East Harrison Bobcats



Athletic Handbook

2024-2025

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Important dates:

Dead Period Saturday, July 7th - Sunday July, 25th

First Allowable Fall Practice:

Monday, August 12th

The purpose of the extracurricular program is to provide experience, which enables the pupil to progress toward established educational objectives. Outlined below are some of the desirable educational goals to be achieved through the competitive programs:

**To Develop for the Student:**

1. Qualities of mental and physical strength, endurance, vitality, and neuromuscular skills.
2. A program of activities that meets the needs, interests, and capacities of the student.
3. Qualities of alertness, courage, resourcefulness, and good sportsmanship.
4. Proper emotional control and stability of character.

**To Develop for the School:**

1. A program of extracurricular activities as an integral part of the school curriculum.
2. A high standard of school loyalty, pride, student morale and wholesome school spirit.
3. Student understanding of extracurricular activities so that they will be more intelligent and appreciative as spectators.

**To Develop for the Community:**

1. An understanding that the extracurricular activities for students have been promoted under conditions that assures the participant and the public the best traditions in sportsmanship, citizenship, and a wholesome school-community relationship.

Dear Student Athletes and Parents,

On behalf of the entire faculty and staff, I am very pleased that you have expressed an interest in participating in the interscholastic athletic program for the East Harrison Bobcats representing the Cainsville and Ridgeway Schools. It has been my experience that students who get involved in extra-curricular activities whether they are scholar bowl or athletics have a much better and richer experience in high school. I am honored to be able to work with the athletes, coaches and community in making this experience both rewarding and positive.

I hope that you will take the time to familiarize yourself with this booklet and understand the school’s guidelines, policies, and expectations for the student athletes. To begin however, I would like you to read through the philosophy of our athletic department as this is the foundation by which we make all of our decisions.

**Philosophy of the Athletic Program**

Cainsville and Ridgeway High School’s recognizes the importance of athletic activities in providing students with important opportunities for a total education. These activities teach students’ lifetime values such as commitment, discipline, hard work, leadership, teamwork, and physical fitness, all of which are the foundation for academic success. Participation in athletic activities contributes to the physical, emotional and social health of our students and promotes a sense of unity and cooperation among athletes, the student body, and the Cainsville and Ridgeway communities.

Our sports teams will always strive to win, but never at the expense of character, healthy attitudes and habits, and good judgment. We will always emphasize excellence, effort, improvement, and respect for coaches, teammates and officials. All East Harrison athletes should be known for their character and class; humble in victory and gracious in defeat. At the junior high and junior varsity levels, winning is a goal but is less important than participation and skill development. Regardless of level, however, our athletic program is designed to develop, promote and provide the following: self-esteem, school spirit and pride, good citizenship, sportsmanship, cooperation, higher academic performance, responsibility to self and others, respect, positive role models, healthy lifestyles, teambuilding, and life- long wellness. We believe that the sports experience should not only be rewarding but fun.

Cainsville and Ridgeway School’s further recognizes the unique roles and responsibilities of its coaches and parents in sports activities. Coaches’ and parents’ primary roles should be to teach the lifetime values of our sports philosophy and to always lead by example. The East Harrison athletic programs are an integral part of the school and the community. Their impact is immensely important in promoting a positive school climate because they offer opportunities for adults to interact with our students in meaningful ways not available in the classroom.

Once again, I thank you for taking the time to read through this athletic handbook. I look forward to your support and involvement in our athletic program and if you have any questions please feel free to contact me.

Best regards,

Ryan Rosenbaum – Superintendent, Cainsville R-I

Mike Tipton – Principal/AD, Cainsville R-I

Jonnie Beavers – Superintendent, Ridgeway R-I

Daniel Brooks – Principal/AD Ridgeway R-V

**Code of Ethics for Parents, Spectators, Student/Athletes and Coaches**

**Code of Ethics for Spectators**

* Attempts to understand and be informed of the playing rules
* Appreciates a good play no matter who makes it
* Shows compassion for an injured player; applauds positive performance; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior
* Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of game
* Respects property of others and authority of those who administer the competition
* Censures those whose behavior is unbecoming
* Respects officials and accepts their decisions without gesture or argument
* If a Spectator is asked to leave an event by administration for any reason, this individual will not be allowed to attend any school activities for a minimum of 90 days on the first offense. For the second offense the individual will not be allowed to attend any school activities for a minimum of 180 days. On the third offense, the individual will not be allowed to attend any school activities for a minimum of 365 days. A letter will be sent to the individual from the school stating when the individual will be allowed to attend school events again.

**Code of Ethics for Student/Athletes**

* Remember that academic performance is your primary responsibility
* Read, familiarize yourself and comply with policies outlined in the Athletic Handbook and your coach’s specific set of team policies.
* Treat advisors, coaches and opponents with respect.
* Respect officials and accept their decision without argument or gesture.
* Exercise self-control at all times, setting an example for others to follow.
* Win without boasting, lose without an excuse and never quit.
* Always remember that you represent Cainsville and Ridgeway Schools and their communities, and it is a privilege.
* Return any equipment; uniforms issued to the participant must be returned in the same condition at the end of the activity. Equipment that is lost, damaged or stolen is the responsibility of the participant, and it is the responsibility of the participant to make restitution to the schools.
* Report any injury to the coach no matter how slight the injury may appear. If the injury requires a physician’s care, the participant must have written permission from the doctor before returning to the activity.
* Attend classes the day of, and after, a competition.
* Extracurricular activities are not an excuse for being tardy on the day following a competition.

**Code of Ethics for Coaches**

* The responsibility of a coach is to teach attitudes, proper habits, knowledge and skills. The athletic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student athlete should be treated as an individual whose welfare shall be primary at all times. The coach must be aware that he or she serves as a model in the education of the student athlete and, therefore, shall never place the value of winning above the value of character building.
* The coach must constantly uphold the honor and dignity of the teaching profession. In all personal contact with the student athlete, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
* The coach shall support and enforce school rules of the prevention of drug, alcohol and tobacco use and abuse, and under no circumstances shall authorize the use of these substances.
* The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
* The coach shall be thoroughly acquainted with contest, state, league and local rules, and is responsible for their interpretation to team members. The coach shall abide by the letter and spirit of these rules at all times.
* Coaches shall actively use their influence to enhance sportsmanship by their spectators, working closely with administrators.
* Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct that will incite players or spectators against the officials or against each other. Public criticism of officials or players is unethical.
* Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.
* A coach shall not exert pressure on faculty members to give student athletes special consideration.
* It is unethical for coaches to scout opponents by any other means than those adopted by the state high school athletic association and the league.
* It is a goal of the athletic department to meet the needs of students by introducing and eliminating activities based on the desires of the student body.

**Code of Ethics for Parents of Athletes**

* Encourage your child and team-be enthusiastic-show school spirit.
* Maintain a positive attitude whether your team is winning or losing.
* Refrain from being insulting or showing bad sportsmanship during the competition. Any problems or concerns should be brought to the attention of the coach or the athletic director at another time.
* Follow the chain of command. First have your student athlete contact the coach if there is a problem. If you don’t get the results that you think is acceptable, then contact the athletic director. If again you don’t get the results that you think is acceptable, then contact the Principal, then the Superintendent and finally the board of education.
* Parents, as spectators, are expected to exhibit good sportsmanship at all times. Spectators, including parents, who, in the judgment of the principal, athletic director, and/or site administrator, behave in ways that are inappropriate and in violation of the MSHSAA guidelines will be warned about the behavior and then will be asked to leave the competition, immediately.
* Respect the judgment and strategy of the coach.
* Do not criticize players or coaches for the loss of a game.
* If a Parent/Guardian is asked to leave an event by administration for any reason, this individual will not be allowed to attend any school activities for a minimum of 90 days on the first offense. For the second offense the individual will not be allowed to attend any school activities for a minimum of 180 days. On the third offense, the individual will not be allowed to attend any school activities for a minimum of 365 days. A letter will be sent to the individual from the school stating when the individual will be allowed to attend school events again.

**II. Athletic Forms**

1. **Physical on file**
2. **Athletic Handbook signed by parent and student**

**III. Levels of Participation**

**Varsity Participation**

East Harrison Bobcats participates in a very competitive league featuring some of the better athletes around the area. The individual’s ability, attitude, work ethic, and the team’s specific needs or game situation will determine playing time at the varsity level and playing time is not guaranteed.

**Junior Varsity Participation**

The Junior Varsity programs within each sport for East Harrison are both developmental and sequential. Junior Varsity programs are designed to help student athletes develop skills and teamwork necessary for successful varsity competition.

It is expected that members of the Junior Varsity team will be given appropriate and quality playing time in each game as long as they comply with their coach’s team policies and work hard in practice. Also, consideration must be given to the physical well-being of the athletes as determined by the coaching staff.

**Junior High Participation**

The Junior High programs within each sport for East Harrison are both developmental and sequential. Junior High programs are designed to help student athletes develop skills and teamwork necessary for a successful high school career.

It is expected that members of the Junior High team will be given appropriate and quality playing time in each game as long as they comply with their coach’s team policies and work hard in practice. Also, consideration must be given to the physical well-being of the athletes as determined by the coaching staff.

Freshman can play either with the Junior High team or with the High School team or both. This will be determined by the coaching staff and will follow MSHSAA rules and regulations.

**IV. East Harrison’s Policy on Physicals**

The school shall require of each student participating in athletics a certificate of an issued physical signed and authorized by a physician, 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 at the school. The medical certificate is valid for the purpose of this rule if issued on or after February 1 of the previous school year.

**V. Academic Eligibility Policy for Athletes Grades 7-12**

Ridgeways Policy is:

**Academic Suspension from Extra-Curricular Activities**-*Student’s eligibility is calculated every two weeks, midterm, and quarter during each semester by the following:*

Grades will be checked approximately every 2 weeks. If a student has two D’s (combination of a D+, D, D-) or one F during the grade check, the student will be on probation until the next grade check.

If a student continues to have two D’s (combination of a D+, D, D-) or one F the subsequent grade check, the student will become ineligible (and remain ineligible) until the next grade check is conducted.

Ineligible activities include, but not limited to: field trips that are not given a class grade or percent, dances, pep assemblies, being a spectator at all home events unless accompanied by a legal guardian, elementary basketball games, clubs, athletic events, practices and games.

It is the responsibility of the student to communicate with the instructor to schedule tutoring.

Any student who is observed by a staff member or law enforcement official, or admits to, or at a judicial or administrative proceeding is found substantial evidence to have any of the following has violated his/her eligibility to participate in extra-curricular activities:

* Possessed alcoholic beverages with knowledge, intent, and control thereof:
* Consumed alcoholic beverages.
* Possessed controlled substance as they are defined by the Code of Missouri, and without legal prescription, and with knowledge, intent and control thereof.
* Used controlled substances, as they are defined by the Code of Missouri, and without a legal prescription:
* Use of possession of tobacco, in any form.
* Committed theft, vandalism, or any other serious offenses, including those which would violate the Missouri Criminal Code, as to make the student unworthy to present the ideas and standards of this school.

Cainsville’s Policy is:

***Eligibility to Participate in Extra-Curricular Activities***

To be eligible to participate in any extra-curricular activity/organization, students must meet the following guidelines: (Extra-curricular activities also include all school dances)

1) Students will have grade checks every two weeks. If the student has an F, they will be on academic probation for the remainder of that week (they will be allowed to participate in all activities). If the student still has any F’s on the first school day of the next week, they will be ineligible for any and all activities until they no longer have any F’s during grade checks. Students may participate in the following semester, if they only have one F at the end of the previous semester.

 2) Students must meet all applicable requirements of the MSHSAA. MSHSAA eligibility

 requirements run semester to semester.

 3) Students must attend a minimum of four (4) entire class periods on the day of a scheduled school-sponsored activity, contest, practice, or meeting in order to participate.

4) Students must adhere to all school rules and policies while participating in

 extra-curricular activities.

5) Students must display a positive attitude and excellent citizenship.

 sportsmanship at all times while participating in extra-curricular activities.

6) Students must attend school on a regular basis. Coaches and activity sponsors

 will routinely check the academic and citizenship status of their students

 throughout the school year and especially during the scheduled season of competition.

 Exceptions to this policy will not be made without the Board’s approval.

 7) Students on work release will be required to check with the Athletic Director to

 determine eligibility requirements for extracurricular activities.

 8) Students that miss more than four 4 hours for doctor appointments, should have a

 written note from the doctor. Check with the high school principal for questions

 regarding time missed on activity days.

**VI. Communication Plan for Athletic Concerns**

Good communication is critical in athletics, on and off the field. A communication plan is in place to assist and to improve communication between parents, coaches and administrators, ultimately for the benefit of the student.

Involvement in athletics and activities will allow the students to experience some of the most rewarding times of their lives. However, there will likely be times when things do not go their way or they disagree with a coach. It is important that students and parents realize these difficult situations are as much a part of the learning experience as are the good times.

The coaches work hard to do the best they can for all of their athletics, and we ask the students and parents to respect the fact that their decisions are often extremely difficult, and are made based on factors of which students and parents may not be aware. The student, not the parent, is strongly encouraged to talk to the coach about any issues or problems that arise during the season. This is not only the most direct and productive means of communication, but also a valuable method of teaching responsibility.

**Communication the Parent should expect from your child’s COACH:**

* Specific team policies and consequences for when policies are not followed or training rules not adhered to
* Expectations the coach has for your child as well as the players on the squad
* Locations and times of all practices and contests
* Team requirements, i.e. practices, special equipment, out of season conditioning
* Any special events or activities planned, including optional team garments that the team is considering to purchase
* Procedure to follow should your child be injured during participation
* Specific ways to improve upon athlete’s ability
* School appropriate language

**Appropriate concerns PARENTS should discuss with COACHES:**

* Notification of any schedule conflicts well in advance
* Specific concerns with regard to a coach’s philosophy and/or expectations
* If their child, at any time, feels threatened or uncomfortable in any way by actions of teammates or coach (es).
* Any specific information that the parent feels would be of value to the coach to help him/her coach their child
* Ways the parent can help the child improve
* Any concerns a parent may have about their child’s behavior or performance in or out of school (Oftentimes a coach may have a positive influence in the lives of their athletes.) It is recognized that situations may arise where parents find it necessary to raise a concern with a coach, and it is imperative the parent(s) adhere to the following communication guidelines:

**Protocol for registering concerns:**

1. Contact the coach first to set up a meeting.
2. If the coach cannot be reached, contact the Athletic Director.

MOST IMPORTANTLY:

1. Do not confront a coach before, during or after a practice or contest. These can be emotional times for both parties. Meetings of this nature do not promote resolution.

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

**Issues NOT appropriate to discuss with coaches:**

1. Playing time
2. Play calling
3. Team Strategy
4. Other student-athletes

There are situations that may require conference between the coach and the parent. In most instances, it is vital that the athlete be present. It is important that all parties involved have a clear understanding of the other’s position.

**Next Steps after parent/athlete coach meetings:**

What a parent can do if, in their opinion, the meeting with the coach did not provide a satisfactory resolution:

1. Call and set up an appointment with the athletic director to discuss the situation.
2. After this step, an additional meeting may be held with the parent, coach, athlete, and athletic director.
3. If this meeting with the athletic director does not resolve the issue then contact the building administrator.

**Other Important Talking Points:**

Please do not discuss with your child a coach’s tactics or playing strategies, starting line-up decisions, or decisions a coach makes about the playing time of other players. This will only undermine the coach’s ability to help your child improve, to develop team harmony and develop constructive team play. East Harrison has established a variety of extracurricular activities because they teach valuable athletic, academic, and life skills. Research indicates a student involved in extracurricular activities has a greater chance for success during adulthood, as many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

**In closing . . . .**

The intent of this communication plan is to help make the experience in the East Harrison athletic and activity programs more enjoyable and productive for all athletes, participants, coaches, parents and fans.

**VII. Two Sport Policy**

1. The Athlete MUST indicate in writing to both head coaches and the Athletic Director which team is their “FIRST PRIORITY”. Should a conflict arise, then the student MUST take part in the activity of the team given priority or not compete at all.
2. There will be no opportunity to change priorities after the initial decision has been made. This decision will be irreversible. No exceptions allowed.

**VIII. Conditioning Requirements**

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 team immediately preceding the sport season, has been actively practicing with the sport team, has had 14 days of physical conditioning and beings physical conditioning practice with the new sport team with no more than seven calendar days having passed between the two sports before beginning practice. This must be done in person with a coach or school personnel.

**IX. Cyberimage Issues**

Student/Athletes represent East Harrison all year, not just during the sports season. As a result, East Harrison encourages safe and responsible student behavior with regard to internet use. We highly recommend our students avoid appropriate use of public web sites such as Myspace, You Tube or any other such sites.

**X. Travel**

Athletes are to travel to and from all events in school designated transportation when applicable, this applies to games and practices. Athletes may ride home with their parents when written permission is obtained in advance and given to the appropriate administrator. Parents may sign out athletes at a game or event on the sign out sheets. Coaches are required to ride the appropriate school transportation to and from events. There should always be a coach or sponsor on the appropriate transportation, the bus driver does not count for supervision of athletes. Once the appropriate transportation is back to the site, the coach or sponsor shall not leave until all students have left the property.

**XI. Awards Criteria**

The recognition for successful participation in an activity is important to the participants, the school, and the communities.

1. Criteria for varsity letters are specific to each sport and coach. Only one letter will be awarded for Junior High during their 7th-9th grade years. Only one letter will be awarded to a Varsity athlete during their four year career. Service bars will be awarded for each additional year of competition.
2. There will be an end of the year banquet for all athletes and scholar bowl participants and their families to present major awards to student athletes. Your attendance is appreciated to honor our students.

**XII. Athletic Department’s Policy on School Attendance for Athletes**

All athletes must be in class by the beginning of \_\_\_2nd\_\_\_ to be able to practice or participate in a game unless they are on an official school field trip.

An athlete with an UNEXCUSED absence from school may not participate in any athletic practice or game on that day.

Students who miss class as a result of extracurricular contests or excused absences are expected to make up work as soon as possible. This may include after school sessions. Participants and coaches should understand that practice is not an acceptable excuse for failing to complete make-up work or for failing to attend after school help sessions.

**XIII. Athletic Department’s Policy for Attendance at Practices**

Each coach is entitled to have their own specific set of attendance/tardy policies which will be in writing and passed out at the beginning of the season. Missing practices during school vacations or extended breaks is always a concern, and depending upon the game schedule, different coaches may have different consequences. As a courtesy to the coach and fairness to the team, it is vital and expected that the athlete, and if necessary the parent, communicates any vacation plans, or any other situations that may require the athlete to miss practices, to the coach well ahead of time. When parents and student athletes choose to take family vacations during a sports season, it must be understood that the time missed by the student-athlete may affect team performance and chemistry. Student-athletes who miss practices or competitions for reasons related to vacations can (and likely will) have their playing time adjusted.

The coaching staff certainly recognized that there are extenuating circumstances that may lead to an athlete missing practices.

**XIV. Player Technical Foul Guidelines**

East Harrison Athletes are expected to demonstrate positive sportsmanship when representing the Ridgeway and Cainsville School Districts.

Athletes who fall short of those expectations and are given a technical foul for demonstrating unsportsmanlike – defiant behavior will be immediately removed from the game and will not be allowed to play for the next four quarters.

The second offense for the same type of behavior the player will be removed from the game and not allowed to play for the next eight quarters.

The third offense for the same type of behavior the player will be dismissed from the team.

\*Any appeal must be approved by the school’s Superintendents and Principals

CHEERLEADING EXPECTATIONS

2024-2025

Cheerleaders and parents – we are gearing up for basketball season!! Please read through the following expectations and sign below for your student to participate in Varsity Cheerleading for the 2021-2022 Varsity Basketball season.

1. Uniforms must all match. The schools will purchase the skirt and top. Each cheerleader is responsible for purchasing shoes, socks, undergarments, and bows. If the school sends in an order for an item (example: shoes), money must be received before an order will be placed.
2. Cheerleaders must wear their uniform to school on game days.
3. Cheerleaders may not miss more than 2 practices or games for reasons not deemed excusable. They must also notify the cheer sponsor if they are going to miss a practice or a game. If a cheerleader does not notify the sponsor, they will not be allowed to remain on the cheer team. Communication is key! (Note – if a student misses school because of illness, they will be excused from practice or game.) On tournament weeks we may break the cheerleaders up into groups.
4. “Cheerleaders” are there to represent their schools and teams in good sportsmanship. They are expected to work well together and support each other. Drama within the cheer squad will be dealt with promptly.
5. Practices will be scheduled a month at a time. We will try to get together as often as we can, most of the time Cainsville students will practice at Cainsville and Ridgeway students will practice at Ridgeway. When practice starts, cheerleaders should be dressed and ready to work.
6. It is a school and MSHSAA requirement that anyone participating in an activity demonstrate good sportsmanship and citizenship both on and off the floor.
7. Students MUST have a sports physical on file with the school including insurance information.
8. When games start (at the beginning and starting of the second half and even when the game is going on cheering is expected).
9. On tournament week, the cheerleaders will only cheer if both teams are playing. Sometimes the cheerleaders could be cheering all six nights.

**Must be signed and returned before the first practice.**

I understand the above expectations and agree to follow them.

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Student Signature Date

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Parent Signature Date