



Braymer C-4
2011-2012
Activities Handbook

Braymer C-4 School District
400 Bobcat Ave.
Braymer, MO 64624
660-645-2284
Don Regan, Superintendent
Mitchel Barnes, H.S. Principal

Troy Stemberger, A.D.
Letter to Parents and Students

Dear Parent/Guardian and Student/Athlete:

Please take a few moments to read this letter. Hopefully, this will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

1. In each program, a coach and/or coaches are hired by the school district to be responsible for team selection. The head coach establishes criteria for selection, possibly with input from the entire coaching staff. This may be a highly subjective process. Team selection, practices and decisions regarding game situations are the responsibility of the coaching staff. If you have questions regarding the process, please feel free to address these questions directly to the head coach. Please call the coach to make an appointment outside of school, practice or game time. If you have further questions the coach has not been able to answer, please contact the activities director.
2. We believe it is the coaches' responsibility and right to select the team with whom they will work for the entire season. While we believe players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to "guarantee" a spot on the school-sponsored team.
3. A main goal of a competitive athletic program is to put the most talented members of the team in competition to win the contest. Starting positions and playing time are not guaranteed to seniors making a team, or anyone else, for that matter. Each member of a team is very valuable to the team's overall progress. Some members may play a great deal of time in a contest while others may not see what a parent would consider "significant" playing time. All players may not play in every contest, especially at the varsity level of competition. Each student should have personal improvement as one of his or her goals.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control and being responsible for one's own actions.

We sincerely hope this helps you to understand the goals and philosophies of the competitive athletic program at Braymer C-4. Please feel free to contact me if you have any questions regarding any aspect of the athletic program.

Troy Stemberger
Athletic Director
Braymer C-4

Notice of Nondiscrimination

The Braymer C-4 School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities.

The following person has been designated to address inquiries, questions and grievances regarding the district's nondiscrimination policies:

Don Regan, Superintendent
400 Bobcat Avenue
Braymer, MO 64624
(660) 645-2284

Student/Athletes

Introduction

Welcome to the Braymer C-4 School District's activity/athletic program! Hopefully, your decision to take advantage of this portion of our co-curricular program will be educational, rewarding and challenging. This handbook is given to you so that you might become more aware of the programs that are available and their inter-relationships. The Braymer C-4 School District encourages you to take advantage of as many programs as your time and talent will permit. **WE DO NOT ENCOURAGE SPECIALIZATION IN ONE SPORT; RATHER WE WOULD ENCOURAGE YOU TO EXPERIENCE A VARIETY OF SPORTS AS WELL AS OTHER SCHOOL ACTIVITIES.**

Philosophy

We believe that interscholastic activities shall supplement the 7-12 grade curricular programs, and as such, become a vital part of a student's total educational experience. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his/her education.

Student participation in any part of our activity program is a privilege, not a right.

This privilege carries with it responsibilities to the school, to the activity, to the student body, to the community and to the student himself. This participation will help to develop the student physically, mentally, socially and emotionally.

Goal Statement

Student activities and athletics shall be an integral part of the total educational program, which shall provide experiences not otherwise provided. These activities will help students acquire additional knowledge, skills and emotional patterns necessary to develop to their highest potential.

Responsibilities

As a student participant, you are in school to secure the best education you are capable of achieving. Deciding to take advantage of this component plays a significant part in your total educational development. With this decision comes certain responsibility, if the values of the activities are to be achieved, namely:

1. Striving to achieve sound citizenship and desirable social traits, including self-control, honesty, cooperation, dependability and respect for others and their abilities.
2. Maintaining academic and eligibility standards as established by the Missouri State High School Activities Association and the Braymer C-4 School District.
3. Learning the spirit of hard work and dedication.
4. Attaining mental and physical fitness through good health habits.
5. Excelling to the limits of your potential.
6. Showing respect for both authority and property.
7. Willingness to accept the leadership roles that are instilled through the activity program.

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

BASIC GUIDELINES FOR PARTICIPATION

- A. Students are free to make their own selections as to the activities in which they wish to participate. It is the Braymer C-4 School District's policy that students facing a conflict between two school-sponsored activities will be given a choice of which to attend. Certain school activities will have priority.
- B. A student who has gone out for a sport, but quits of his/her own accord, will not be eligible to start practicing for another sport before the end of the competition in the sport that was dropped, unless both of the head coaches agree. A student who has enrolled in an interscholastic co-curricular class, but then drops the course, will not be eligible to participate in the activity unless prior permission is arranged with the teacher/director. If a student quits or is dismissed from an activity due to disciplinary action the student will not be eligible for any activity until said disciplinary action has been completed to the satisfaction of both head coaches. This also will carry over from activity to activity, meaning that if one activity is ending before the student can complete his or her disciplinary action, it will need to be completed before he or she will be eligible for their next activity.
- C. When activities are outside the BraymerC-4 School District, all students will be transported to the contest by school provided transportation.

- D. If it is necessary to be absent from practice, the student is expected to obtain permission from the head coach prior to the scheduled practice.
- E. Students must be in attendance the full day of the activity, to participate in a scheduled event as well as practices. Exceptions are granted with **administrative approval only**. Attendance percentage must be at least 90%.
- F. In the event of truancy or suspension, the student will not be eligible for participation until he/she has fulfilled the disciplinary requirements established by the administration.
- G. In the event that a student is assigned an afternoon detention period as a result of a classroom problem, he/she is not allowed to use the excuse of “I have practice, so I can’t stay.” **THE CLASSROOM OBLIGATION ALWAYS COMES FIRST.**
- H. The use of alcohol, tobacco or the misuse of prescription/over-the-counter drugs is known to be detrimental to the individual as well as the team he/she represents. Should the student choose to use any of the above-mentioned substances, disciplinary action will be taken which may result in removal from the team. (This is more clearly defined in the following section).
- I. If an event occurs on a Saturday, the student must be in attendance for the full day on Friday. Exceptions are granted with administrative approval only.

BRAYMER C-4 SCHOOL DISTRICT
CODE OF CONDUCT

Statement of Purpose

The Braymer C-4 School District’s activity/athletic program is designed to provide a positive, healthy, drug-free atmosphere for the student. The student is encouraged to achieve academic success, become involved in a variety of sports, and be an ambassador of the school. It is fundamental that the student realizes that it is a **privilege** to represent his/her school and that he/she is expected to do his/her best to contribute to the success of the activity/athletic program.

Students are in the public eye and their personal conduct always must be above reproach. They have an obligation to create a favorable image and gain the respect of teammates, the student body and the community.

Student/Athlete Expectations

The student is expected to demonstrate good sportsmanship and good citizenship at all times, both in and outside of school. As a representative for his/her school and

competing in our activities/athletic programs, the student is expected to fulfill certain responsibilities that include:

- 1) Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability and respect for others and their abilities.
- 2) Maintaining a lifestyle free of tobacco products, illicit drugs and alcoholic beverages.
- 3) Maintaining academic and eligibility standards as established by the Missouri High School Activities Association and the Braymer C-4 School District.
- 4) Adhering to public laws and school policies.
- 5) Showing respect for both authority and property.
- 6) Learning the spirit of hard work and dedication, desiring to excel to the limits of each student's potential.

School Rules

- I. Team Rules – Each sponsor/coach will establish team rules. Team rules will be distributed and discussed with parents and participants prior to the beginning of competition for the activity/athletic program. The student is expected to comply with team rules and might forfeit his/her eligibility through noncompliance.
- II. School Attendance – The student must attend school as outlined in guideline (E) of the **Basic Guidelines for Participation** on the day of activity/competition to be eligible to participate in extracurricular activities on that day. Exceptions are granted with administrative approval only.
- III. Detention – A student assigned detention by teachers and/or administrators must report the detention to the sponsor/coach.
- IV. Suspension – A student suspended from school on an out-of-school suspension will not be permitted to participate in extracurricular activities while on suspension. He/she may become eligible following his/her first day back in regular classes. Students may not participate in a contest until in-school suspension is fulfilled. They are also subject to additional penalties as administered by the coach/activity sponsor.
- V. Expulsion – A student who is expelled or who withdraws from our school or any other, because of disciplinary action, shall not be considered eligible for extracurricular activities for 365 days from the date of expulsion/withdrawal.

- VI. Ejection from a Contest – A student ejected from an activity/athletic event because of unsportsmanlike action will not be eligible to participate in the next scheduled activity/athletic event.

ATHLETIC POLICY

Alcohol, Non-Prescription Drug and Tobacco Policy

This policy pertains to **ALL** students participating in any school-sponsored, extra curricular and co-curricular activities during the school year at Braymer C-4 School in grades 7-12. However, if preparation for a school-sponsored activity begins prior to the first day of school, this policy will go into effect on that day. Additional consequences will be enforced for violations on school property, school trips, or activities in which students are representing the School District as outlined in the Board of Education policies and procedures.

Possession, Use, Consumption, Selling or Under the Influence of Alcohol or Non-Prescription Drugs

Definition:

Having on one's person or having in one's possession, or being under the influence of, or using, or consuming: alcohol or alcoholic beverage, any narcotic drug, hallucinogenic drug, amphetamines, barbiturates, marijuana, steroids, or any substance purporting to be a controlled drug, or any controlled drug as defines by state law. Use of a drug authorized by prescription or order of a practitioner while acting in the course of his professional practice shall not be a violation of this rule provided such prescription drug is used as prescribed and by the person for whom it was proscribed and in a manner and place as directed by the principal.

Possession of Drug Paraphernalia

Definition:

Having on one's person or having in one's possession drug paraphernalia as defined by state law.

Due Process

Definition:

Any determination that a violation of this policy has occurred, in the absence of an admission by the student, must be based upon by credible information from a law enforcement officer, certificated school employee, or Board of Education member and

the credibility of the witness shall be considered. Information from a single student witness will not be an adequate basis for imposing consequences under this policy in the absence of admittance of guilt by the accused.

Prior to or shortly after the imposition of any consequences for a violation of this policy, the students will have an opportunity to hear the facts that form the basis for the action being taken and to respond verbally to the coach or sponsor of the activity.

Any student suspended from an activity as the result of a violation will have an opportunity to appeal that suspension by following the procedure established in the student grievance policy. Any proposed suspension by a coach or sponsor shall be reported to the principal, who shall make the final decision, subject to the grievance procedure.

Possession or Use of Drugs

First Offense: Drugs

1. Student is not allowed to participate in extra curricular/co-curricular activities for a period of 30 school days. If the violation should occur at the conclusion of one sport season, it shall commence, or carry over until the 30-day requirement has been met. If such a violation occurs at the end of the school year, the 30-day suspension requirement will carry over to the next school year.
2. While under suspension, the student must participate in all scheduled practices and attend all contest/meetings and view the contest from the bench, sideline, etc. He/she will not be allowed to dress for the activity. Unless excused by the coach, failure to attend practices and contests will result in a violation.

Second Offense:

1. A second offense will result in a 90-day suspension. If the violation occurs at the end of the school year, the 90-day suspension requirement will carry over to the next year.

Third Offense:

1. A third violation will result in a 174-day suspension. If the violation occurs at the end of the school year, the 174-day suspension will carry over to the next school year.

Notes: The above policy is considered to be cumulative in nature. If a violation occurs during one school year, the second offense would be the same year or any subsequent year until graduation. The policy is cumulative from Junior High to the High School.

Possession or Use of Alcohol

First Offense: Alcohol

1. Student will not be allowed to participate in the next contest and will have extra conditioning before he or she may play in any contest.
2. While under suspension, the student must participate in all scheduled practices and attend all contest/meetings and view the contest from the bench, sideline, etc. He/she will not, however, be allowed to dress for the activity. Failure to attend practices and contest, unless excused by the coach, will result in the consequences for a second violation.

Second Offense:

1. Student is not allowed to participate in extra curricular/co-curricular activities for a period of 30 school days. If the violation should occur at the conclusion of one sport season, it shall commence, or carry over until the 30-day requirement has been met. If such a violation occurs at the end of the school year, the 30-day suspension requirement will carry over to the next school year.
2. While under suspension, the student must participate in all scheduled practices and attend all contest/meetings and view the contest from the bench, sideline, etc. He/she will not, however, be allowed to dress for the activity. Failure to attend practices and contest, unless excused by the coach, will result in the consequences for a third violation.

Third Offense:

1. Student is not allowed to participate in extra curricular/co-curricular activities for a period of 60 school days. If the violation should occur at the conclusion of one sport season, it shall commence, or carry over until the 60-day requirement has been met. If such a violation occurs at the end of the school year, the 60-day suspension requirement will carry over to the next school year.
2. While under suspension, the student must participate in all scheduled practices and attend all contest/meetings and view the contest from the bench, sideline, etc. He/she will not, however, be allowed to dress for the activity. Failure to attend practices and contest, unless excused by the coach, will result in the consequences for a second violation.

Notes:

The above policy is considered to be cumulative in nature. If a violation occurs during one school year, the second offense would be the same year or any subsequent year until graduation. The policy is cumulative from Junior High to the High School.

Possession or Use of Tobacco

First Offense: Tobacco

1. The student will serve additional conditioning at the discretion of the coach or sponsor before he or she may participate in a contest.

Second Offense:

1. The student will serve additional conditioning at the discretion of the coach or sponsor, but will be additional from the first offense.
2. The student will be suspended from participating in the next contest or event, in which he/she would have participated. However, he/she will be required to attend and view from the bench, sideline, etc. He/she will not, however, be allowed to dress for the activity.

Third or more Offense:

1. The student will meet the criteria for the first offense of the Drug Policy (30 day suspension).

Notes:

The above policy is considered to be cumulative in nature. If a violation occurs during one school year, the second offense would be the same year or any subsequent year until graduation. The policy is cumulative from Junior High to the High School.

Academics

Grades 9-12

- You must earn a passing grade in all classes and be enrolled as a full time student at Braymer C-4 School. A failing grade in any class at the end of a quarter will mean you are ineligible till the following mid-term at which time you must be passing all classes.
- Credits earned or completed after the close of the semester will not fulfill the above requirement. Summer high school courses for academic eligibility may count provided the course is necessary for graduation or promotion (no electives), and it is placed on the school transcript. No more than one credit in summer school shall be counted toward eligibility. Correspondence courses do not count.
- If you are beginning the 9th grade, you must have been promoted prior to the beginning of the school year.
- You must be making satisfactory progress toward graduation as determined by your local school's policies.
- Do not drop courses without first consulting with your school principal, athletic administrator or counselor to determine whether it will affect your eligibility.

Grades 7-8

- You must be enrolled in a normal course load for your grade at the member school.
- You must have been promoted to a higher grade prior to the first day of classes for the new school year. However, even though you may have been promoted, you will be ineligible if you failed more than two courses the previous semester. (MSHSAA Handbook By-Law 213.0 pg23).

*** ALL OTHER POLICIES CAN BE FOUND IN THE BRAYMER STUDENT HANDBOOK***

**Braymer C-4 School District
Athletic Commitment Pledge 2011-2012**

| | | |
|-----------------------------------|--------------|-----------------------|
| Participant's Name (Print) | Grade | Sport/Activity |
|-----------------------------------|--------------|-----------------------|

Prior to participating in any practice or tryout sessions for any interscholastic sport, each athlete must:

1. Successfully pass a physical examination to participate in athletics, administered by a licensed physician, and the copy of such examination must be on file in the office of activities director. Physical exam is valid if issued on or after February 1 of the previous school year.
2. Return this Activity/Athletic Commitment Pledge Form with the student and parent signatures.

As a school's student/athlete voluntarily participating in interscholastic activities/athletics, I acknowledge that:

1. I have read this Student Activities/Athletic Handbook and understand what the Braymer C-4 School District expects from me in regard to the expectations set forth in the handbook and to sportsmanship, citizenship, scholastics, and staying free from drug, alcohol, and tobacco use while enrolled in this school. I understand the consequences for violating school policy and I will not do so while a Braymer C-4 School District student participant.
2. I will be responsible for all equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any equipment not accounted for by me at the end of the season.
3. I acknowledge that in order to participate in the activities/sport, **I must be present the entire school day of the activity.** Only administrative approval will allow participation without minimum attendance.
4. I have been properly advised, cautioned, and warned by administrative and coaching personnel of the Braymer C-4 School District that I am exposing myself to the risk of injury, including, but not limited to, the risk of sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete impairment in the use of my limbs, brain damage, paralysis, or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury and with full consent of my parent/guardian.

5. I, along with my parent/guardian, certify that I have read and understand all of the Braymer C-4 School District activity/athletic policies in this handbook, in order to be eligible for participation; I understand I must comply with all requirements listed.

6. 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 participating in all activities.

7. Students are the most important factors in school sportsmanship. The following suggestions will serve as a guide for our students in carrying out our responsibility at athletic contest:

We will consider athletic opponents and officials as guest and should treat them as such. We will respect the rights of students from the opposing school. We will respect the rights of all spectators. We will not boo or use any form of profanity at any athletic events. We will cheer both teams as they come on the field of play. We will commend or cheer good plays made by either team. We will cheer for an injured player when removed from the game. We will support our teams and cheerleaders wholeheartedly. We will accept the official's decision as final. We will show self-control at all times during the game and after. We will be modest in victory and gracious in defeat.

| | |
|----------------------------------|-------------|
| Student's Signature | Date |
| Parent/Guardian Signature | Date |
| Parent/Guardian Signature | Date |

Ten Commandments for Parents with Athletic Children

1. Make sure your child knows that, win or lose, scared or heroic, you love them, appreciate their best efforts and are not disappointed in them.
2. Try your best to be completely honest about your child's athletic capabilities, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful, but don't coach them on the way to the event or on the way back, at breakfast and so on. It is tough not to do, but it is a lot tougher for the child to be inundated with advice, pep talks and often-critical instructions.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes.
5. Try not to relive your athletic life through your child in a way that creates pressure. Share that your team lost too, you were frightened, had to back off at times, and were not always heroic.
6. Don't compete with the coach! If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare skill, courage, or attitudes of your child with other members of the team, at least not within their hearing range.
8. Get to know the coaches so that you can be assured that the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under their leadership. Always go to the coaches FIRST with a problem.
9. Always remember that children tend to exaggerate, both when praised and when criticized. "Temper your reaction and investigate before overreacting."
10. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains but are afraid to fight. Some of us will fight but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athlete is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your child say, "My parents helped; I was lucky with this."