                      | 730  | 52       | 2.200                                      | 1020 | 79       |
| 2.950                                      | 740  | 53       | 2.175                                      | 1030 | 80       |
| 2.925                                      | 750  | 53       | 2.150                                      | 1040 | 81       |
| 2.900                                      | 750  | 54       | 2.125                                      | 1050 | 82       |
| 2.875                                      | 760  | 55       | 2.100                                      | 1060 | 83       |
| 2.850                                      | 770  | 56       | 2.075                                      | 1070 | 84       |
| 2.825                                      | 780  | 56       | 2.050                                      | 1080 | 85       |
| 2.800                                      | 790  | 57       | 2.025                                      | 1090 | 86       |
| 2.775                                      | 800  | 58       | 2.000                                      | 1100 | 86       |

ACADEMIC REDSHIRT

## Division II Eligibility

### Core-Course Requirement

Complete 16 core courses in the following areas:



In addition, the NCAA provides the following test score sliding scale for potential Division II athletes:

| DIVISION II<br>FULL QUALIFIER SLIDING SCALE |      |            | DIVISION II<br>PARTIAL QUALIFIER SLIDING SCALE |      |            |
|---------------------------------------------|------|------------|------------------------------------------------|------|------------|
| Core GPA                                    | SAT* | ACT Sum*   | Core GPA                                       | SAT* | ACT Sum*   |
| 3.300 & above                               | 400  | 37         | 3.050 & above                                  | 400  | 37         |
| 3.275                                       | 410  | 38         | 3.025                                          | 410  | 38         |
| 3.250                                       | 430  | 39         | 3.000                                          | 430  | 39         |
| 3.225                                       | 440  | 40         | 2.975                                          | 440  | 40         |
| 3.200                                       | 460  | 41         | 2.950                                          | 460  | 41         |
| 3.175                                       | 470  | 41         | 2.925                                          | 470  | 41         |
| 3.150                                       | 490  | 42         | 2.900                                          | 490  | 42         |
| 3.125                                       | 500  | 42         | 2.875                                          | 500  | 42         |
| 3.100                                       | 520  | 43         | 2.850                                          | 520  | 43         |
| 3.075                                       | 530  | 44         | 2.825                                          | 530  | 44         |
| 3.050                                       | 550  | 44         | 2.800                                          | 550  | 44         |
| 3.025                                       | 560  | 45         | 2.775                                          | 560  | 45         |
| 3.000                                       | 580  | 46         | 2.750                                          | 580  | 46         |
| 2.975                                       | 590  | 46         | 2.725                                          | 590  | 46         |
| 2.950                                       | 600  | 47         | 2.700                                          | 600  | 47         |
| 2.925                                       | 620  | 47         | 2.675                                          | 620  | 47         |
| 2.900                                       | 630  | 48         | 2.650                                          | 630  | 48         |
| 2.875                                       | 650  | 49         | 2.625                                          | 650  | 49         |
| 2.850                                       | 660  | 49         | 2.600                                          | 660  | 49         |
| 2.825                                       | 680  | 50         | 2.575                                          | 680  | 50         |
| 2.800                                       | 690  | 50         | 2.550                                          | 690  | 50         |
| 2.775                                       | 710  | 51         | 2.525                                          | 710  | 51         |
| 2.750                                       | 720  | 52         | 2.500                                          | 720  | 52         |
| 2.725                                       | 730  | 52         | 2.475                                          | 730  | 52         |
| 2.700                                       | 740  | 53         | 2.450                                          | 740  | 53         |
| 2.675                                       | 750  | 53         | 2.425                                          | 750  | 53         |
| 2.650                                       | 750  | 54         | 2.400                                          | 750  | 54         |
| 2.625                                       | 760  | 55         | 2.375                                          | 760  | 55         |
| 2.600                                       | 770  | 56         | 2.350                                          | 770  | 56         |
| 2.575                                       | 780  | 56         | 2.325                                          | 780  | 56         |
| 2.550                                       | 790  | 57         | 2.300                                          | 790  | 57         |
| 2.525                                       | 800  | 58         | 2.275                                          | 800  | 58         |
| 2.500                                       | 810  | 59         | 2.250                                          | 810  | 59         |
| 2.475                                       | 820  | 60         | 2.225                                          | 820  | 60         |
| 2.450                                       | 830  | 61         | 2.200                                          | 830  | 61         |
| 2.425                                       | 840  | 61         | 2.175                                          | 840  | 61         |
| 2.400                                       | 850  | 62         | 2.150                                          | 850  | 62         |
| 2.375                                       | 860  | 63         | 2.125                                          | 860  | 63         |
| 2.350                                       | 860  | 64         | 2.100                                          | 860  | 64         |
| 2.325                                       | 870  | 65         | 2.075                                          | 870  | 65         |
| 2.300                                       | 880  | 66         | 2.050                                          | 880  | 66         |
| 2.275                                       | 890  | 67         | 2.025                                          | 890  | 67         |
| 2.250                                       | 900  | 68         | 2.000                                          | 900  | 68 & above |
| 2.225                                       | 910  | 69         |                                                |      |            |
| 2.200                                       | 920  | 70 & above |                                                |      |            |

## **COLLEGE AND UNIVERSITY LETTER OF INTENT SIGNINGS**

North Kansas City Schools recognizes that many student athletes will continue their athletic quest at the collegiate level. These institutions request that each athlete sign a letter of intent to attend their college or university. In order to ensure that each letter of intent signing is recognized properly and consistently, the following criteria will be used at the school district's four high schools:

- Each high school will recognize letter of intent signings for student athletes who participate at their high school in the same sport they are signing to participate in at the collegiate level and finished their season in good standing.

Interscholastic athletics and activities are an important supplement to 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 make maximum use of their education. North Kansas City Schools strives to establish successful learning experiences for all students and create responsible citizens capable of lifelong accomplishments.

## **Missouri State High School Activities Association**

1 N. Keene Street, Columbia, MO 65201-6645

P.O. Box 1328, Columbia, MO 65205-1328

[email@mshsaa.org](mailto:email@mshsaa.org)

573-875-4880 Office    573-875-1450 Fax

MSHSAA promotes the value of participation, sportsmanship, team play and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.





## HIGH SCHOOL ATHLETICS AND ACTIVITIES HANDBOOK

### Athletic/Activity Acknowledgment

Student Name \_\_\_\_\_ School \_\_\_\_\_

I acknowledge that the High School Athletics and Activities Handbook is readily available upon request through the school office and on the school district's website at [www.nkcschools.org](http://www.nkcschools.org).

I have read this handbook and I am informed about the following:

- Goals and Philosophies of the North Kansas City Schools Athletic and Activities Program
- Responsibilities of Athletes and Activity Participants
- Protecting Student Eligibility
- Creditable School Citizenship
- Sportsmanship and Hazing Policy
- Chemical Abuse Policy
- Guidelines for Participation
- Physician Exams, Insurance and Participation Fees
- Transportation Policy

I understand the consequences for breaking school policy and I will not do so while a North Kansas City Schools student participant. I agree to abide by the provision of the High School Athletics and Activities Handbook and understand that if I have any questions about the contents of the handbook, I should contact my activities director or principal.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

Further, as the parent(s) of the above named student participant, I (we) have also read the High School Athletics and Activities Handbook and discussed what is expected of my child by North Kansas City Schools and the consequences of these actions.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date