

CODE OF ETHICS

It is the duty of all concerned with high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress values derived from playing the game fairly.
4. To show cordial courtesy and respect to visiting teams and officials.
5. To respect the integrity and judgment of sports officials.
6. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
7. To encourage leadership, use of initiative, and good judgment by players on the team.
8. To recognize the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
9. To remember that an athletic contest is only a game-not a matter of life or death for player, coach, school, official, fan, community, state or nation.
10. To establish a cordial and friendly relationship between the host team and the visiting team.

ELIGIBILITY STANDARDS FOR STUDENTS

To represent Eureka High School by participating on athletic teams, a student must meet all eligibility requirements of the MSHSAA. There are no exceptions to these rules. For complete rules and regulations, see the MSHSAA Handbook on the MSHSAA website. In addition, at least one parent or legal guardian must attend a pre-season meeting with the head coach before the athlete is allowed to participate in a contest. Topics discussed at this meeting include all coach's rules and regulations concerning attendance at practice, citizenship, and other rules as set forth by the school and the MSHSAA.

A parent must sign a copy of these rules signifying that they agree the athlete must follow these rules or be subject to the consequences.

EUREKA HIGH SCHOOL WILDCATS PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

The district provides opportunities for individual students to grow physically, socially, and intellectually through their experience in self-discipline and their contribution to team effort that is made possible through competitive interscholastic athletics. The purpose of secondary school athletics is both educational and recreational. The athletic programs should be carried on with the best interests of the participants as the primary consideration. The athletic program shall adhere to the District's Affirmative Action policy.

The athletic program is expected to be well organized and well conducted and to have a positive influence on the morale of the high school body. Emphasis shall be upon the development of a positive attitude among students and the public toward losing situations as well as winning situations, with a focus on how well the team or individual played the game with respect to skills and sportsmanship.

Interscholastic athletic competition for secondary school students is to be provided in a variety of sports. Students are allowed to attain the privilege of representing their school in interscholastic athletics by meeting the standards of eligibility as set forth the Missouri State High School Activities Association (MSHSAA) which includes, but is not limited to, academic requirements, citizenship, age maximums and good physical and mental health.

MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

It is difficult for some who are not well acquainted with the philosophy of secondary school activities to understand why some of the rules are adopted. This is true particularly of the regulations concerning eligibility of players, the limiting of out-of-school practice, and restrictions placed upon member schools in the promotion and sponsorship of bowls and all-star games. School membership in an organization such as the MSHSAA is in itself insufficient and incomplete as a means of helping students to achieve the most worthwhile objectives of activities. It is the specific responsibility of each school, through its administrators and coaches to help students to understand what these objectives are and to provide for these students the appropriate learning experience to achieve them.

STANDARDS OF CONDUCT/CITIZENSHIP

Students who represent Rockwood Schools must be creditable citizens. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditable citizens." A student shall not be considered eligible while under suspension (either in school or out of school).

ROCKWOOD CREDITABLE CITIZENSHIP STANDARDS

The Missouri State High School Activities Association, (MSHSAA), Handbook, contains by-laws which govern creditable citizenship for student participation. In addition, the Rockwood School District Creditable Citizenship Standards work in conjunction with the MSHSAA by-laws and more specifically outlines consequences for inappropriate behavior. Student activity discipline-related decisions will be enforced by the school building Activities Director utilizing the MSHSAA by-laws and the Rockwood Standards.

Definition of Creditable Citizenship

As stated in the MSHSAA Official Handbook, students who represent a school in interscholastic activities must be a creditable citizen both in and out of school, and judged so by the proper school authority certifying a list of students for competition. Creditable citizens shall be defined as those students who are not involved with weapons, alcohol, drugs, tobacco (including smokeless tobacco), stealing, vandalism, and any other act that would discredit the student of school.

Penalties for Offenses

It is important to note that poor citizenship behavior will result in the same penalties, regardless of the behavior occurring in school or out of school. The penalty for those students involved or having been involved with the aforementioned types of acts will be:

The student may be removed from the team or activity group for the remainder of the sport or activity season/semester. Immediately after the season, the Activities Director and head coach or sponsor involved with the particular student will review the student's discipline as to whether his/her eligibility will be reinstated into the activities program.

The penalty for those students involved with these types of acts will be a possible loss of eligibility for 365 days regardless when it occurs.

According to MSHSAA By-Law 2.2.5, "Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from the school's discovery, pending review by the Board of Directors."

If the offense is drug-related or alcohol-related, the student will have the opportunity to participate in a counseling program arranged by the Rockwood School District, which requires the participation of the student and his/her parents/guardians, as well as random drug testing two times per year. After successful completion of a counseling program, the student may return to participate if they have been withheld from participation for at least 50% of the contests, games, or performances of their current season/semester or the next season/semester in which they participate. This option is only available for a first offense.

If the student fails to complete successful drug testing they will be subjected to further Rockwood School District consequences.

Student activity discipline decisions will be enforced at the discretion of the high school building Activity Director.

If and when a student receives school-related discipline, the consequence as it relates to the Rockwood Citizenship Policy will be as follows:

1st Detention

The student may miss the next contest, game or performance.

2nd (and subsequent) Detentions, any number of days of In-School Suspension, (ISS), or 1-2 days of Out-of-School Suspension, (OSS)

The student could be ineligible to participate in 20% of the contests, games, or performances during that sport or activity season.

3-5 Days Out-of School Suspensions (OSS)

1st offense – The student could be ineligible to participate in 30% of the contests, games, or performances during that sport or activity season.

2nd offense – The student will be removed from the activity for the remainder of the sport or activity season/semester.

Major School Discipline (single offense, 6 or more days OSS)

1st offense – The student may be removed from the activity for the remainder of the sport or activity season/semester.

2nd offense – The student will be removed from the activity for up to 365 days.

Students may not participate in practices or events during an in-school or out-of-school suspension. They must be in attendance for a full day of school before they can participate.

If an offense is drug-related or alcohol-related and the student has participated in the district counseling program, the student may be withheld from the participation from part of their current season/semester into their next season/semester of participation until the counseling program is successfully completed.

If a student suspension carries over from one school year to the next, the student will not be allowed to practice or participate in any activity until the full suspension is fulfilled. (See Rockwood Regulation 2662 on Out-of-School Suspension).

Habitual offenders (3 or more suspensions regardless of offense), may lose the privilege of participating in all activities for the remainder of their high school career.

ATHLETIC BOARD OF REVIEW

The Athletic Board of Review is established for the purpose of allowing a student hearing, should he/she desire, due to his/her having to be disciplined by being removed from a team for what has been deemed by the coach or Activities Director to be improper conduct.

If the coach, sponsor, or Activities Director removes the student from the team or group, and the student feels the punishment to be unfair or improper, then he/she may present a request in writing to the Activities Director asking for a hearing.

Within 48 hours of the receipt of the above request, the Activity Board of Review will meet to review all information pertaining to the case and render a judgment as to whether or not the action taken was appropriate. The Board will consist of five people: The Chairman/Activities Director or an assistant principal, and three coaches or sponsors,(to be chosen by the chairman from three different activity groups or sports other than the sport in question). The coach or sponsor of the sport or activity group involved may attend as a nonvoting member. In addition, the Activity Board of Review may be called upon by the activities Director to review information pertaining to a case to determine if a student should be removed from a team/squad. Attorneys may not be present at any hearing conducted by the Activity Board of Review.

ACADEMICS

Students must be currently enrolled in courses offering 3.0 units of credit and have passed six subjects (3.0 units), the preceding semester. Athletes must take 6 classes. Credit earned during summer school may count for determining eligibility. Up to one credit may be earned in summer school and be applied to the previous semester credits. However not all classes count. Students should check with the Activities Director for more information. A repeated class already passed or an audited class does not count towards the 3.0 units of credit.

SEMESTERS OF PARTICIPATION

A student shall not participate for more than four seasons, while in grades 9-12, in any inter-scholastic activity. These shall be during the student's first eight semesters of attendance in high school beginning with entrance into the ninth grade.

ENTERING SCHOOL

"Entering school" for the purpose of eligibility consists of regular registration for classes and attendance in classes. A student must have entered school within the first 11 days of the semester in which he/she is competing.

UNDUE INFLUENCE

The enrollment in a school or the transfer from one school to another because of undue influence by any person or group connected, directly or indirectly with a member school (including but not limited to alumni associations, booster clubs, and similar organizations), shall cause the student to forfeit eligibility for a period not to exceed 365 days.

What constitutes undue influence shall be determined on a case-by-case basis. If you have any questions or concerns on what might be considered undue influence, please consult with the athletic director or the MSHSAA.

AWARDS

A student may accept an award for participation in an athletic contest or for athletic honors or recognition of athletic achievements in the interscholastic program. Awards acceptable include unattached school letters, ribbons, medals, plaques, trophies, and certificates, merchandise not exceeding \$250 in manufacturer's retail price. An athlete may not accept services, cash or gift certificates.

AGE STANDARDS

A student shall not have reached the age of 19 prior to July 1 preceding the opening of school. If a student reaches the age of 19 on or following July 1, the student may be considered eligible for the ensuing year, providing they have not already used up their 4 consecutive years of eligibility.

MSHSAA NON-SCHOOL COMPETITION

An athlete may compete in organized non-school sponsored athletic competition under the following conditions. During the sports season a student represents his/her school by competing in an interscholastic athletic contest.

- A. He/she shall neither practice nor compete as a member of a non-school team or as an individual participant in organized non-school competition in that same sport.
 1. Definition of school sports season -- a school sports season shall be defined as the period beginning with the date of the school's first practice with any part of a sports squad held on a school day and ending with the school's last contest, including district through state tournament contests, in that sport.
 2. Definition of organized non-school competition -- Athletic competition shall be considered "organized" if any of the following conditions exist: competition is scheduled and publicized in advance, official timer or game officials are used, admission is charged, teams are regularly formed or team rosters predetermined, squad members are dressed in team uniforms or a team is privately or commercially sponsored. Further, competition which is either directly or indirectly sponsored, promoted or administered by an individual, organization, or any other agency shall be considered organized.

3. A student who joins a school sports squad for the first time must have abided by these restrictions beginning with the first day of the current season of the sport concerned.
- B. He/she may practice or compete as a member of a non-school team or as an individual participant in a different sport than the school sport in season under the following conditions:
1. No school time is missed to compete, practice, or travel to the site without the approval in advance by the school's principal.
 2. The student shall not practice for or compete in the non-school competition on the same date he or she practices or competes for the school team without approval of the school's principal.

ATTENDANCE

The athlete must attend a public school in the district in which his/her parents or legal guardians live, a boarding school, or a private or parochial school to which he/she commutes daily from home. A student must live with their parents or legal guardians.

TRANSFER

Anytime there is transfer of schools without corresponding change in the parent's residence, the rules can be complicated. Please check with the Activities Director before transferring or practicing. Voluntary Transfer Students (VTS) should check with the Athletic Director if they have any questions.

CONDITIONING STANDARDS

Each squad must have 14 practice days and each individual must have participated in 14 school practices on 14 different days prior to the first interscholastic contest in all sports. This requirement shall be waived if a student has been a member of another school sports squad immediately preceding the sport season and has 14 days conditioning.

TRANSPORTATION

No athletic team will be transported in a private vehicle to or from a contest without prior approval of an administrator. Students who are members of athletic teams traveling to contests will return on the bus provided by the school district. The coach may grant permission for a student to ride home with his/her PARENTS ONLY. No other athlete may ride with someone else's parents.

PARENTAL PERMISSION

Each year of interscholastic participation, a student shall furnish a statement, signed by the student's parents or guardians, which grants permission for the student to participate in sports.

PHYSICAL EXAMS AND INSURANCE

Each student participating in athletics must have a physician's certificate stating that they are physically able to participate in sports, payment for physicals are the responsibility of the athlete. Physicals dated after Feb. 1 will be valid for the following school year.

A student shall not be permitted to practice or compete until there is verification that he/she has basic health insurance coverage.

ATTENDANCE POLICY

Athletes must be in regular full day attendance the day of practice or a contest unless:

1. The activity is in another city and it is necessary that the student be absent;
2. The activity is scheduled on a day when school is not in session;
3. A school administrator (Principal or Activities Director) gives prior approval.

A full day of school is now defined as being in school **before the first period ends.** Athletes who have been unable to schedule dentist or doctor appointments on another day may be excused from this policy as long as they provide the coach with a **written doctor's excuse.**

INJURIES

When an injury occurs, it should be reported immediately to the coach and the athletic trainer. Eureka High School provides the service of a certified Athletic Trainer everyday after school from 3 PM to 6 PM, as well as for selected home events. It is very important to report to the trainer for instruction and rehabilitation. Also, it is important to notify the trainer of pre-existing conditions, which could influence treatment or rehabilitation.

Any athlete whose injury required him/her to see a physician must have a release or return-to-practice/game form from the doctor who is treating the athlete. A PARENT RELEASE IS NOT ACCEPTABLE.

Also, any athlete who is advised to see a doctor but refuses or declines to do so and wants to continue to play/practice should be held out until his or her parents are contacted by the trainer.

Any injuries that follow the above situations will be documented by filling out the accident/injury report form available from the trainer.

CATASTROPHIC MEDICAL PLAN

Eureka High School participates in a catastrophic medical plan, which provides extensive coverage for athletes who participate under the jurisdiction of the MSHSAA. There is no cost for this program to individuals.

ATHLETIC AWARDS

Athletic letters are given on the basis of participation, loyalty, cooperation and performance. Each coach establishes award guidelines for their sport and informs team members of these guidelines prior to the start of the season. Special awards (MVP, captain, etc.) may be given by the coach.

The first time a student meets the requirements for a letter, they shall receive the appropriate letter for the level of competition. The student may receive one Varsity letter during their career at Eureka High School. Subsequent awards will be given in the form of certificates, or may be requested through the Activities Office. Athletes must complete the entire season in good standing to be eligible for a letter.

COLLEGE AUDITIONS/TRYOUTS

You may participate in an "audition" or "tryout" for a college team only after you have completed your season of eligibility in the sport for which you wish to "audition" or "tryout".

ALL-STAR GAMES

You may not compete in an all-star game or contest before you complete your eligibility in that high school sport. You may only participate in TWO such all-star contests.

SPORT CAMPS/CLINICS AND INSTRUCTIONAL PROGRAMS

You may attend a non-school sponsored summer specialized sports camp(s) or group instruction for as long as you wish where you do not receive instruction or coaching from a member of your school's coaching staff.

Before attending any specialized athletic camp, you should consult with the athletic director to make sure it meets the criteria published in the MSHSAA Official Handbook.

PARENT/COACH COMMUNICATIONS

PARENT COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position we are able to accept the actions of the other and provide greater benefit to students. As parents, when your student becomes involved in our program, you have a right to understand what expectations are placed on your son or daughter. This begins with clear communications from the coach of your son or daughter's program.

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific concern in regard to a coach's philosophy and/or expectations

As your student becomes involved in the programs at EHS, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not

go the way you or your student wishes. At these times discussion with the coach is encouraged.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR STUDENT'S COACH

1. Philosophy of the coach
2. Expectations the coach has for your student as well as all the players on the squad
3. Location and times of all practices and contests
4. Team requirements, i.e. fees, special equipment, off-season conditioning
5. Procedure should your student be injured during participation
6. Discipline that results in the denial of your student's participation

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your student mentally and physically
2. Ways to help your student improve
3. Concerns about your students behavior

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

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

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

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position.

When these conferences are necessary the following procedure should be followed to help promote a resolution to the issue of concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, THE FOLLOWING PROCEDURE SHOULD BE FOLLOWED:

1. Call to set up an appointment with the coach
2. **Please do not attempt to confront a coach before or after a contest or practice.** These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution.

THE NEXT STEP

WHAT CAN THE PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION

1. Call and set up an appointment with the Activities Director to discuss the situation.
2. At this meeting the appropriate next step can be determined

Since research indicates a student involved in activities has a greater chance of success during adulthood, these programs have been established. Many of the character traits required to be successful participants are exactly those that will promote a successful life after high school. Please allow your student to handle most situations on his or her own. This is part of the learning experience. We hope your experience with the EHS activities programs is enjoyable for you and your student.

CHAIN OF COMMUNICATION

FIRST STEP:

STUDENT MEETS WITH COACH

SECOND STEP:

PARENT CALLS COACH TO SET UP A MEETING WITH PARENT, STUDENT AND COACH. IF MEETING FAILS TO PRODUCE ADEQUATE ANSWERS:

THIRD STEP:

PARENT CALL ACTIVITIES DIRECTOR TO SET UP A MEETING WITH PARENT, STUDENT, COACH AND ACTIVITIES DIRECTOR.

Eureka High School

ACKNOWLEDGEMENT OF RISK

I am aware that trying out, practicing or any other form of participation in any sport can be a dangerous activity involving the risk of injury.

I understand that the dangers and risks of playing or practicing the above sport include the possibility of minor to severe injury and I understand and assume that risk.

Because of the dangers of participating in the above sport, I recognize the importance of listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of reading and adhering to all written instructions and written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I understand that all instructions and warnings, verbal and written, are incorporated by reference into this agreement and I hereby expressly promise to obey all such instructions and warnings.

In consideration of the Rockwood School District permitting me to try out, practice, play, or in any other way participate for the Eureka High School team and to engage in all activities related to the team, including practicing, conditioning, playing, and travel, I hereby voluntarily assume all of the risks and hazards, associated with such participation, and any injury which may result from or in connection with my participation in any type of activity related to the Eureka High School _____ team.

I specifically acknowledge that **FOOTBALL/WRESTLING** is a violent contact sport involving even greater risk of injury than those other sports and I both understand and I voluntarily assume all of those risks.

Student-Athlete's Initials

Student-Athlete's Signature

Date

**Eureka High School
WAIVER & RELEASE TO BE COMPLETED BY THE
PARENT/GUARDIAN**

I, _____ am the parent/legal guardian of

_____ (name of student-athlete).

I am aware that trying out, practicing, playing, or any other form of participation in any sport can be a dangerous activity involving many risks of injury.

I understand that the risks of engaging in the sport of _____, includes the possibility of minor to severe injury and I understand and assume that risk.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions and written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

In consideration of the Rockwood School District permitting my child/ward to try out, practice, play, or in any other participate for the Eureka High School _____ team, and to engage in all activities related to the team, including practicing, conditioning playing, and traveling. I hereby acknowledge that my child/ward assumes all risks associated with such participation, I expressly consent to such participation by my child/ward and I agree to waive all claims of such participation by my child/ward and I agree to waive all claims of whatever nature, fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, my successors, and for all members of my family, and to release, exonerate, discharge and hold harmless the above named school district, school, their trustees, officers, agents, employees, successors and assigns, their athletic staffs, all coaches, assistant coaches, athletic trainers, physicians, and other practitioners of the healing arts from any and all liability, claims, causes of action or demands arising out of any injuries to my child/ward or to his or her property or losses of any kind which may result from or in connections with his or her participation in any activity related to the Eureka High School _____ team.

I specifically acknowledge that **FOOTBALL/WRESTLING** is a violent contact sport involving even greater risk of injury than those other sports and I both understand and I voluntarily assume all of those risks.

Parent/Guardian's Initials

Parent/Guardian's Signature

Date

SPORTSMANSHIP

If you should commit an un-sportsman-like act while participating in a high school event, you could become ineligible. Ejection from a contest carries a mandatory minimum of a one game suspension. If your conduct as a spectator, regardless of age, is found to be un-sportsman-like, you could be barred from attending any high school athletic contests both home and away.

Representing Eureka High School in interscholastic athletics is entirely voluntary on my part and is made with the understanding of the eligibility standards that I must meet to represent my school and that I have not violated any of them.

I also understand that if I do not meet the "Citizenship Standards" set by the Eureka High School athletic department and the MSHSAA that I may not be allowed to participate in athletics on a temporary or permanent basis.

Student's Signature

Parent's Signature

PARENT PERMISSION AND AUTHORIZATION FOR TREATMENT

We hereby give our consent for the above student to represent Eureka High School in interscholastic sports. We also give our consent for him/her to accompany the team on trips and will not hold the school responsible in case of accident or injury whether it be inroad to or from another school or during practice or an interscholastic contest. We hereby agree to hold the school district of which this school is a part, its employees, agents, representatives, coaches, and sponsors and volunteers harmless from any and all liability, actions, causes of action, debts claims or demands of every kind and nature whatsoever which may arise by or in connection with participation by my child/ward in any activities related to the interscholastic program of his/her school.

If we cannot be reached and in the event of an emergency, we also give consent for the school to obtain through a physician or hospital of its choice, such medical care as is reasonably necessary for the welfare of the student, if he/she is injured in the course of school activities.

Parent's Signature

Date