

Houston High School and Middle School Activities Handout

Student activities at the Houston R-1 School District provides an opportunity for students to engage in special interest activities in addition to the more formal class activities. Student activities aid in the development of abilities necessary for leadership as well as those necessary for group cooperation. They also provide opportunities for finding new fields of interest. Students are encouraged to participate in school activities, but they should be selective as regular classroom work must come first. Students should be involved in as many activities as possible without hurting their grades. This is an excellent way to explore your interest in various areas and to become better acquainted with other students and instructors.

Eligibility to represent the Houston R-1 School District in any extra-class activity outside of regular classroom instruction during the seven period day is a privilege to be attained by meeting the standards set by Missouri State Activities Association, Houston Schools, and the organization, club, or activity.

Academic Standards

To be eligible to represent the Houston R-1 School District students must earn a minimum of 3 credits the previous semester.

Absent/Involvement in School Activities

Students who are absent from school due to their approved involvement in scheduled school activities (example: vocal contests, track meets, band concerts, baseball games, etc.) that are scheduled during the school day will not be counted as being absent from that class(es) nor will be recorded as an absence in the teacher's grade book. However, students are responsible for all assignments or tests that occurred in class while they were gone. Students should obtain the assignments from their teachers prior to their leaving school to participate in the activity. Students are to give their teachers 48 hours notice.

If the event (athletic or extra-curricular) occurs on a Saturday, students must be in attendance at school the full day prior to the event.

Absenteeism/Effect on Participation Extra-Curricular Events

A student participating in an extra-curricular activity (sports, instrumental, vocal, speech, FFA, class trips, etc.) must be in school four class periods in order to participate on that day. Exceptions, due to valid extenuating circumstances, may be granted only through the principal.

It is the responsibility of the student to inform the coach or sponsor if they are ineligible because of having been absent all or part of a day. If a student does participate while ineligible and it is noticed at a later day, the minimum penalty will be suspension from the next activity scheduled.

Athletic Physical Form

All students involved in athletics will complete a Missouri State High School Athletic Association Physical Form prior to the first practice session. The appropriate athletic coach will keep physicals on file for the current season and then file them with the athletic director immediately after the conclusion of the season.

Citizenship (Eligible to Participate)

Creditable citizenship will be one of the criteria for participation in school activities. Creditable citizenship includes such things as regular and punctual attendance and a quality of conduct which promotes the best interest of the school (to include student non-involvement in misbehavior or violations of the rules and regulations of the Houston R-1 School District

A student who represents Houston Schools must be a credible citizen both at school and away from school and judged so by the administration and activity sponsor. A creditable student citizen is one whose behavior, actions and conduct reflect positive credit on himself/herself and his/her school. Conduct which is not in accordance with school policy, excellent school citizenship or good citizenship in the community is considered to be a violation of the citizenship standards.

Referrals of a student to the office of the principal for misbehavior may be considered sufficient reason to declare a student ineligible. A single serious breach of good conduct, either in or out of school, may also be sufficient cause for declaring a student ineligible to participate in school activities.

The same standards of creditable citizenship will be applicable to all school activities include: athletics, band, chorus, clubs, organizations, and any other activity!

Fines/Fees: The student must have all of their fines/fees paid in full and have their name removed from the master fine/fee list in the office to be eligible to participate the activity(ies).

Insurance

THE SCHOOL SYSTEM DOES NOT PAY FOR STUDENT ACCIDENT INSURANCE TO COVER THE STUDENTS. However, the school will offer parents the opportunity to participate in a group student insurance plan. A student accident policy is available at the high school or middle school office.

The Missouri State High School Athletic Association's Bylaws provide that a student will not be permitted to practice or compete for a school until it has the verification that he/she has basic athletic insurance coverage.

Sportsmanship

Houston R-1 School District is constantly seeking help in seeing that the following rules of conduct are displayed at all events. Students, as spectators, will:

1. Avoid actions which will offend or embarrass any individual student.
2. Regard officials as fair, accept their decisions as final, and treat them as guests.
3. Respect the property of this school and other schools. No stomping on bleachers.
4. Refrain from actions which will call attention to themselves, such as: throwing items, "booing", shouting at opposing participants, etc.
5. Treat the opponents, coaches, fans, sponsors, officials, etc. as honored guests.
6. Show appreciation of good performance by both teams/participants/groups.

School Spirit

School spirit means many things. Some of the ways students can contribute to good school spirit is through:

1. Loyalty to the various functions of the school.
2. Supporting the school and doing/his her utmost to his/her scholastic and activity standard as high as possible.
3. Being courteous to teachers, officials, adults, fellow students, and students from other schools.
4. Showing pride in things students of the school endeavor to accomplish.
5. Exhibiting good sportsmanship: being fair, courteous, generous, a good loser and a graceful winner.

Transportation To/From Activities

Transportation will be made by bus and other such conveyances furnished by the school. The parent or legal guardian (and those only) may personally petition the sponsor in charge to release only their son/daughter to their care AFTER the conclusion of the event. The parent will sign the student out on the Student Activity Release Form.

Student Hazing

Student hazing is inconsistent with the educational goals of the district and poses a significant risk to the physical and mental welfare of district students. Hazing of students, on or off district property, is prohibited and may result in suspension from school and from activity/athletic participation.

I agree that I will refrain from participating in any student hazing activities as a participant or as an observer. I further understand that violation of the district's hazing policy may result in suspension from school and suspension from participation in all activities.

Miscellaneous

1. Expulsion from any program will take place only after just cause is given to the building principal by the sponsor/coach.
2. Each individual coach or sponsor has the authority to decide whether or not a student will be allowed to practice while a student is suspended from eligibility (does not include suspension from school).
3. Students on In-School Suspension will not be allowed to practice, travel, or participate until school is dismissed.
4. Students repeatedly placed in the In-School Suspension Program or who violates the I.S.S. rules and regulations will not be allowed to practice or participate in school activities.
5. The standards contained in this handout are considered to be minimal. The policies, rules, and regulations of individual school, organization or team may be more stringent than outlined herein, in which case the rules of that organization will be put into writing and given to the organization's members after it has been submitted to the building principal for approval.

ATHLETIC DISCIPLINE CODE

The Houston R-I School Athletic discipline code is a guideline for athletic discipline. Participation in athletic programs at Houston is a privilege and must maintain a high standard of good discipline.

Athletes who engage in criminal activity or violations of civil law may be denied participation in an athletic program. (By-Law MSHSAA 212) Recognizing the varying degrees of the severity of the violations the administration and athletic staff may advance an athlete beyond the offense category after conferring with the athletic director and/or building principal. Athletes will abide by additional rules and regulations presented normally to all team members of a particular sport by the coaching staff.

The athletic department will stress to all athletes the citizenship standards for eligibility. Refer to activities handout; Citizenship (Eligible to Participate).

It is the policy of the Athletic Department and coaching staff that any action taken by a coach, under the general rules and regulations, against an athlete can result in an indefinite suspension for the athlete from that team. An infraction must be observed by a teacher (supervising that event), coach, school administrator, a member of any law enforcement agency, or the parent of the athlete in violation or self-reported and/or confession by athlete. In the event of any infraction of these policies or rules, the following procedures will take place:

1. The coach/advisor must inform the athlete either verbally or in writing about any infraction and the subsequent consequences. The coach/advisor will then conduct an informal hearing to allow the athlete to explain his/her actions.
2. The coach/advisor must contact the athlete's parents, athletic director, and principal--either verbally or in writing--that the athlete is being denied participation. The coach must also explain the appeal process.
3. In keeping with due-process procedures, if requested by the parent, a hearing involving the athlete, his/her parents, the involved coach, the athletic director, and the middle school principal may be held. At that hearing, the denial of participation may be given definite duration, or it may be lifted.
4. If an athlete or parent is dissatisfied with disciplinary decisions concerning that individual they will be given the opportunity to discuss the circumstance through the following channels:
 - Coach
 - Athletic Director
 - Principal
 - Superintendent of Schools
 - Board of Education

A parent should schedule a meeting at the appropriate convenience of all parties involved in the incident if necessary. Coaches are instructed not to conduct meetings before or after athletic contests.

Three Strike Policy:

The athletic department has adopted a three strike and you are out policy. Eligibility to represent Houston Schools in any athletic program is a **privilege** to be attained by meeting the standards set by the Missouri State High School Activities Association, Houston Schools, and the organization or team. Because a student must be a creditable citizen (MSHSAA By-LAW 212.0) and judged so by the proper school authority certifying a list of students for competition, a student must conduct him or herself in such a manner that is in accord with the standards of good discipline.

A middle school student who receives an accumulation of 3 strikes during their middle school eligibility will be ineligible for participation in middle school athletics. A high school student who receives an accumulation of 3 strikes during their high school eligibility will be ineligible for participation in high school athletics.

If there is a conviction that is pending, the athlete may not participate until they are cleared of the charges.

The head coach is vested with the authority to advance the student beyond the offense category where the offense would normally fall if the violation(s) of the school rules, regulations, and the policies are of such a nature as to warrant it.

Eligibility for student begins when:

- A) for middle school when a student is promoted from 6th grade into 7th grade
- B) for high school when a student is promoted from 8th grade into the 9th grade.

ATHLETIC DISCIPLINE CODE

INCIDENT	1ST OFFENSE	2ND OFFENSE	3RD OFFENSE	4TH OFFENSE	5TH OFFENSE
Felonies Convictions as charged by juvenile or police	Suspended for remainder of sports season. 1 Strike	Same as 1 st offense. 1 Strike	Dismissal from athletic participation.		
Misdemeanors Convictions as charged by juvenile or police (Excluding minor traffic violations.)	Partial to multiple game suspension. Pending coaches conference with A.D. 1 Strike	One to multiple game suspension. Pending coaches conference with A.D. 1 Strike	Dismissal from athletic participation.		
Possession, use, transmission, sharing, or under the influence of legal or illegal drugs, alcohol or prescribed medication.	Partial to multiple game suspension. Pending coaches conference with A.D. 1 Strike	Suspension for remainder of sports season. 1 Strike	Dismissal from athletic participation. 1 Strike		
Use of tobacco products.	Conference with coach and a double aerobic reminder. Possible partial to one game suspension.	1-3 game suspension 1 Strike	Dismissal for remainder of sports season.		

Students placed in I.S.S. violating athletic citizenship standards excluding tardies.	Conference with coach and an aerobic reminder.	Conference with coach and a double aerobic reminder.	Partial to multiple game suspension.	Partial to multiple game suspension. 1 Strike	Dismissal for remainder of sports season.
Violation of Athletic Citizenship Standards.	Conference with coach and an aerobic reminder	Conference with coach and a double aerobic reminder.	Partial to one game suspension.	Partial to multiple game suspension.	Partial to multiple game suspension.

Fighting (in/out of school)	One game suspension	One to multiple game suspension. 1 Strike	Multiple game suspension. 1 Strike	Multiple game suspension. 1 Strike	
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All offenses which are not within the seven incident areas above will be referred to the student discipline code. The staff is vested with the authority, after conferring with the athletic director, to advance the student beyond the offense category where the offense would normally fall, or to the student discipline code if the violation(s) is of such nature to warrant it.