

La Plata R-II School District



Student Extra-curricular Handbook

2025-2026

“Home of the Bulldogs”

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DISCRIMINATION AND/OR HARASSMENT: The La Plata R-II School District is committed to maintaining a workplace and educational environment that is free from discrimination and harassment in admission or access to, or treatment or employment in, its programs, services, activities and facilities. In accordance with law, the District does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, disability, age, genetic information, or any other characteristic protected by law in its programs and activities. Additionally, in accordance with law and Board of Education Policy, no person shall be excluded from participation in, denied benefits of, or otherwise be subject to discrimination under federal financial assistance from the U.S. Department of school nutrition program for which the district receives of Agriculture (USDA) Food and Nutrition Service. School nutrition programs include the National School Lunch Program, Special Milk Program, School Breakfast Program and Summer Food Service Program. In addition, as required by law, the District provides equal access to the Boy Scouts and Girl Scouts of America or any other designated youth groups. The following person has been designated as the District's Compliance Coordinator to handle inquiries or complaints regarding the District's non-discrimination policies: District Compliance Officer, Dr. John Wiggans, Superintendent of Schools, 660-332-7001.

Complete copies of the La Plata R-II School District Policies and Regulations related to discrimination and/or harassment may be obtained from the building principal or the Office of the Superintendent. Additionally, District policies and the District's annual notices are also available on the District website at: <http://laplata.k12.mo.us/>.

For further information about anti-discrimination laws and regulations, or to contact the Office for Civil Rights in the U.S. Department of Education (OCR) regarding the District's compliance with anti-discrimination laws and regulation, please contact OCR at One Petticoat Lane, 1010 Walnut Street, Suite 320, Kansas City, Missouri 64106, (816) 268-0550 (voice), or (877)521-2172 (telecommunications device for the deaf), or ocr.kansascity@ed.gov (email).

COACHES/SPONSORS

Assignment	Name
Athletic Director	Devin Fields
Fall/Spring Baseball	Devin Fields
Assistant Baseball (Fall/Spring)	Tristan Daniels
Softball	Wendi Travis
Assistant Softball	Summer Wood
Boys/Girls Golf	Rabbi (Stan) East/Cassie Robinson
Jr. High Girls Basketball	Tanner Herron
Jr. High Boys Basketball	Tanner Herron
H.S. Girls Basketball	Chad Ziegler
Assistant H.S. Girls Basketball	Steve Lightle
H.S. Boys Basketball	Devin Fields
Assistant H.S. Boys Basketball	Tanner Herron
Cross Country	Josh French
Jr. High Girls/Boys Track	Josh Woodward
H.S. Girls/Boys Track	Stefanie Davidson
H.S. Girls/Boys Track	Josh French
Jr. High Cheerleading	Gracie Morton
H.S. Cheerleading	Gracie Morton
Marching Band	Rhonda Arnold
Web Page	Janice Bane
FBLA	Janice Bane
BETA	Cassie Robinson
FCCLA	Tracie Promnitz
"L" Club	Josh Woodward
FFA	Jessica Hulett
Science Club	Alyssa Grimes
Art Club	Julie Smith
Drama Club	Rhonda Arnold
Student Council	Samantha Taylor
Jr. High Academic Bowl	Billy Pippin
H.S. Academic Bowl	Brock Jones
Yearbook	Janice Bane

MISSION STATEMENT OF THE MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION (MSHSAA)

The following mission statement was adopted by the membership in the 1994 annual election.

“The 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.”

The La Plata R-II School District is a member of the MSHSAA. As a member of this association, the La Plata R-II School District abides by all its rules and regulations. MSHSAA Policies are available at the District Office or online at www.MSHSAA.org

STUDENT EXTRA-CURRICULAR ACTIVITIES

The opportunity for participation in a variety of student activities is a privilege that carries with it responsibilities to the school, activity, student body, community, and the student. La Plata R-II student activities are considered an integral part of the school's program of education which provides experiences that will help to develop young men and women physically, mentally, socially, and emotionally.

TRI-COUNTY CONFERENCE

La Plata R-II is a member of the Tri-County Conference. Member schools are Atlanta, Bevier, Brashear, Bucklin/Macon County, Green City, Linn County, Meadville, Novinger, and La Plata. The Tri-County Conference offers athletics in the fall for High School baseball, softball, and Jr. High girls and boys basketball. In the winter the conference offers High School girls & boys basketball. In the spring, the conference offers Jr. High girls and boys track and H.S. girls and boys track. High School girls/boys golf and boys/girls cross country are offered, but are not conference activities.

ATHLETIC PHILOSOPHY

The athletic program in the La Plata R-II School District is recognized as an integral part of the total educational program. As such, it is meant to provide learning experiences for the students who participate. Athletic competition should teach students to be successful in our society by developing habits, attitudes, values, and ideals necessary for ethical competition and cooperation. It should also provide for the unique opportunities to develop self-discipline, self-sacrifice, pride, and loyalty. This district encourages students to participate in extra-curricular activities.

It is recognized that the athletic program of this district provides a focal point to which the interest and enthusiasm of the student body is directed. Athletic programs will often affect the overall school attitudes based on its athletic representatives. School spirit and loyalty on the part of non-participating students develop as a by-product of school extra-curricular activities.

HAZING AND BULLYING

In order to promote a safe learning environment for all students, the La Plata R-II School District prohibits all forms of hazing, bullying and student intimidation. Students participating in or encouraging inappropriate conduct will be disciplined in accordance with district Policy JG-R. Such discipline may include, but is not limited to, detention, in-school suspension, out of school suspension or expulsion from school. Students who have been subjected to hazing or bullying or who become aware of hazing or bullying are instructed to promptly report such incidents to a school official.

In addition, district staff, coaches, sponsors and volunteers shall not permit, condone or tolerate any form of hazing or bullying or plan, direct, encourage, assist, engage or participate in any activity that involves hazing or bullying. District staff will report incidents of hazing and bullying to the building principal. The principal shall promptly investigate all complaints of hazing and bullying and shall administer appropriate discipline to all individuals who violate district Policy JFCF. District staff that violates district Policy JFCF may be disciplined or terminated.

For additional information regarding hazing and bullying refer to district Policy JFCF.

EXTRA-CURRICULAR ACTIVITIES POLICIES

ELIGIBILITY REQUIREMENTS FOR PARTICIPATION IN EXTRA-CURRICULAR ACTIVITIES UNDER CONTROL, DIRECTION, OR SPONSORSHIP OF THE M.S.H.S.A.A.

STATEMENT OF ACADEMIC ELIGIBILITY PHILOSOPHY- Participation in high school activities is a valuable educational experience and should not be looked upon as a reward for 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.

In addition to meeting all requirements of the MSHSAA, a student must make a passing grade in all classes from the previous quarter. First quarter eligibility will be based on grades from the fourth quarter from the previous school year.

If a student is ineligible because of grades, it will be up to the coach and principal to let the students participate in practices. Also students must be good citizens per MSHSAA policy standards in order to represent La Plata School District in any activity.

******* IT IS THE RESPONSIBILITY OF THE STUDENTS, PARENTS/GUARDIAN'S TO READ "HOW TO PROTECT YOUR HIGH SCHOOL ELIGIBILITY"---- These are given to each athlete by the head coach. Extra copies can be picked up in the athletic office.**

If there are any questions concerning eligibility talk to the principal, counselor, or athletic director.

PARENTAL PERMISSION

Prior to each year of extracurricular activities participation, a student shall furnish a statement, signed by the student's parents or guardians, which grants permission for the student to participate in extracurricular activities.

STUDENT ACKNOWLEDGEMENT OF TEAM POLICIES

Student signature is needed to verify that the student/athlete has read and understands all team policies.

PHYSICAL EXAMS, CONCUSSION STATEMENT, AND INSURANCE FOR STUDENTS PARTICIPATING IN ATHLETICS

a. The school shall require of each student participating in athletics a certificate of an issued physical signed and authorized by a physician, or a nurse practitioner or a physician's assistant in collaboration with a 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 the school until a complete, signed certificate is on file at the school. The medical certificate is valid for the purpose of this rule for 2 years from the date of issue unless noted otherwise by the physician.

b. A parent or guardian signature is needed for authorization for treatment, release of medical information, proof of basic health/accident insurance coverage, and to represent his/her school in interscholastic athletics each year. A student shall **not** be permitted to practice or compete for a school until it has verification that he or she has basic health/accident insurance coverage.

c. The district will require a release from a licensed healthcare provider trained in the evaluation and management of concussions before allowing a student to participate in athletics if the district is aware of an injury or illness that could be exacerbated by participation.

d. The parents or guardian and student need to sign to verify that they have read and understand the MSHSAA materials on Concussion and Brain Injury, which includes information on the definition of a concussion, symptoms of a concussion, what to do if the student has a concussion, and how to prevent a concussion.

SUMMERTIME DEAD PERIOD

All member schools shall establish a summertime dead period for all MSHSAA-sponsored activities which meets the requirements listed below:

A period of defined length in which no contact takes place between school coaches/directors of MSHSAA-sponsored activities and students enrolled in the member school, or who will be enrolled in the member school during the next school year. Further, during the dead period school facilities are not utilized by enrolled students in connection with any sport or activity governed by MSHSAA. The dead period is a "no school activities time"; no open facilities, competitions, practices, conditioning, weight training; no activity-related functions or fundraisers, camps or clinics at school facilities or sponsored elsewhere by the school; no

coaches/directors or students may have planned contact other than casual, normal community, non-activity contact. The school dead period must be the same for all sports and activities. While there may be sports activities during this time, they must not involve the school coach, the school or school facilities.

DECLARATION OF PRIORITY SPORT

Students wishing to participate in more than one sport during the same season must declare their priority/secondary sport. Each student must meet the eligibility requirements (conditioning practices) of each sport before they can participate in each specific sport

CONDITIONING REQUIREMENTS FOR ATHLETICS

Each team must have 14 days of conditioning practice and each individual must have participated in 14 school conditioning practices on 14 different days prior to the date of the first interscholastic contest in all sports. This requirement shall be met if a student has been a member of another school sports squad immediately preceding the sport season, has been actively practicing with the sport team, has had 14 days of physical conditioning and begins physical conditioning practice with the new sport team with no more than seven calendar days having passed between the two sports before beginning practice.

SPIRIT CONDITIONING REQUIREMENTS

Each TEAM must have a minimum of 14 days of conditioning practice and each individual must have participated in a minimum of 14 school conditioning practices on 14 different days during the three consecutive weeks immediately preceding the first calendar date on which the first cheering activity is scheduled.

ATTENDANCE AND PARTICIPATION IN EXTRA-CURRICULAR ACTIVITIES

In order for a student to be eligible to participate in contests in an extra-curricular activity, that student must be in attendance for a full day the day of the activity. Students absent during the day are not eligible to attend extra-curricular activities that night (ball games, dances, etc.). A student may not participate in any practice when he or she has been absent from school that particular afternoon (5th-8th hour) unless excused by the principal. Any exceptions to this policy must be approved by the principal.

STUDENT SUSPENSION

Students who serve in-school or out-of-school suspension are not eligible to participate in or attend extracurricular/athletic practices, games, or events that day. It must be further stated that the conduct that earned the student suspension may be determined to be conduct unbecoming and result in a period of ineligibility beyond the student's suspension as set forth in the student eligibility rules found in the Citizenship Guidelines.

INAPPROPRIATE LANGUAGE

Because the athletic programs in the La Plata R-II School District are public in nature and recognized as an integral part of the total educational program, the athletes that participate in these programs must always pay attention to how they represent the school and community. Use of proper language during practices, contests, and in the school setting is very important. Swearing, improper, and abusive language will result in disciplinary action. Criticism and insults of other teams and/or their players, officials, and fellow team members will also result in disciplinary action. It is important that the student/athletes help make the athletic programs among the most respectable in the state.

BANQUETS

The Bulldog Backers in conjunction with La Plata R-II School District sponsors the athletic banquets that are held throughout the year. Three banquets are held throughout the year at the elementary gym:

1. Fall Baseball, Softball, Cross Country, and Girls Golf
2. High School Basketball, Jr. High Basketball, and Cheerleaders
3. Spring Baseball, Jr. High and H.S. Track, Academic Bowl, Band, and Boys Golf

The head coaches and cheerleading sponsor will recap the season and hand out awards to the players, managers, etc.

LETTERING POLICIES

A player will be eligible for a Varsity Letter when he/she participates and completes the season of high school sports. They must be in attendance at all practice sessions and games or contests, except for absences caused by illness and unless he/she is given permission to be absent. He/she must have proper attitude toward his/her teammates, the game or contest, opponents, coaches, and officials. He/she must have a good conduct record in school. The head coach and administration will determine the eligibility of students for letter awards. Injuries and other circumstances beyond the control of the student will be taken into consideration. Failure to meet eligibility standards will be considered failure to complete the season. It is the responsibility of the head coach to notify students and parents of the policy. Each athlete must attend the athletic banquets to receive his/her letters, unless excused by the head coach.

HIGH SCHOOL

1. First time a student earns a letter he/she will receive a Big "L" for high school and a bar.
2. The next time a student letters they will receive a bar.
3. If a student earns a letter for the first time in a particular sport he/she will receive a pin for that sport.
4. A student will only receive one "L" for high school. (Example) If a student has received a high school letter for basketball, but has lettered the first time in baseball he will receive a bar and a baseball pin.
5. Each student will receive a certificate for each sport.
6. Managers will receive a certificate, a managers "L", a bar, and a manager pin. They will receive a bar thereafter.

It is the responsibility of the head coach to hand out the proper awards and also give a list of names for certificates to the high school secretary.

TRAVEL IN BUSES

The following policies will be in effect for trips.

1. Students must travel on the bus unless the student's parent/guardian obtains the administrator/sponsor permission for the student to travel separately prior to the activity and provides a written note.
2. Students will be expected to conduct themselves in an orderly manner that would include:
 - a) Conversing in normal tones.
 - b) Unnecessary conversation with the driver is prohibited.
 - c) Students should never stand on the roadway while waiting for the bus.
 - d) Singing of inappropriate songs is prohibited.
 - e) Remaining in their seats. Keeping their feet on the floor.
 - f) Being courteous and obeying the coach and driver at all times.
 - g) No scuffling or horseplay.
 - h) Radios with earphones only.
 - i) Any damage on bus must be reported at once.
 - j) The use of tobacco and profane language is prohibited.
 - k) Students shall not throw any object from the bus or within the bus.
 - l) Emergency doors are to be used only in case of emergency.
3. Food and drink are allowed on the bus; it is the students and sponsors responsibility to clean-up after the bus arrives back on campus.

STUDENT TRANSPORTATION:

If a student arranges his/her own transportation to and from school related activities, supervision by La Plata R-II School District will not begin until the school has custody and control over the student. La Plata R-II School District will not be supervising the transportation of such student when the student provides his/her transportation. When the school is providing transportation to and from extra-curricular/school events, students will be required to travel with the group/team. In the event students provide their own transportation, parents/guardians will need to get permission from the administrator/sponsor prior to the activity and provide a written note.

ADDITIONAL REQUIREMENTS

In addition, each head coach may issue additional requirements for eligibility relative to that particular sport. Included in these rules shall be practice attendance requirements and other training rules. These requirements will be presented to the athlete and parents at the beginning of the sports season as well as with the principal and athletic director.

Commitment

Commitment is the intangible ingredient that defines great athletes, coaches, and programs. Commitment is about a lifestyle or a philosophy. It's not just something you can turn on and off. There have been some great athletes who are perceived as not being committed (but just have incredible "talent"). But by and large, the truly superior competitors are all committed.

Commitment is hard to define in terms of actions or thoughts, but it is very easy to see athletes or coaches who do it every day. We all know players and coaches who are very committed to what they do. Likewise, it is very easy to recognize individuals who cannot (or will not) commit to their "supposed" goals. Committed athletes try and try and try and never give up trying. They arrive early and stay late, and are never afraid to admit when they need help or listen to someone who might be able to help them.

Committed athletes do not let their egos get in the way of learning how to become better. They think about what other athletes do and study any and all information they can in order to find a way to perform better. Simply put, committed athletes find a way to get better – they don't make excuses for poor play.

The reason it is so hard for many athletes to commit to their pursuit (whatever that pursuit may be) is that it requires incredible energy and time. This time and energy often means they must neglect other parts of their life. Some athletes simply are not willing to do this.

The main reason, in my opinion, for non-commitment is that athletes, and people in general, are part of a society that needs immediate gratification. When gratification doesn't occur, they change their course of action instead of committing to the one already laid out. It is much easier to think that what is being tried is "wrong" or that there is "a better way" instead of sticking to what is currently being tried. But that is what commitment is all about – sticking to a plan and giving it time to produce rewards. Instead, people want to change or try a new way in the hope that "maybe this will work". But, it doesn't. At least not for the long-term. Change is about short-term success; commitment is about long-term success (in athletics AND in life). So, let's take a look at being committed.

Are you committed or do you change too much? Following are examples of what I believe commitment and change look like. It is important to remember that along the way to becoming great, change is necessary. But, the amount of change is much less than the amount of commitment and most athletes have these two exactly opposite. As you look through these examples, try to give yourself an honest assessment of whether you change too much or if you are truly committed to becoming great.

If you do these, you are committed to becoming great:

- You arrive early and/or stay late for practice hoping to hone skills more than the next person.
- You have a plan for your practice time and do not just “show up” for practice.
- You constantly assess your progress and keep pushing yourself to improve even the smallest of details.
- You are willing to learn from those capable of teaching you. You thrive on constructive criticism and use it to make you better.
- You are not worried about your “image” when it comes to practicing “the basics” or working on the “boring” parts of your sport.
- You read books, watch videos, or watch others’ games and practices on your own time.
- You have a “master plan” that will eventually lead you to great performances. This plan was developed by you and others on your team, especially your coach.
- You don’t let one poor performance change your dedication or what you are working on. Your work ethic is unchanging.
- One win is treated as a positive performance, not an indication that you have “made it” and can now back off.
- One loss is treated as a negative performance, not an indication that a change must be needed.

If you do these, you are driven by immediate gratification (you are not as committed as you think you are):

- You arrive just in time for practice and leave as soon practice ends.
- You just “show up for practice” without any idea of what you need to work on. You equate being there with getting better – they are not the same thing.
- You overlook the small details and instead work on the ones you like.
- You will not accept criticism, even when you know it is true. You assume you know more than everybody else.
- You are more concerned about how you look when it comes to practicing than with really getting better.
- You have little or no interest in how other athletes become successful because you believe your way is best.
- You have NO “master plan”. Instead, you follow a series of small plans, all or most devised by you alone.
- You let one poor performance change your dedication or what you are working on. You live from performance to performance.
- One win is treated as an indication that you have “made it” and you subsequently slack off.
- One loss is treated as an indication that “this isn’t working” and a change must be needed.

Parent/Coach Communication

I. Communication you should expect from your child's coach

- A. Philosophy of the coach
- B. Expectations the coach has for all team members
- C. Locations and times of all practices and contests
- D. Team requirements, i.e., special equipment, off season conditioning
- E. Procedure should your child be injured during participation
- F. Discipline stemming from a school or team rule infraction

II. Appropriate concerns to discuss with coaches

- A. The treatment of your child, mentally and or physically
- B. Ways to help your child improve
- C. Concerns about your child's behavior

Note: It is difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the above list, certain things can be and should be discussed with your child's coach. Other things, such as those to follow, must be left to the discretion of the coach.

III. Issues not appropriate to discuss with coaches

- A. Playing time
- B. Team Strategy
- C. Play calling
- D. Other student/athletes

Note: There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

IV. If you have a concern to discuss, the following procedures should be followed:

- A. The student athlete must bring the issue to the coach's attention
- B. If the issue needs further attention, contact the coach during his/her planning period to get a clarification or set up a meeting. (student must be present at all meetings)
- C. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both parent and coach. Meetings of this nature do not promote resolution. (24 hour waiting period)

V. What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- A. Call during school hours and set an appointment with the Activities Director/Principal to discuss the situation. (It may be recommended that Coach and Athlete also attend).
- B. At this meeting the appropriate next step can be determined

GUIDELINES FOR PARENTS/GUARDIANS

- Good Sportsmanship is an expectation at La Plata R-II High School so please let the players play, the coaches coach, the officials officiate, and the spectators be positive and enjoy the games!
- Understand that parents/guardians and coaches will have different bases of comparison and concern. We will look at things from completely different angles.
- Support your child, the team, and the coaches. Always speak well of them in public and in family settings.
- Allow the coaches to do their job. Avoid dugout stalking, fence coaching, and bleacher coaching.
- Encourage your child to be dedicated to the program, to work hard to improve, and to obey the team rules and their spirit.
- Show respect to officials and the opposition. Officials want to work with respectful players and fans.
- Honestly acknowledge your child's level of ability. Not every player is meant to be a star but all players can have a positive role on the team.
- Follow the proper procedure for addressing concerns and complaints with the coach.
 - o Do not attempt to confront a coach or interfere with the players before, during, or after a contest or practice.
 - o Parents and spectators should not enter the locker room, dugout, bench area, or be on the sidelines before, during, or after a contest unless their student has been injured and the coach/administration has given permission.
 - o Do not engage in negative communication with the coaches in any way before, during, or after the game. Communication includes face to face interactions, phone calls, text messages, email, or any other social media outlet.
- Be prompt in delivery and pick-up of your child. If you feel you will be late, find alternate transportation for your child.
- Check with the coach before purchasing new equipment. Coaches and our governing organizations, have special rules concerning equipment.

If these procedures, including sportsmanship, are not followed, the parent/guardian or spectator will face the following consequences:

1st Offense: Parent, guardian, spectator will be asked to leave contest and not allowed to attend the next competition at that level and any additional contests until they have a meeting with administration.

2nd Offense: Parent, guardian, spectator will be asked to have a follow-up meeting with administration and will not be allowed to attend any other games or activities for that season.

3rd Offense: Parent, guardian, spectator will not be allowed to attend any games or activities for the remainder of the school year.

These procedures/guidelines apply to home and away games. Suspensions can be carried over into the following year if necessary.

Participation in Extra-Curricular Activities

To be eligible to participate in extra-curricular school activities is a privilege, and not an inherent right, granted to you if you meet the standards as set forth by the Missouri State High School Activities Association and the La Plata School District. According to the MSHSAA eligibility standards, students must be good citizens in their school and community. More specifically, any student who represents his/her school in interscholastic activities must be a creditable citizen and be judged so by proper school authority certifying the list of students for competition. A student whose character or conduct is such as to reflect dis-credit upon himself/herself or his/her school is not considered a creditable citizen. His/her conduct shall be satisfactory in accord with the standards of good discipline. Good citizenship is a year-round requirement. A student that violates the citizenship guidelines during any part of the calendar year, including summer vacation, will jeopardize his/her eligibility for the following school term.

Students who represent a school in interscholastic activities must be credible citizens and judged so by the proper school authority certifying a list of students for competition. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered “credible citizens”. Conduct shall be satisfactory in accord with the standards of good discipline.

A student who violates a local school policy is ineligible until completion of the prescribed school penalties. The eligibility of a student who is serving detention or in-school suspension shall be determined by local school authorities. A student shall not be eligible while serving an out-of-school suspension. A student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal. If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes. Each school has the authority to set more restrictive citizenship standards and shall have the authority and responsibility to judge its students under those standards.

Each student is responsible to notify the school of any and all situations that would affect his/her eligibility. If the student does not notify the school of the situation prior to the schools discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the (MSHSAA) Board of Directors

In addition, a student must also meet certain academic requirements. Specifically, he/she must meet all MSHSAA minimum requirements by earning at least 3.0 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater the previous semester, and shall currently be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater, and must be making satisfactory progress towards graduation. A student making any failing grade will not be eligible the following grading period. Grade requirements are determined on quarter grades.

(1). STUDENT UNDER ARREST OR ADJUDICATION (MSHSAA Bylaw 210)

A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Minor moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, accidents or injuries.

- Misdemeanor (excluding minor traffic violations) - up to six months restriction from time of conviction, admission of guilt, or evidence of guilt.
- Felony - up to one-year restriction from time of conviction, admission of guilt, or evidence of guilt.

After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local authorities shall determine eligibility.

Decisions related to penalties will be made jointly by the administration, athletic director, head coach, or sponsor.

After completion of any school-imposed restrictions, each case will be reviewed by school authorities to determine if reinstatement of privileges is reasonable.

(2) USE OR POSSESSION OF ALCOHOL OR ILLEGAL OR NON-PRESCRIBED DRUGS

If a student violates this restriction, his/her violation will be reviewed by the sponsor, head coach, athletic director and the principal. Following the review, the student and his/her parents will be notified of any decisions made regarding student's eligibility. Penalties for violations are:

First Offense - The participant will be suspended from participating in all extra-curricular activities for 25 participation days. In the event that a participant in this situation quits the team, all awards and letters will be forfeited and any suspension will be carried over to the next season in which the student participates. In the event that the team qualifies for post-season activities, all suspensions will be continued. The student will still be allowed to practice while serving this suspension.

Second Offense - The participant will be suspended from participating in all extra-curricular activities for 180 participation days. This can be reduced to 90 participation days if they undergo a full substance abuse assessment and follow through with treatment as recommended by the certified substance abuse treatment provider. The student will not be allowed to practice while serving this suspension.

Third Offense - A third offense results in permanent loss of extra-curricular privileges. This can be reduced to 180 participation days if the student completes a residential substance abuse treatment program.

(3) TOBACCO USAGE

1st offense: The student will be suspended for one activity (the next activity or game), but will be allowed to practice.

2nd offense: The participant will be suspended for 2 activities (the next 2 activities or games), but will be allowed to practice.

3rd offense: The participant will be immediately dismissed from the team and will be ineligible for any awards and letters earned.

(4) STUDENT INVOLVED IN MISCONDUCT

If a student is involved in misconduct while at school or while representing the school in activities, individual eligibility may be affected. This would include, but is not be restricted to, truancy, disrespect to teachers, fighting, use of abusive language, vandalism, disrespect to other students, etc. The student and his/her parents will be notified of any penalties. In addition to the penalties for the conduct set for in district Policy JG-R1, the student may be subject to additional penalties restricting his/her participation in activities and athletics. Additional penalties will range from a reprimand and placing the student on probationary status to temporary or permanent restriction from participation in extra-curricular activities. The seriousness of the case and attitude of the student will play a big part in determining the penalty. Reoccurrence of violations will require that permanent restriction be considered.

(5) DUE PROCESS: A student will have the opportunity to express their side of any incident in which they may be involved. If the student is dissatisfied with any decisions, he/she has the right to appeal through the following channels:

(a) Coach or sponsor with the athletic director in attendance

(b) Principal and Superintendent of Schools

(c) Board of Education

The due process procedure shall proceed at a pace that will resolve the issue as quickly as possible, but at the same time give the participants enough time to thoroughly study, investigate, and make a decision pertaining to the situation. Absent extenuating circumstances, in most situations the entire procedure should be handled within ten days.

Any incidents that occur that are not covered by these guidelines will be reviewed on an individual basis and decisions related to penalties will be made by the school administration and head coach/sponsor.

(6) ADDITIONAL REQUIREMENTS

In addition to the eligibility requirements listed above, each head coach or sponsor may issue additional requirements for eligibility relative to the particular sport or activity. Included in these rules shall be practice attendance requirements and other training rules. These requirements will be presented to the student at the beginning of the activity and also filed with the principal.

STUDENT DRUG TESTING (JFCI)

Policy JFCI-2: STUDENT ALCOHOL AND DRUG TESTING

(District Performs Random Drug Testing)

The board recognizes the importance of protecting the health and safety of students from the impact of using illegal drugs, performance-enhancing drugs, and alcohol. The purpose of this policy is to help prevent student substance use, encourage treatment for students who use substances, and ensure that students can attend school and participate in activities in a safe and healthy environment.

The board directs the superintendent or designee to create appropriate administrative procedures to implement this policy.

Reasonable Suspicion Drug and Alcohol Testing

A drug or alcohol test is not necessary to discipline a student when there is evidence that the student is under the influence of or has recently consumed alcohol or any drug prohibited by district policy. In accordance with law, district administrators may, at their discretion, utilize drug and alcohol testing to assist with student discipline when there is reasonable suspicion that a student has consumed drugs or alcohol and is on district property or at a district activity.

Students who test positive will be disciplined and excluded from extracurricular activities in accordance with the district's discipline policy and may also be excluded from the district's A+ scholarship program. Students who refuse to submit to testing or take measures to falsify results may still be disciplined under the district's discipline code for being under the influence of alcohol or drugs.

The board encourages the superintendent or designee to consider alternative discipline for students who are willing to seek treatment or counseling options.

Marijuana and Reasonable Suspicion Testing

Students suspected of being under the influence who test positive for marijuana may be removed from school or activities and may be appropriately disciplined even if they have a valid, Missouri-issued medical marijuana card.

Random Drug and Alcohol Testing of Extracurricular Participants

Participation in extracurricular activities is a privilege and carries with it the responsibility to adhere to high standards of conduct, including refraining from the use of illegal drugs,

performance-enhancing drugs, and alcohol. To assist students in making healthy and safe choices, the district will require students in grades six through twelve and their parents/guardians to consent to random testing for alcohol and illegal or performance-enhancing drugs as a condition of participation in covered extracurricular activities.

Definitions

Covered Activities – Covered activities are activities in grades 6-12 regulated by the Missouri State High School Activities Association (MSHSAA), and any other district-sponsored extracurricular activities, excluding all activities in which students receive an academic grade for participation.

Participation Days – Participation day is all calendar days in the period commencing the first day of MSHSAA authorized practice for fall sports and ending on the last day of MSHSAA competition in the spring for which district students participate. For all covered activities not regulated by MSHSAA, a participation day will be defined as any day during the regular academic school year. For example, any day from the first to the last day of the school year.

Consequences for Testing Positive in Random Drug Testing Program

In accordance with law, the only consequence for a student testing positive in the district's random testing program is exclusion from the extracurricular activity.

The superintendent or designee will immediately suspend students with a confirmed positive test for drugs or alcohol from all covered activities. Offenses accumulate throughout grades six through twelve. Depending on the timing of the positive test result, the student may be excluded from participation in activities at the end of the school year, over the summer, and/or into the beginning of the next school year.

First Offense – The first time a student tests positive under the random drug testing program, the student will be prohibited from participating in all covered activities for a minimum of 25 participation days, suspended from parking privileges on district property for 25 school days, undergo one substance abuse evaluation session at the student's expense, and pass a district-administered drug test prior to participating in covered activities again. Written confirmation by licensed substance abuse counselor of evaluation session must be submitted to the district prior to the student being reinstated.

Second Offense – The second time a student tests positive under the random drug testing program, the student will be prohibited from participating in all covered activities and suspended from parking privileges on district property for a minimum of 180 participation days and must pass a district-administered drug test prior to participating in covered activities again. Student must also undergo appropriate counseling/ treatment for said problem at his/her own expense. A written

confirmation by licensed substance abuse counselor of treatment must be submitted to the district prior to the student being reinstated.

Third Offense – Students with three positive random drug test results will be prohibited from participating in all covered activities and suspended from parking privileges on district property for the rest of their enrollment with the district.

A positive test through this random testing program will not result in suspension from school or academic sanctions. The district will report the offense to the Juvenile Office, and a referral will be made.

Consequences may be imposed if a student refuses to submit to a test or takes measures to falsify results. Consequences may be reduced if the student participates in drug or alcohol counseling and additional testing or if the student self-reports a violation.

Marijuana and Random Testing

Students are prohibited from being under the influence of marijuana while participating in the district's extracurricular activities program, even if the student has a valid, Missouri-issued medical marijuana card. Students who test positive for marijuana will be subject to the consequences listed in this policy.

STUDENT DRUG TESTING PROCEDURES (JFCI-AP)

Administrative Procedure JFCI-2-AP(1): STUDENT ALCOHOL AND DRUG TESTING

Reasonable Suspicion Testing

A drug or alcohol test is not necessary to discipline a student when there is evidence that the student is under the influence of or has recently consumed alcohol or any drug prohibited by district policy. In accordance with law, district administrators may, at their discretion, utilize drug and alcohol testing to assist with student discipline when there is reasonable suspicion that a student has consumed drugs or alcohol and is on district property or at a district activity.

Notification

The district will provide notice to students and their parents/guardians, via student handbooks and other means, that the district may require students to be drug tested if the district has reasonable suspicion to believe that they are under the influence of or have recently consumed alcohol or any drug prohibited by district policy.

Reasonable Suspicion

Staff members will share any reports, evidence, or observations that a student may be under the influence of drugs or alcohol with the building administrator or designee as soon as possible. The building administrator or designee will determine whether reasonable suspicion exists and may consult the district's attorney to assist in the determination. If the building administrator or designee determines that reasonable suspicion exists, the district will notify the student's parents/guardians.

Drug Testing

The district will work with a reputable laboratory to collect the necessary sample from the student. The student will not be left alone or allowed to leave school property prior to collection of the sample.

Positive Test Results

Following a confirmed positive result, students and their parents/guardians will be given an opportunity to submit additional relevant information to the laboratory. Parents/Guardians who wish to dispute the drug test results must request an additional test of the same sample from the district's selected laboratory at their own expense.

Consequences

Students who test positive will be disciplined in accordance with the district's discipline code, including suspension from school. Students may also be temporarily or permanently excluded from all district extracurricular activities and/or excluded from the A+ scholarship program. Students who obstruct the district's drug or alcohol testing process may be disciplined as if they submitted a sample that returned a positive test result. Students may also be subject to discipline for the act of obstruction itself. Students obstruct the drug testing process when they:

1. Refuse to submit to a drug test under this policy;
2. Intentionally submit a falsified sample for testing (such as submitting someone else's sample as their own, providing a sample for another person to submit as theirs, submitting an old sample as if new, or submitting a sample containing a substance intended to cause a negative result on the test); or
3. Otherwise intentionally interfere or attempt to interfere in any way with the integrity of the sample collection and testing process under this policy.

Students who have not been asked to submit a sample but obstruct the testing of another person's sample may be disciplined for the obstruction.

Privacy and Confidentiality

Testing will be conducted in a manner that will protect the privacy of the student. The names of students being tested will be shared only with district staff who need to know the information to implement the drug testing program.

The superintendent or designee will share test results only with the student, the student's parents/guardians, and other persons the superintendent or designee determines need to know the information to effectively serve the student. All files pertaining to drug testing will be kept confidential, and only school personnel with a need to know the information will have access to the information.

Random Drug Testing for Extracurricular Activities

Definitions

Covered Activities – Activities in grades 6-12 regulated by the Missouri State High School Activities Association (MSHSAA) and any other district-sponsored extracurricular activity, excluding all activities in which students receive an academic grade for participation.

Drug Testing – Testing for alcohol and drugs, including performance-enhancing drugs.

Participation Days – All calendar days in the period commencing the first day of MSHSAA authorized practice for fall sports and ending on the last day of MSHSAA competition in the spring for which district students participate. For all covered activities not regulated by MSHSAA, a participation day will be defined as any day during the regular academic school year. For example, any day from the 1st to the last day of the school year.

Initial Notification and Consent

The district will provide notice of the district's random drug testing program to students in grades six through twelve who wish to participate in covered activities and their parents/guardians. The notice will include the random drug testing requirements and the substances included in the random drug testing. Principals and activity sponsors are encouraged to hold meetings for parents/guardians and students to explain the program and its purposes and answer questions.

Students are required to return a signed drug testing consent form to the coach or activity sponsor by the MSHSAA-established beginning date for practice or interscholastic contest. Signed consent forms will be valid for all covered activities the student participates in and will remain effective until revoked in writing by the parent/guardian or the student if 18. Students who do not return the signed consent form will not be allowed to participate in covered activities.

Random Selection

The district will randomly select five percent of participating students for drug testing periodically throughout the school year. The random selection process will result in an equal probability that any participating student could be chosen. District employees shall not have the authority to waive testing for any student selected using the random selection process. Depending on funding, the district may also require all students to be tested prior to participating in covered activities.

Testing

Samples will be tested for THC/marijuana, benzodiazepines, cocaine/benzoyllecgonine, amphetamines, barbiturates, phencyclidine, methamphetamine, opiates/morphine, alcohol, and performance-enhancing drugs, including anabolic steroids. Samples will not be screened for the existence of any physical conditions other than prohibited drug and alcohol use.

Marijuana

Students are prohibited from being under the influence of marijuana while participating in the district's extracurricular activities program even if the student has a valid, Missouri-issued medical marijuana card. Students who test positive for marijuana will be subject to the consequences listed in this policy.

Privacy and Confidentiality

Testing will be conducted in a manner that will protect the privacy of the students selected for testing. The names of students being tested will be shared only with district staff who need to know the information to implement the drug testing program.

The superintendent or designee will share test results only with the student, the appropriate extracurricular sponsor, the student's parents/guardians, and other persons the superintendent or designee determines need to know the information to implement the district's drug testing program or effectively serve the student who is tested. All files pertaining to drug testing will be kept confidential, and only school personnel with a need to know the information will have access to the information.

Consequences

The only consequence for a student testing positive in the district's random testing program is exclusion from the extracurricular activity.

Following a confirmed positive test result, the superintendent or designee will immediately suspend the student from all covered activities and schedule a conference with the student, the parent/guardian, and the extracurricular sponsor. Offenses accumulate throughout grades six through twelve. Depending on the timing of the drug test, the student may be excluded from participation in activities at the end of the school year, over the summer, and/or into the beginning of the next school year.

First Offense – The first time a student tests positive under the random drug testing program, the student will be prohibited from participating in all covered activities for a minimum of 25 participation days, suspended from parking privileges on district property for 25 school days, undergo one substance abuse evaluation session at the student's expense, and pass a district-administered drug test prior to participating in covered activities again. Written confirmation by licensed substance abuse counselor of evaluation session must be submitted to district administration prior to the student being reinstated.

Alternative First Offense – With the consent of the student and their parents/guardians, the superintendent may reduce the suspension from 30 to 10 participation days if the student meets the following requirements:

1. Within one week of the conference, the student must receive or be enrolled in substance use counseling from a licensed provider. The parents/guardians are responsible for any costs associated with the counseling. The parent/guardian must provide written verification that the student has been seen by the substance use treatment provider at least once before the student is allowed to begin participation again. If the student does not attend counseling as promised,

the district will immediately implement the original consequences.

2. The student will be required to submit to drug tests every time the district conducts random drug testing on other students for the rest of the school year.

Second Offense – The second time a student tests positive under the random drug testing program, the student will be prohibited from participating in all covered activities and suspended from parking privileges on district property for a minimum of 180 participation days and must pass a district-administered drug test prior to participating in covered activities again. The student must also undergo appropriate counseling/treatment for said problem at his/her own expense. A written confirmation by licensed substance abuse counselor of treatment must be submitted to district administration prior to the student being reinstated.

Third Offense – Students with three positive test results will be prohibited from participating in all covered activities and suspended from parking privileges on district property for the rest of their enrollment with the district.

Testing Obstruction – Students who obstruct the district's drug testing process will be suspended from all covered activities for one calendar year and will forfeit all eligibility for awards or honors given for those covered activities. Students may also be subject to discipline for the act of obstruction itself. Students obstruct the drug testing process when they:

1. Refuse to submit to a drug test under this policy;
2. Intentionally submit a falsified sample for testing (such as submitting someone else's sample as their own, submitting an old sample as if new, or submitting a sample containing a substance intended to cause a negative result on the test); or
3. Otherwise intentionally interfere or attempt to interfere in any way with the integrity of the sample collection and testing process under this policy.

Students who have not been asked to provide a sample but who obstruct the testing of another person's sample may be disciplined for the obstruction.



A Parent's / Guardian's Guide To Concussion

**National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)**

What is a concussion?

- A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently moved within the skull, typically from a blow to the head or body. An athlete does not need to lose consciousness (be "knocked-out") to suffer a concussion. In fact, less than ten percent of concussed athletes suffer loss of consciousness.

Concussion Facts

- A concussion is a type of traumatic brain injury. The result is a functional problem rather than a clear structural injury, causing it to be invisible to standard medical imaging (CT, or "CAT" scans, and MRI scans).
- It is estimated that over 300,000 high school athletes across the United States suffer a concussion each year. (Data from the NFHS Injury Surveillance System, "High School RIO™")
- Concussions occur most frequently in football, but ice hockey, lacrosse, soccer, and basketball follow closely behind. All athletes are at risk, in all activities, regardless of gender.
- A concussion may cause multiple symptoms that can be categorized as physical, behavioral, and cognitive. Physical symptoms include headaches, dizziness, and sleep changes, among others. Some behavioral changes include irritability, anxiety, and depression. Cognitive symptoms, or thinking changes, include trouble with focus, memory, and word finding. Many symptoms appear immediately after the injury, while others may develop over the next several days. Concussions can result in symptoms that interfere with normal daily life in addition to difficulty with school, work, and social life.
- Concussion symptoms may last from a few days to several months. It is important to remember that each student athlete responds and recovers differently.
- Athletes should not return to sports or activities that will put them at risk for another head injury until the concussion has completely resolved. To do so puts them at risk for prolonged symptoms and a more severe injury. Participation in physical education classes or exercise should be discussed with a qualified appropriate health-care professional.

What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, the athlete must be immediately removed from that activity and be evaluated by a qualified appropriate health-care professional. Continuing to exercise, practice, or play when experiencing concussion

symptoms can lead to worsening of symptoms, increased risk for further injury and rarely death. Parents and coaches are not expected to make the diagnosis of a concussion. A medical professional trained in the diagnosis and management of concussions will do so. However, you must be aware of the signs and symptoms of a concussion. If you are suspicious that your child has suffered a concussion, your child must stop activity right away and be evaluated.

When in doubt, sit them out!

All student-athletes who sustain a concussion need to be evaluated by a health care professional who is experienced in concussion management. If your child's school has an athletic trainer (AT), please inform the AT of your concerns. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or difficulty answering simple questions, you should take your child for immediate emergency medical attention.

What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, ATHLETIC TRAINERS, FRIENDS, TEACHERS OR COACHES	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache
Is confused about what to do	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	

When can an athlete return to play following a concussion?

After suffering a concussion, **no athlete should EVER return to play or practice on that same day.** Studies have shown that the young brain does not recover quickly enough for an athlete to safely return to activity in such a short time.

Concerns over athletes returning to play too quickly have led lawmakers in all 50 states and the District of Columbia to pass laws stating that **no player shall return to play the day of a concussion, and the athlete must be cleared by an appropriate health-**

care professional before being allowed to return to play in games or practices.

The laws typically also mandate that players, parents and coaches receive education on the dangers and recognizing the signs and symptoms of concussion. Click here to see what your state law requires: <http://usafootball.com/blog/health-and-safety/see-where-your-state-stands-concussion-law>.

Once an athlete no longer has symptoms of a concussion AND is cleared for return to play, the athlete should proceed with activity in a step-wise fashion in a carefully controlled and monitored environment to allow the brain to re-adjust to exertion. On average, the athlete will complete a new step every 24 hours. **Please be aware that some states mandate for a longer duration before return to play.** An example of a typical return-to-play schedule is shown below:

Step 1: Light exercise, including walking or riding an exercise bike. No weightlifting.

Step 2: Running in the gym or on the field. No helmet or other equipment.

Step 3: Non-contact training drills in full equipment. Weight training can begin.

Step 4: Full contact practice or training.

Step 5: Game play.

- ☐ **If symptoms occur at any step, the athlete should immediately stop activity and consult with a qualified appropriate health-care professional before moving on.**

How can a concussion affect schoolwork?

Following a concussion, many student-athletes have difficulty in school. These problems may last from days to months and often involve difficulties with short-term memory, concentration and organization.

In many cases after the injury, it is best to decrease the athlete's class load early in the recovery phase. This may include staying home from school for a few days, followed by academic adjustments (such as a reduced class schedule), until the athlete has fully recovered. Decreasing the stress on the brain and not allowing the athlete to push through symptoms will hasten the recovery time and ensure total resolution of symptoms.

What can I do?

- ☐ Both you and your child should learn to recognize the "Signs and Symptoms" of concussion as listed above.
- ☐ Encourage your child to tell the medical and/or coaching staff if any of these signs and symptoms appear after a blow to the head or body.
- ☐ Emphasize to administrators, coaches, physicians, athletic trainers, teachers and other parents your concerns and expectations about concussion and safe play.
- ☐ Encourage your child to tell the medical and coaching staff if there is suspicion that a teammate has suffered a concussion.
- ☐ Ask teachers to monitor any decrease in grades or changes in behavior in students that could indicate a concussion.
- ☐ Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season's sports.

Click here for more information about returning to school after a concussion:

http://www.cdc.gov/headsup/basics/return_to_school.html

Other Frequently Asked Questions:

Why is it so important that athletes not return to play until they have completely recovered from a concussion?

Student-athletes that return to play too soon may lengthen their recovery time. They also risk recurrent, cumulative or even catastrophic consequences if they suffer another concussion. Such risk and difficulties are prevented if each athlete is allowed time to recover from a concussion and the return-to-play decisions are carefully and individually made. No athlete should return to sport or other at-risk activity when signs or symptoms of concussion are present and recovery is ongoing.

Is a “CAT scan” or MRI needed to diagnose a concussion?

No! Concussion diagnosis is based upon the athlete’s history of the injury and an appropriate health-care professional’s physical examination and testing. CT and MRI scans are rarely needed following a concussion. However, they are helpful in identifying life-threatening head and brain injuries such as skull fractures, bleeding or swelling.

What is the best treatment to help my child recover quickly from a concussion?

Treatment for concussion varies from one person to the next. Immediately after a concussion, the best treatment is physical and cognitive rest. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms lessen, the appropriate health-care professional may allow increased use of computers, phone, video games, etc., but the access must be lessened or eliminated if symptoms worsen. There are no medications to treat concussions, but an appropriate health-care professional may prescribe medications and therapies to treat symptoms of a concussion, such as headache, dizziness, sleep changes, etc. Some athletes may require rehabilitative therapies, such as physical, occupational, vestibular, ocular or speech/cognitive. Others may require treatment for mood and behavior changes.

How long do the symptoms of a concussion usually last?

For most concussions, symptoms will usually go away within 2–3 weeks of the initial injury. You should anticipate that your child will likely be held out of full participation in sports for several weeks following a concussion. In some cases, symptoms may last for many more weeks or sometimes several months. Symptoms such as headache, memory problems, poor concentration, difficulty sleeping and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

How many concussions can an athlete have before consideration to stop playing sports?

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances that surround each individual injury, such as how the injury occurred as well as the number and duration of symptoms following the concussion, are very important. These circumstances must be individually considered when assessing an athlete’s risk for potential long-term consequences and potentially more serious brain injuries. The decision to “retire” from sports is a decision best reached after a complete evaluation by your child’s primary care provider and consultation with an appropriate health-care professional who specializes in treating concussions.

I've read recently that concussions may cause long-term brain damage in athletes, especially professional football players. Is this a risk for high school athletes who have had a concussion?

The issue of "chronic traumatic encephalopathy (CTE)" has received a great deal of media attention. Currently, CTE can only be diagnosed by autopsy. It has been described in the brains of professional and amateur athletes, including boxers, football players, hockey players, and soccer players, among others. Very little is known about all the causes of these dramatic abnormalities in the brains of these unfortunate players. At this time we do not know the long-term effects of concussions or the cumulative effects of multiple sub-concussive blows that happen during high school athletics. In light of this, it is important to carefully manage every concussion and all concussion-like signs and symptoms on an individual basis.

Some of this information has been adapted from the CDC's "Heads Up: Concussion in High School Sports" materials by the NFHS's Sports Medicine Advisory Committee. Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

Revised and Approved April 2016

April 2013

April 2010

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.

MSHSAA Concussion Return to Play Form

If diagnosed with a concussion, an athlete must be cleared for progression to activity by an approved healthcare provider, MD/DO/PAC/LAT/ARNP/Neuropsychologist (Emergency Room physician cannot clear for progression).

Athlete's Name: _____ DOB: _____ Date of Injury: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____ Return to School On (Date): _____

The following are the return to physical activities recommendations at the present time:

- ☐ Diagnosed with a concussion: Cannot return to physical activity, sport or competition (must be re-evaluated).
- ☐ Diagnosed with a concussion: May return to sports participation under the supervision of your school's administration after completing the return to play protocol (see below).
- ☐ Not diagnosed with a concussion. Patient has diagnosis of _____ and MAY/MAY NOT return to play at this time.

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____ Office Phone: _____

Evaluator's Specialty: _____

Evaluator's Signature: _____

Evaluator's Address: _____

Return to Play (RTP) Procedures After a Concussion

Return to activity and play is a medical decision. Progression is individualized, must be closely supervised according to the school's policies and procedures, and will be determined on a case-by-case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly as determined by the healthcare provider who has evaluated the athlete. After the student has not experienced symptoms attributable to the concussion for a **minimum of 24 hours** and has returned to school on a full-time basis (if school is in session), the stepwise progression below shall be followed:

- Step 1:** Light cardiovascular exercise.
- Step 2:** Running in the gym or on the field. No helmet or other equipment.
- Step 3:** Non-contact training drills in full equipment. Weight-training can begin.
- Step 4:** Full, normal practice or training (a walk-through practice does not count as a full, normal practice).
- Step 5:** **Full participation.** Must be cleared by MD/DO/PAC/LAT/ARNP/Neuropsychologist before returning to play.

The athlete should spend a minimum of one day at each step before advancing to the next. If concussion symptoms return with any step, the athlete must stop the activity and the treating healthcare provider must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms returned.

Return to Play Protocol (Steps 1-4) Completed (Date/Signature): _____

Cleared for Return to Play (Step 5) by: _____ Date: _____

I accept responsibility for reporting all injuries and illnesses to my school and medical staff (athletic trainer/team physician) including any signs and symptoms of a CONCUSSION.

Signature of Student Athlete: _____ Date: _____

May be advanced back to competition after phone conversation with the healthcare professional that evaluated the athlete (MD/DO/PAC/LAT/ARNP/Neuropsychologist) and documented above.

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC website (www.cdc.gov/injury). All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury.

MSHSAA RETURN TO LEARN – BACKGROUND AND SUGGESTIONS

What is Returning to Learn After a Concussion?

A concussion is an injury to the brain that affects how the brain can function. Commonly, a person with a concussion can experience headaches, dizziness, troubles with loud noises or bright lights, difficulty focusing and difficulty concentrating. Some students may have only a few symptoms and others may have many symptoms. These symptoms may affect a student's ability to perform at their normal ability in school.

Once diagnosed with a concussion (which may happen through the athletic trainer or another healthcare professional), it is important for the appropriate individuals at the school to be notified of the injury. That may be a school nurse, counselor, athletic trainer, specific teacher or other individual designated by the school as the point person for getting the information to all the student's teachers about the concussion diagnosis.

Following the diagnosis, the school can then make adjustments to the student's environment (as examples: changing seating, reducing brightness on computer monitors, allowing a student to be in a quieter area of the class, allowing breaks in the nurse's office if symptoms increase) and to the students workload (as examples: giving extra time for assignments or testing, reducing overall workload and homework, providing the student assistance in concepts that may be causing struggles).

A school is able to make adjustments without a note from a healthcare professional. These can be temporary adjustments until the student is able to have a formal evaluation from a healthcare professional. It would benefit the student for these adjustments to be applied as soon as possible and not delayed based on the provision of a healthcare provider's note.

Since most concussion in young athletes resolve within 3-4 weeks, it is not expected that adjustments are necessary for prolonged periods of times, but a small percentage of students may have difficulties that linger. In prolonged cases of concussion, schools may need to consider implementing a 504 plan to formalize the adjustments for the student.

Ideally, students with concussions should be encouraged to communicate with their individual teachers about their specific symptoms as they may change from class to class or from day to day. Since many of the symptoms of concussion are not outwardly visible to others, the communication is critical to keep everyone 'in the loop' about what the student is struggling with so the teachers and school has the most accurate information to help assist the student through whatever means they feel would be best.

Several research studies have demonstrated that prolonged periods of time out of school do not help a student's recovery and may actual lead to increased symptoms and a longer recovery. Prolonged absences also can lead to additional stress the student may experience, including the stress of getting behind on homework and missing out on key concepts to help with their learning.

Even though a student may experience worsening of symptoms during the school day, no research has demonstrated that the act of doing school work is harmful to recovery. It is important for the student, however, to make adjustments to minimize significant periods of worsening symptoms.

Sample school note a healthcare professional can utilize to document recommendations for the student as well as current reported symptoms.

SCHOOL RECOMMENDATIONS FOLLOWING CONCUSSION

Patient Name: _____ Date of Birth: _____
 Date of Evaluation : _____ Referred by: _____
 Duration of Recommendations : 1 week 2 weeks 4 weeks Until further notice

The patient will be reassessed for revision of these recommendations in _____ weeks.

This patient has been diagnosed with a concussion (a brain injury) and is currently under our care. Please excuse the patient from school today due to the medical appointment. Flexibility and additional supports are needed during recovery. The following are suggestions for academic adjustments to be individualized for the student as deemed appropriate in the school setting. Feel free to apply/remove adjustments as needed as the student's symptoms improve/worsen.

Attendance

- _____ No school for ____ school day(s)
- _____ Attendance at school ____ days per week
- _____ Full school days as tolerated by the student
- _____ Partial days as tolerated by the student

Breaks

- _____ Allow the student to go to the nurse's office if symptoms increase
- _____ Allow other breaks during the school day as deemed necessary and appropriate by school personnel

Visual Stimulus

- _____ Change classroom seating as necessary
- _____ Pre-printed notes for class material or note taker
- _____ Avoid extremes of light/dark in classrooms
- _____ Reduce brightness on monitors/screens

Audible Stimulus

- _____ Lunch in a quiet place with a friend
- _____ Avoid music or shop classes
- _____ Allow to wear earplugs as needed

Workload/Multi-Tasking

- _____ Reduce overall amount of make-up work, class work and homework
- _____ Prorate workload when possible
- _____ Reduce amount of homework given each night
- _____ Excuse from makeup work if possible

Testing

- _____ Additional time to complete tests
- _____ No more than one test a day
- _____ No standardized testing until _____
- _____ Allow for scribe, oral response, and oral delivery of questions, if available

Physical Exertion

- _____ No physical exertion/athletics/gym/recess
- _____ Walking in gym class only
- _____ Begin return to play protocol as outlined by return to activity form

Additional Recommendations

Current Symptoms List (the student is noting these today)

- | | | | |
|-----------------|----------------------------|--------------------------------|---------------------|
| _____ Headache | _____ Visual problems | _____ Sensitivity to noise | _____ Memory issues |
| _____ Nausea | _____ Balance problems | _____ Feeling foggy | _____ Fatigue |
| _____ Dizziness | _____ Sensitivity to light | _____ Difficulty concentrating | _____ Irritability |

Student is reporting most difficulty with/in

- | | | | |
|--------------------|-----------------------------|------------------------|-----------------------|
| _____ All subjects | _____ Reading/Language arts | _____ Foreign Language | _____ Math |
| _____ Science | _____ Music | _____ History | _____ Using Computers |
| _____ Focusing | _____ Listening | Other: _____ | |

How to Maintain & Protect Your High School Eligibility

<http://www.mshsaa.org/Activities/Eligibility/EligibilityStandards.aspx>

https://www.mshsaa.org/Resources/UploadedFiles/TrainingVideos/RulesMeeting636046992329452539/presentation_html5.html

Introduction

The Missouri State High School Activities Association (MSHSAA) is comprised of approximately 750 member schools, both public and private, across the state of Missouri. MSHSAA's eligibility requirements have been voted on by the member schools and were adopted by your school when it became a MSHSAA member. Your school will also have local school requirements that you must comply with in order to be eligible.

Information contained on this page will acquaint you with the essential rules and regulations students and schools must follow in order to maintain and protect high school eligibility. No one requirement is more important than another. Any questions you have concerning these essential requirements or eligibility should be discussed with the school principal or athletic director. These administrators have copies of all MSHSAA eligibility requirements.

Summary of the Eligibility Requirements

1. Bona Fide Student

In order to represent your school, you must be a bona fide student and meet all eligibility requirements. You must be regularly attending classes and you must meet the academic requirements in MSHSAA By-Law 2.3 and those of your school.

2. Citizenship

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

NOTE: Conduct involving law enforcement must be reported to your principal or athletic director immediately as your conduct may affect eligibility or contest outcomes.

3. Sportsmanship

If you commit an unsportsmanlike act while participating in an event, you could become ineligible.

If your conduct as a spectator is found to be unsportsmanlike, you could be barred from attending any further high school contests.

The unsportsmanlike conduct of any spectator, regardless of age, could cause that spectator to be barred from attending school contests.

4. Academics

Grades 9-12

You 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 any student can be enrolled in the semester, whichever is GREATER, at your school.

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 which may be earned at your school, whichever is GREATER.

Credits earned or completed after the close of the semester will not fulfill this requirement. Summer high school courses for FALL academic eligibility may count provided the course is necessary for graduation or promotion or is a core subject course, and credit is placed on the school transcript. No more than one unit of credit in summer school shall be counted toward fall eligibility.

Students promoted for the first time into 9th grade are considered academically eligible for the first semester after promotion.

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

Grades 6-8

You must be enrolled in a normal course load for your grade at the member school.

You will be ineligible if you failed more than one class the previous grading period.

You must have been promoted to a higher grade prior to the first day of classes for the new school year.

Students promoted for the first time into 6th and 7th grade are considered academically eligible for the first grading period after promotion.

5. Semesters of Participation

Grades 9-12

You are eligible to participate in any sport for a maximum of four seasons (an exception is in place for schools sponsoring baseball or softball in both the fall and spring). Any part of a contest played during a season counts as a season of participation.

Your eligibility to participate in high school activities begins when you first enter the 9th grade and lasts for the next *eight consecutive semesters (four consecutive years)*.

Grades 6-8

You are eligible for only your first two semesters of attendance in the 6th grade, 7th grade and 8th grade.

You are not eligible to compete with or against students enrolled in the 9th grade or above when you are enrolled in the 6th, 7th or 8th grade.

NOTE: Check with your school principal for exceptions to this rule if you are ineligible because of age.

6. Age Limits

Grades 9-12

If you reach 19 years of age prior to July 1, you will be ineligible the next school year.

In order to participate on or against teams made up of only 9th graders (freshmen teams), you must not have reached 16 years of age prior to July 1 preceding the opening of school.

Over-aged 8th graders should be moved up to the senior high team to have eight semesters of eligibility.

Over-aged 5th graders should be moved up to the 6th grade team to participate, because they will be ineligible as seniors.

Grades 6-8

In order to participate on or against teams made up of only 6th graders, you must not have reached 13 years of age prior to July 1 preceding the opening of school.

In order to participate on or against teams made up of only 7th graders, you must not have reached 14 years of age prior to July 1 preceding the opening of school.

In order to participate on or against teams made up of only 8th-graders, you must not have reached 15 years of age prior to July 1 preceding the opening of school.

Students may participate with the next higher grade team if they no longer meet the age limit for their grade.

NOTE: Check with your school principal or athletic director for options available to you if you are ineligible for your grade level because of age.

7. Entering School

You must enter school within the first 11 days of the semester in order to be eligible that semester.

8. Recruiting of Athletes

You will be ineligible for your career at a school if you are influenced by a person to attend that school for athletic or activities purposes. You may, however, return to your original school and be ineligible for no more than 365 days.

9. Playing Under A False Name

If you compete under an assumed or false name, you immediately become ineligible for up to 365 days.

10. Amateur and Benefits

An athlete must maintain "amateur standing" 365 days a year in the sport concerned in order to participate in interscholastic athletics – the following restrictions govern the receipt of awards in both interscholastic play AND non-school competition/participation. After entering a member school, you will become ineligible *in the sport concerned* if you receive any of the following PROHIBITED awards for participating in an athletic contest or based on the outcome:

An award of cash, a gift-certificate/gift-card or an award that is the equivalent of cash is PROHIBITED for amateurs.

Merchandise which exceeds a manufacturer's suggested retail price (MSRP) of \$250, per month, is PROHIBITED for amateurs. However, there is no value limit in regard to awards which are symbolic in nature, such as medals, ribbons, trophies, plaques, etc.

Awards should be approved in advance by your school. Name, Image, Likeness activities (NIL) should be discussed with your school prior to making agreements to ensure your eligibility is protected.

Commemorative jewelry may be presented by the school (i.e. championship ring or necklace) (no value limit).

11. Non-School Competition

You may not practice for, or participate with, a non-school team or in any organized non-school athletic competition and for your school team *in the same sport* during the school sport season. Contact your school's athletic director for specific details in regard to individual sports (swimming & diving, tennis, golf, cross country, track & field, wrestling).

You may participate on a school team and a non-school team in *different* sports during the same season; however, you may not practice for the non-school team or participate in organized non-school athletic competition *on the same day* that you practice with or participate for the school team *without prior approval of your school administrator*.

You must receive approval in advance from your school principal or athletic director in order to miss school time to practice for, travel to or compete in organized non-school athletic competition.

You will become ineligible in any sport in which you play as a member of a junior college, college or university team.

Before you join a non-school team or enter any non-school competitive athletic event, your school principal or athletic director should be consulted to make certain these standards are met.

12. Contact with Coaches

No-Contact Periods

All Sports: The seven days prior to the first allowable practice date each season is a no-contact period in which no "contact" takes place between school coaches and students enrolled in the member school, or who will be enrolled in the member school during the upcoming school year.

Sport-Specific

Before attending any specialized athletic camp(s)/clinic(s) or group sport instruction, you should consult with your school principal or athletic director to make sure it meets the criteria published in the MSHSAA Official Handbook.

13. College Auditions and Tryouts

You may participate in an event conducted by a college or university during the school year under certain conditions. Consult your athletic director.

You may participate in a college tryout, audition or evaluation event conducted by a private organizer for a specific sport outside the school season of the sport concerned.

You may not miss school time to travel to or participate in the event unless your absence is approved in advance by the school administrator.

NOTE: See your administrator before signing up and agreeing to attend any such events.

14. Residence Requirements

A student may be eligible as an enrolled student at the public or nonpublic school located in the district in which the student's parents reside. In the case of a public multiple-school district, a student may be eligible at the school designated for the student to attend, based on parents' residence, by the board of education.

15. Transferring Schools

If you transfer schools, you will be ineligible for 365 days, unless your circumstances meet one of the ten exceptions listed in the MSHSAA Residence and Transfer Rules (By-Law 3.10). Make an appointment with the school's athletic director to review these exceptions.

You shall become ineligible for 365 days if you transfer to another school for athletic reasons.

16. Graduated Students

You will be ineligible to participate after graduation from a senior high school or its equivalent. Students who are granted an early release after their junior year are ineligible for further participation. *(NOTE: You are eligible to participate in state-series events which extend beyond the date of your school's graduation at the end of the spring semester of your senior year.)*

Handbook Consent

*****Each student is responsible to notify the school of any and all situations that would affect his/her eligibility. If the student does not notify the school of the situation prior to the schools discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the (MSHSAA) Board of Directors

We, the undersigned acknowledge receipt of and have reviewed and Student Extracurricular Activities Handbook including Eligibility Guidelines for Participation in all extra-curricular activities at La Plata Jr.-Sr. High School. We also understand that the guidelines cover all sports activities, vocal and instrumental music activities, cheerleading, academic bowl, and any club/organization that represent the school in conference, district, and state competition, (example, FFA, FCCLA, FBLA, BETA). Failure to comply with the Citizenship and Eligibility Guidelines may jeopardize the student's attendance at school activities such as dances and ball games.

Signature of Student _____

Signature of Parent/Guardian _____

Date _____

MSHSAA Concussion Information

This sheet must be signed by all parties indicated above and returned to the principal, the head coach, or the club sponsor before a student will be allowed to participate in any extra-curricular activity at La Plata High School. Concussion information can be viewed on the La Plata School district website at www.laplata.k12.mo.us located in the activities handbook.

“We the undersigned also acknowledge receipt of and have reviewed and understand the MSHSAA Concussion Information.” **Athletic Team Participants Only**

Signature of Student _____

Signature of Parent _____

Date _____

LA PLATA R-II SCHOOL DISTRICT DECLARATION OF PRIORITY SPORT

Students wishing to participate in more than one sport must declare priority/secondary choices. Each student must meet the eligibility requirements (conditioning practices) of each sport before they can participate in each specific sport. Students are thus expected to attend each sports practice on a daily basis as worked out by the coaches of the sports involved.

Priority sports practice takes precedence over secondary sports practice in situations where both practices cannot be performed in a day unless prior agreement is made by the coaches of the sports involved. Secondary sport contest takes priority over primary sports practice. Post-season contests take precedence over regular season contests. If post-season contests conflict, the athlete and the coaches (along with the Athletic Director if necessary) will work together to decide which contest the athlete will attend.

Under certain circumstances the coaches can allow a student/athlete to transfer from a priority sport to a secondary sport. In these situations both coaches and the athletic director must agree that is the best situation for the student/athlete and teams involved.

- Example: Team sport (priority) contest has to be rescheduled where there is already an individual sport (secondary) contest scheduled and the coaches work together to determine a bench player from the team/priority sport would benefit his/her self and their individual/secondary sport more by participating in the secondary sport that day.

Student and parent/guardian signature below indicates understanding and agreement to follow policy.

Student/Athlete Signature

Parent/Guardian Signature

Priority Sport

Secondary Sport

Date

STUDENT DRUG TESTING (JFCI-AFI)
(Consent Form)

I, _____, [student's name] have received, read, understand and agree to abide by the La Plata R-II School District drug testing policy and procedures. As a condition of participating in activities in the La Plata R-II School District, I agree to provide urine specimens when directed and authorize the district to have specimens tested for illegal drugs, performance-enhancing drugs, and alcohol* as stated in the district policy and procedures. I also authorize release of information concerning results of such a test to the La Plata R-II School District and to my parents/guardians.

Student Signature

Date

I, _____, [name of parent/guardian] have received, read, understand and agree to abide by the La Plata R-II School District drug testing policy and procedures. As a condition of my student's participation in activities in the La Plata R-II School District, I authorize the district to collect urine specimens from my student and authorize the district to have specimens tested for illegal drugs, performance-enhancing drugs, and alcohol* as stated in the district policy and procedures. I also authorize release of information concerning results of such a test to the La Plata R-II School District.

Signature of Parent/Guardian

Date

This consent form will remain in effect for duration of the student's enrollment within the La Plata R-II School District unless revoked in writing by the parent/guardian.

* Samples shall be tested for any substance an individual may not sell, possess, use, distribute, or purchase under either Federal or Missouri Law. This includes, but is not limited to, all scheduled drugs as defined by Federal or Missouri Law, including substances which have been classified as controlled under the emergency scheduling authority of the Drug Enforcement Administration; all prescription drugs obtained without authorization; and all prescribed and over-the-counter drugs being used for an abusive purposes, as well as alcohol. This includes, but is not limited to the following substances and their metabolites: cocaine, marijuana, opiates, synthetic opiates, amphetamines, benzodiazepines, barbiturates, methamphetamines, propoxyphene, methadone, phencyclidine, buprenorphine, synthetic cannabinoids, and synthetic stimulants, THC, benzoylcegonine, morphine, alcohol, and performance-enhancing drugs, including anabolic steroids.

Samples will not be screened for the existence of any physical conditions other than prohibited drug and alcohol use.

La Plata R-II Schools

Texting Consent Form

Please Print Clearly

Student Name: _____
First Name Last Name

Parent/Guardian Name: _____
First Name Last Name

Parent/Guardian Name: _____
First Name Last Name

Student Address: _____
Number & Street Address

City, State & Zip Code

Student's Cell: _____ **Text Message OK?**
Yes No

Parent/Guardian Name: _____ **Text Message OK**
Yes No

Parent/Guardian Name: _____ **Text Message OK**
Yes No

We, the undersigned, authorize a La Plata R-II School District Coach/Sponsor, approved by the La Plata Board of Education, to communicate through text messages to our mobile devices. We realize any costs incurred for the messages will be the responsibility of the student and/or parent and not the coach/sponsor or the La Plata R-II School District.

Student Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____

MSHSAA Requires Physical's for athletes every two years and a Preparticipation Form every year. All students must have these documents turned in before participating. See the MSHSAA Site for updated forms: [MSHSAA-PPE-MH-SSMB.pdf](#) or stop by the HS office for a copy.