

Strain Japan R-XVI



ATHLETIC HANDBOOK
2023-2024

Welcome Letter

Dear Athletes and Parents:

We hope you will join us in working towards another great year of Strain-Japan athletics. We are dedicated to providing the uppermost quality athletic program and having our best year.

Please take the opportunity to read the handbook thoroughly; please sign and return the last page to the school office. Your signed acknowledgment must be returned before your athlete will be eligible to play. If you have any questions, please feel free to contact us.

We can achieve a successful year at Strain-Japan with dedicated parents and committed coaching staff.

Sincerely,

Erica Williamson
Assistant Principal/Athletic Director

Kathy Vandegriffe
Superintendent/Principal

In the event of inconsistency between this handbook and the Official School Board Policy, the Official School Board Policy will preside. A copy of the Official Policy can be obtained in the office or on our website:

Table of Contents

Welcome Letter	3
Coach Eligibility Requirements	4
Student Eligibility Requirements	4
Physical Exams and Insurance	5
Athletic Attendance Eligibility Requirements	5
Athletic Team Formation	5
Athletes From Neighboring Districts	5
Cooperative Sponsorship with Sullivan Middle School	5
Athletic Team Sponsorship	5
Banner Requirements	6
Practice Schedule	6
Sportsmanship	6
Player Responsibilities	7
Coach Responsibilities	7
Parent Responsibilities	8
Spectators At Events	8
Concussion “Return to Play” Protocol	8
Playing Up	9
Parent Work Deposit	9
Sports Program Funding	9
Family Pass	9
Inclement Weather	9

Coach Eligibility Requirements

Coaches are official representatives of the Strain-Japan R-XVI School District. As a coach of an interscholastic activity, he/she assumes a very responsible position in education. Coaches have the unique opportunity to work with the students in an activity that often has a profound and lasting impact on the lives of the athletes. Coaches are viewed as role models and can directly influence the decisions made by athletes. Therefore, coaches should be mindful of this role and conduct themselves accordingly. At Strain-Japan R-XVI, we strive to provide a collaborative coaching structure in which two coaches, the B-team head coach, and the A-team head coach, assist each other.

According to Board Policy IGD, all extracurricular activities or groups must have an appointed sponsor, advisor, or coach. In general, the sponsor, advisor, or coach must be a district employee; however, upon the superintendent's recommendation and approval by the Board, an individual who is not an employee may serve as a sponsor, advisor, or coach. The Board of Education approves all coaching staff. A Volunteer Coaching Application must be completed and presented to the Board. Upon approval, coaches are to complete a National Sex Offender Registry Background Check before their first practice, sign the Coaches Code of Conduct, complete the Smart Adult Safe Student Training Course, and attend the mandatory parent meeting.

Student Eligibility Requirements

Students who represent a school in interscholastic activities must be credible citizens. Those students whose character or conduct is to reflect discredit upon themselves or their schools are not considered "credible citizens." Conduct will be satisfactory by the standards of good discipline.

Eligibility for the start of the fall sports is based on the last quarter grades of the previous year. An ineligible student may become eligible based on mid-quarter grades using the same criteria.

- **90%** or better attendance
- Students must maintain a **"C" average** in all core subjects.
- Students must not have any **"F's"** during the sports season to be eligible.
- Grades will be checked every **two weeks**, and ineligible players cannot play until the next grade check.
- Any athlete with more than **three office referrals per quarter** due to misbehavior may be deemed ineligible.
- Students are not eligible for practice or games during an **in-school or out-of-school suspension**.
- If a student is ill, he/she must be **fever free for 24 hours**.

Some exceptions may apply, and these must be approved by the administration and/or athletic director. Ineligible players may attend practices and games but NOT participate.

Before the team can begin practice, all forms must be completed. Copies of physical exams, parent permission forms, and health insurance information must be turned into the school office. It is recommended that each coach/sponsor keep copies of emergency information with them at all practices and events. A parent, athlete, and coach meeting is required at the beginning of the season.

Physical Exams and Insurance

Athletic By-Law 3.8 of the Missouri High School Athletics Administration Handbook 3.8.1(A) and 3.8.2(B) states:

- A. The school shall require of each student participating in athletics a certificate of an issued physical signed and authorized by a physician, an advanced nurse practitioner in written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring 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 a school until a complete, signed certificate is on file. The medical certificate is valid for two years (730 days) from the date of issue for this rule.
- B. A student shall be permitted to practice or compete for a school once it has verification that he or she has basic athletic insurance coverage.

Athletic Team Formation

All eligible athletes who follow team and school rules will be allowed to participate. When the squad size exceeds a manageable level, cuts may be made following specific guidelines.

1. The Athletic Director and Principal **must** be consulted before any cuts are announced.
2. Volleyball, basketball, and cheerleading squad formations will be determined every year.
3. Plans for any needed cuts will be announced to parents and players as soon as possible.

Athletes from Neighboring Districts Joining Strain Japan Teams

Strain-Japan aims to establish the best team possible within our student enrollment. When a minimum of 10 Strain-Japan student-athletes is unavailable, student-athletes from neighboring districts can be used to field a team to meet the minimum number of players. Student participation is evaluated annually, Strain-Japan students will get priority when fielding a team; however, playtime will be based on the coach's discretion and evaluation of all athletes. Students from other school districts must adhere to all Strain-Japan policies and procedures to qualify for play. Student-athletes must provide documentation from their school every two weeks to the Athletic Director.

Cooperative Sponsorship with Sullivan Middle School

With the approval of the MSHSAA Board of Directors, Strain-Japan R-XVI has a cooperative agreement with Sullivan Middle School in Boys and Girls Track & Field and Wrestling for grades 7th and 8th. All participating athletes are to abide by the rules and requirements of Sullivan Middle School Athletics.

Athletic Team Sponsorship

The Strain-Japan R-XVI School sponsors athletic teams in volleyball and basketball. Generally, the A & B teams will play on the same schedule. School rules in the student handbook are the guidelines to the following for all sporting events. The "A" team shall consist of 7th and 8th-grade athletes and any needed 6th-grade athletes. The "B" team shall consist of 3, 4, and 5th-grade athletes and any needed 6th-grade athletes.

While the number of contests may need to vary, we will use this general guideline: A & B games will be limited to approximately ten games and two tournaments.

Banner Requirements

All of the following must be met for a sports team to be eligible for a wall banner. Note: "Games" include tournament games.

A-Team: Win 80% of the games played

B Team: Win 100% of games played

Practice Schedule

All practices must be supervised by the coach/sponsor. Each coach/sponsor is responsible for staying with the athletes until their parents pick them up from practices and games. Each coach will be assigned a practice schedule and should stay within the allotted schedule.

1. Practices will be limited to 2 hours per team and held on the day school is in session, not on the weekend. Attendance at practices scheduled when school is not in session will be optional.
2. Practices will be limited to 3 times per week.
3. A practice schedule must be provided to the Athletic Director and the parents. Once practice times are set, any changes must be approved by the Athletic Director and Administration.
4. If practice is held before an event, coaches must sweep floors and ensure the gym is set up for play.
5. Open Gym will be available before the beginning of season games and during the season if needed, based on weather and district scheduling conflicts. **The Athletic Director and Administration must approve Open Gym times.**
6. No practices after 8:30 p.m.
7. We will try to avoid playing games and having practice on Wednesday and Sunday evenings (except for tournaments). However, if there is a scheduling conflict, games may be played on these days.
8. If there is a change in the schedule, the Athletic Director will notify coaches of any changes.
9. There will be no practices on holidays, and no practice the day before a major holiday is recommended.
10. Coaches may conduct scrimmage games during their scheduled practice times. Scrimmage games must be finished by the end of their regularly scheduled practice. No refs, concessions, or door fees will be provided.

Sportsmanship

Athletic contests involve the cooperation of officials, players, and spectators. All participants are expected to demonstrate courtesy and good sportsmanship. Team members should encourage their teammates through positive cheering. Degrading other teams, booing, or cursing demonstrates poor sportsmanship. Team members also should show proper acceptance of the official's judgment. **Such acts during a contest resulting in ejection will cause the athlete to be restricted from representing the school for at least the next contest. This is the case if the athlete himself or the parent/guardian caused the act. Strain-Japan R-XVI does not condone rude or unsportsmanlike behavior toward other teams, officials, coaches, or administration. An athlete who commits such an act but is not ejected may also be subjected to at least a one-game restriction from representing the school.** Each case of this type is to be reviewed by the head coach, athletic director, and principal before the final decision is reached.

Athletes will have the opportunity to express their side of any incident in which they may be involved. If the athlete is dissatisfied with any decision, he/she has the right to appeal through the following channels:

1. Head Coach
2. Athletic Director
3. Administration

Appeals to the above are to be in writing and submitted within ten days of the previous decision. The body to which the appeal is made will submit a course of action within ten days of receipt.

Any incidents that are not covered by these guidelines will be reviewed individually, and the decisions related to penalties will be made jointly by the principal, athletic director, and head coach.

If there are any parental issues with our Strain-Japan Coaching Staff, all problems should be brought to the attention of the Athletic Director/ Principal. No parent should ever threaten, physically or verbally, or cause harm to any athlete, coach, or official. Any of these incidents will result in your athlete's participation in sports being forfeited. The course of action will be determined case-by-case, made jointly by the Principal, Athletic Director, and Head Coach.

Athletes must follow any additional rules set by individual coaches and approved administration. These rules will be given to athletes on a handout or posted where they are accessible to the team members.

Player Responsibilities

Players should adhere to the guidelines set up by the school and coach.

1. Do not question the authority of the game officials.
2. Know and adhere to the rules of the sport.
3. The atmosphere of the games should be competitive, with respect shown to your opponents and coaches.
4. Players must realize that their behavior, language, and appearance reflect upon the team and school and directly influence the crowd's mood.
5. Players must respect the property and facilities of their hosts.
6. Walk away from trouble. Players should go to their bench and stay there; those on it should remain there.

Coach Responsibilities

1. Provide and maintain a supportive learning environment for all players to reach his or her potential.
2. Communicate with parents, players, athletic director, and Principal about their team. Changes in practices or games must be provided in writing to those listed above. It is highly recommended that a tool of electronic communication should be set up, for example, GroupMe, Remind, private Facebook group, or group text messages. Parent communication that is easy for parents to access is vital.

Parent Responsibilities

1. Make sure players are at practices and games on time.

2. Display good sportsmanship at all sporting events.
3. Parents are vital to the success of our athletic program. Parents must work scheduled times to assist with the concession stand, door, clock, and scorebook. If you cannot work your scheduled time, you must find an adequate replacement before the day of the event. The Athletic Director must be notified of this change in scheduling. However, parents are responsible for finding someone to replace them during their scheduled work time. Only contact the school office if you can work.
4. A **mandatory parent meeting** will be held before the beginning of each season. This meeting will consist of:
 - a. Coaches review rules and scoring.
 - b. Review of Athletic Handbook
 - c. Concession stand training
 - d. Concession stand scheduling

Spectators At Events

Strain-Japan R-XVI spectators will adhere to the following MSHSAA guidelines at all sporting events:

- Balloons, confetti, lasers, flashlights, artificial noisemakers (including horns, cowbells, bells, buzzers, shakers, clickers, thunder sticks, rattles), compressed air horns/sirens, and whistles are not allowed by spectators.

More detailed information can be found in the MSHSAA Official Handbook at <https://www.mshsaa.org/resources/pdf/Official%20Handbook.pdf> p.136

Concussion “Return to Play” Protocol

Adapted from the MSHSAA website and the ACE care plan on the CDC website(www.cdc.gov/injury)
 Returning to activity and play is a medical decision. A medical release must be filed in the school office before the athlete returns to play. The athlete must meet all of the following criteria to progress to the activity:

- Step 1: Complete cognitive rest. This may include staying home from school or limiting school hours for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.
- Step 2: Return to school full-time.
- Step 3: Light exercise. This step cannot begin until the athlete no longer has concussion symptoms and is cleared by a physician for further activity. At this point, the athlete may begin walking or riding an exercise bike. No weight-lifting.
- Step 4: Running in the gym or at recess. No helmet or other equipment.
- Step 5: Non-contact training drills in complete equipment. Weight training can begin.
- Step 6: Full contact practice or training.
- Step 7: Play in a game. Must be cleared by a physician before returning to play.

- The athlete should spend 1 to 2 days at each step before advancing to the next. If post-concussion symptoms occur at any step, the athlete must stop the activity, and the treating physician 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 when the symptoms occurred.

Playing Up

The Strain-Japan R-XVI School District intends to establish the best A and B teams. A-team players will compete at a higher level than B-team players. However, many players are still developing skills at this level and should be allowed fair playing time determined by the coach's discretion. The B-team is a chance for players to develop the game's basics and a love for the sport. B-team players should be allowed fair playing time to develop those skills in a competitive setting. B-team players may be allowed to play on the A-team to ensure adequate players. This will only be done at the discretion and agreement of both the A and B team coaches.

***All changes to team rosters must be in writing and given to the Athletic Director.**

The Strain-Japan R-XVI Coaching Staff is here to help each athlete reach his/her potential and strengths. All rules and regulations will be followed for your benefit and our athletic program. Let's work together to make a great season.

Parent Work Deposit

Parents of Strain-Japan R-XVI athletes must make a \$50 deposit for each child playing basketball and volleyball. If parents work their scheduled time(s), the \$50 deposit will be reimbursed at the end of the season. Our intent is not to prevent any child from playing but to ensure parent support during games. The work deposit will pay a parent or staff member to cover the allotted time if a parent cannot work. Parent involvement is necessary for the success of our program each year. **The required \$50 work deposit is due before the 1st game.**

Sports Program Funding

The Strain-Japan R-XVI Athletic Program is funded by the Strain-Japan PTO, the district's parent organization. Requests for equipment will be made to the Principal and Athletic Director in writing. Equipment and materials will be ordered through the school office and inventoried when it arrives. Parents are encouraged to support fundraising campaigns that PTO sponsors.

Family Pass

The Strain-Japan R-XVI offers family passes to our sporting events. Each season will be purchased separately.

Family Pass- \$25.00 (Family pass is for family members living in your household)

Regular Gate Prices

- Adult- \$3.00
- Student- \$1.00
- Under 5- Free
- Senior Citizen- \$1.00

If you purchase a family pass, your initial pass will be provided. Should you lose your pass, there will be a charge of \$1.00 for a new card.

The family pass can be purchased at the gate or through the office. Please make checks payable to Strain-Japan R-XVI School District.

This is just one way to make sports at Strain-Japan R-XVI an affordable family event.

Inclement Weather

Practices

- All after-school practices will be canceled when school is canceled or dismissed early.

Games/Tournaments

- When school is canceled, a decision will be made by 1:00 p.m. whether or not evening games/tournaments will be played. Coaches will contact parents, and notifications will be posted on the school's Facebook page.