

Russellville High School District
Athletic Handbook
FOR ALL MSHSAA GOVERNED ACTIVITIES
GRADES 7-12

HOME OF THE INDIANS

INTRODUCTION

Welcome to the Russellville Schools athletic program. Hopefully, your decision to take advantage of this portion of our co-curricular program will be educational, rewarding and challenging. This athletic handbook is given to you so that you might be more aware of the programs that are available. Russellville Schools encourages you to take advantage of as many programs as your time and talent will permit. ***WE DO NOT ENCOURAGE SPECIALIZATION IN JUST ONE SPORT; RATHER, WE WOULD ENCOURAGE YOU TO EXPERIENCE A VARIETY OF SPORTS AS WELL AS OTHER SCHOOL ACTIVITIES.*** Naturally, due to conflicts in seasons, practice times, schedules, etc., some choices will have to be made by you. Good luck to you as you strive to grow emotionally, mentally, socially and physically through athletics.

GENERAL INFORMATION

Notice of Nondiscrimination

Applicants for admission and employment, students, parents, employees, sources of referral of applicants for admission and employment, and all employee groups, associations or organizations who meet and confer with representatives of the Cole Co. R-I School district are hereby notified that this institution does not discriminate on the basis of race, color, religion (belief or non-belief), ancestry national origin, sex, age, or handicap in admission or access to, or treatment or employment in, its programs and activities. Any person having inquiries concerning the Cole Co. R-I School District's compliance with the regulations implementing Title VI, Title IX, ADA, or Section 504 is directed to contact the superintendent.

MISSION STATEMENT

The Cole County R-I School District will provide educational programs that will prepare students for the future through a variety of educational methods that will help each student to develop his/her intellectual, emotional, social, and physical potential to his/her highest level.



ATHLETIC PHILOSOPHY

Participation in athletics in the Cole County R-I School District is a **privilege**, and should be treated as such. Because Russellville athletes represent the entire school system and community, only the highest standards of conduct and appearance, both in and out of the playing arena, will be accepted. Sport is an excellent means of bringing together home, school, and community while also contributing to each individual athlete’s personal development. It should always be our goal with the Cole R-I School’s Athletic Program to use sports as an avenue by which the positive life skills of self-discipline, work ethic, and teamwork are developed, where integrity, honesty, and loyalty are forged, and where positive attitudes, cooperation, and good sportsmanship are cornerstones.

We believe that interscholastic activities shall supplement the secondary curricular program, and as such become a vital part of the 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 activities is a privilege which carries with it responsibilities to the school, to the activity, to the student body to the community and to the student himself/herself. This participation privilege represents a year round commitment and will help to develop the student physically, mentally, socially and emotionally.

SCHOOL DISTRICT PHILOSOPHY

In carrying out its responsibilities, the Board of Education is guided by the desire to use the resources of its community, its staff and its students to provide the highest quality education permitted by its financial resources. In reaching decisions the Board will attempt in every case to act in the best interests of its students.

RESPONSIBILITIES

As a student participant, you are in school to secure the best secondary education you are capable of achieving. Deciding to take advantage of the other half of education plays a significant role in your total educational development. However, with this decision also come certain responsibilities, if the value of activities is to be achieved, namely:

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 academic citizenship and eligibility standards as established by the Missouri State High School Activities Association and the Cole Co. R-I Schools.
3. Learning the spirit of hard work and sacrifice.
4. Learning to attain physical fitness through good health habits.
5. Desiring to excel to the limits of your potential.
6. Showing respect for both authority and property.
7. Be willing to accept the leadership role that is instilled through the activities 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, gain the respect of your teammates, the Russellville Schools student body and the Russellville community.

All school discipline policies and rules apply directly to the Russellville Schools students at school activities whether they are held on school property or away from school. Non-credible citizenship may result in disciplinary action or removal from participation.

According to the Missouri State High School Activities Association By – Law 710, “A school may be suspended from membership in the MSHSAA and from participating interscholastic activities with other member schools for the un-sportsman-like conduct of teams, coaches, student, and fans. Each school is responsible for the conduct of its teams, coaches, students and fans at games both at home and away. Please support the players in a positive manner rather than possibly placing them in a position of being penalized for un-sportsman-like conduct. Thank you for your understanding and cooperation in the spirit of high school athletics.”

PARTICIPATION GUIDELINES

- Students are free to make their own selection as to sports in which they choose to participate.
- In the event of an out-of-school suspension, the athlete will not be eligible for any school activities until he/she has fulfilled the disciplinary requirements established by the administration.
- The use of drugs, alcohol, and tobacco products is not in keeping with our philosophy of putting the interest of the activity first. We strongly feel that drugs including smoking, alcohol, and other drugs, affect the player both mentally and physically in a negative manner.



- The use or possession of tobacco related products are absolutely prohibited.
 - SEE STUDENT DISCIPLINE CODES AND POLICIES
- Any student involved in an activity that is unacceptable by school and community standards or demonstrates poor school and community citizenship will be subject to disciplinary action by the administration. Parents will be notified of the student’s involvement and the disciplinary action taken.
- All suspensions are effective immediately upon verification and by assignment of suspension by the administration. Participants will have the opportunity to express their side of any incident in which they may be involved. Parents and other appropriate representatives may be involved. If needed, the right to appeal through the following channels should be followed:
 - A) School Principal
 - B) Superintendent
 - C) Board of Education

Cole Co. R-I School District Russellville Schools

It is the belief of the Russellville Athletic staff and administration that our student athletes represent our community and school with the utmost of class, respect and positive citizenship. Therefore the following guideline revisions have been **made in addition** to those set by the MSHSAA in regards to CITIZENSHIP REQUIREMENTS and those in which have been adopted by the Cole Co. R-I School District. In addition to the above discipline procedures the following will also be enforced.

STUDENT DRUG TESTING

Definitions

Covered Activities – Activities regulated by the Missouri State High School Activities Association (MSHSAA), all extracurricular clubs/organizations (excluding all activities for which students receive an academic grade for participation), and parking on school premises..

Drug Testing – Testing for alcohol and illegal and/or performance-enhancing drugs.

I. General Procedures for All Student Drug Testing

Sample Collection



Samples (ex. Urine, Saliva, Hair) will be collected using a method intended to minimize the intrusiveness of the procedure. The superintendent or designee will appoint a same-sex employee or contracted test administrator (the monitor) to accompany the student to a bathroom or locker room. The student will provide the sample behind a closed stall door. The monitor shall supervise the collection from outside the closed stall door, listening for normal sounds of urination. The monitor shall also verify the warmth and appearance of the specimen. If at any time the monitor suspects the sample is being tampered with, the monitor may end the collection process and notify the superintendent or designee, who will determine whether a new sample should be obtained.

Protection of Information (Privacy)

Each randomly selected student will be assigned a specimen number that shall serve as the identifier for all materials sent to the lab. The student and his or her parent/guardian shall have access to the specimen number. Either immediately before or shortly after sample collection, students selected for testing will provide to the district, in a sealed envelope, a list of any medications they have taken in the last 30 days, including legally prescribed and over-the-counter medications. The parent/guardian is responsible for submitting a separate list to the district, also in a sealed envelope, of medications the student has taken within the last 30 days, which will be used by the testing facility for confirmation purposes in the event of a positive test result. The sealed envelopes will only be opened in the event of a positive test result. If the sample does not test positive, the envelopes will be shredded without being opened.

The laboratory will report positive test results directly to the superintendent or designee. The superintendent or designee will only notify the student, the appropriate extracurricular sponsor, the parent/guardian of the student and other persons the superintendent or designee determines need to know the information to implement district policies or procedures. All files pertaining to drug testing will be kept confidential and separate from the student’s other education records, and only school personnel with a need to know the information will have access to the information.

Positive Test Results

If a positive test result occurs, the result will be verified on the same specimen. Following a confirmed positive result, the student and his or her parent/guardian shall be given the opportunity to submit additional information to the district administration or the laboratory. The district may consult with the laboratory in determining whether the positive result was caused by something other than the consumption of prohibited substances.

II. Random Drug Testing

Notification and Consent

An orientation session shall be held before the commencement of random drug testing to inform students and parents/guardians of the sample collection process, privacy arrangements and the drug testing procedures that will be used. Students wishing to participate in covered activities, clubs, organizations, or parking on school grounds shall receive a copy of the drug testing policy and related administrative procedures. Additionally, each student shall be required to return a signed drug testing consent form to



the high school office within 3 days of receiving the form. A signed consent form shall be valid for all covered activities and will remain effective for the duration of the student’s enrollment in the District, or until revoked in writing by the parent/guardian. Students who do not return the signed consent form shall not be allowed to participate in covered activities.

Random Selection

The district will randomly select participating students for drug testing periodically throughout the school year. The random selection process will result in an equal probability that any participating student could be chosen. District employees shall not have the authority to waive the testing of any student selected using the random selection process.

Testing

Samples shall be tested for THC/marijuana, benzodiazepines, cocaine/benzoylecgonine, amphetamines, barbiturates, phencyclidine, methamphetamine, opiates/morphine, methadone, oxycodone, MDMA, and propoxyphene. Samples may also be tested for alcohol or other performance-enhancing substances.

Consequences

Following a confirmed positive test result, the superintendent or designee will immediately suspend the student from all covered activities and will schedule a conference with the student, the parent/guardian and the covered activity sponsor. Positive random drug test offenses shall be cumulative throughout grades nine through twelve. Depending on the timing of the drug test, the student may be excluded from participation in activities at the end of the school year, over the summer and/or into the beginning of the next school year.

First Offense – The first time a student tests positive under the random drug testing program, the student shall be suspended from participation in all covered activities for a minimum of 30 calendar days and must pass a drug test administered by the district prior to resuming participation in covered activities.

Alternative First Offense – With the consent of the student and his or her parents/guardians, the superintendent may reduce the suspension so that the student is only prohibited from participating in covered activities for a total of ten calendar days as long as the student meets the following requirements:

< Within one week of the conference, the student must receive or be enrolled in substance abuse counseling from an alcohol and drug abuse agency that is certified by the Missouri Department of Mental Health, Division of Alcohol and Drug Abuse. The parents/guardians are responsible for all costs associated with the counseling. The parent/guardian must provide written verification that the student has been seen by the alcohol and drug abuse agency at least once before the student is allowed to begin participation again. If the student does not attend and successfully complete counseling as promised, the district will immediately implement the original consequences.

< The student will be required to submit to drug tests every time the district conducts random drug testing on other students for the rest of the school year.



Second

Offense – Students with two positive test results for drugs or alcohol will be prohibited from participating in all covered activities for a minimum of 60 calendar days and must pass a district-administered drug test district prior to resuming participation in covered activities.

Third Offense – Students with three positive test results will be prohibited from participating in all covered activities for 365 days.

Refusal to Submit or Falsifying Results

A student refuses to submit for drug testing when he or she fails to provide adequate urine for testing when notified of the need to do so or engages in conduct that clearly obstructs the testing process. A participating student who refuses to submit to drug testing or who takes deliberate action to falsify results will be suspended from all covered activities for one calendar year and will forfeit eligibility for all awards and honors given for covered activities from which the student was suspended.

Self-Reporting

When a student, of his or her own volition, self-reports consuming drugs or alcohol in violation of district policy to an administrator, coach or covered activity sponsor before receiving notification that he or she will be tested, that student shall be allowed to continue to participate in covered activities under the same restrictions imposed on a student who had an initial positive test even if the student had tested positive previously. A self-report is considered the same as testing positive for the purpose of future positive tests. A student may only take advantage of self-reporting once between ninth and twelfth grade.

III. Suspicion-Based Drug Testing

A student may be required to submit to a drug test when there is reasonable suspicion that the student is under the influence of or has recently consumed alcohol or any drug prohibited by district policy. Staff members will report such suspicions to the building administrator or designee as soon as possible. The building administrator or designee will determine if reasonable suspicion exists. The district’s attorney may be consulted as necessary.

Consequences

Students who test positive under this section will be disciplined in accordance with the district’s discipline code and may also be temporarily or permanently excluded from all district extracurricular activities in accordance with other district policies or practices.

Refusal to Submit or Falsifying Results

A student refuses to submit for drug testing when he or she fails to provide adequate urine for testing when notified of the need to do so or engages in conduct that clearly obstructs the testing process. A student who refuses to submit to testing or takes deliberate action to falsify results may still be disciplined under the district’s discipline code for being under the influence of alcohol or drugs. A student who takes deliberate action to falsify results may also receive additional disciplinary consequences.



Emergency Situations

All athletes and coaches will follow emergency procedures already in place at competing school districts. Due to situations such as a tornado warning while our athletes are traveling by bus, the bus driver will take them to a storm shelter if available.

Student Athlete Standards

Participation in interscholastic athletics is a privilege and carries with it responsibilities to the community, staff, and students. The following standards define expectations for athletes who represent our school through participation in these activities in grades 7 - 12. The list is not all-inclusive and does not specify additional standards set forth by coaches. Athletes must also meet the eligibility requirements of the Missouri State High School Activities Association. If standards are violated, the athlete may be restricted from practicing, competing, or representing the team.

PURPOSE: Due to extra-curricular activities not being a mandatory requirement, the student must meet certain standards in order to have the privilege of participation. Such participation shall be in keeping with the positive educational process at Russellville schools.

EXTRA-CURRICULAR ACTIVITIES: Students outside of the normal classroom or an extension of the classroom activity define extra-curricular activities to be any participation or performance. If credit is involved in the extension, such an activity shall be exempt from this policy.

CITIZENSHIP REQUIREMENTS: A student who is a member of an extra-curricular activity must be a creditable school citizen. Those students whose character is such as to reflect discredit upon themselves or school are not considered “creditable citizens.”

ACADEMIC REQUIREMENTS: In order to participate in extracurricular activities, a student shall not receive any failing grades and maintain a C-average. This standard shall determine the eligibility status for the following grading cycle. An ineligible student may practice during the period of ineligibility at the coach’s or sponsor’s option, but will not be allowed to participate in the activity. Eligibility can be reinstated at the next grading period if the academic standards are met at that time or the student may become eligible if he/she brings that **same letter** grade to passing. If the letter grade falls back to failing during that same period, the student will become ineligible until the end of the grading period. If the student meets the



academic requirements at the end of the period, then the player will be eligible again. The student can only have one chance to get the grade up and keep it up during any grade cycle. If eligibility standards are not met at reporting cycle, the student will remain ineligible for the remainder of the reporting cycle.

PROCEDURE & RESPONSIBILITY: Ineligibility shall begin on the day eligibility lists is released.

Any student wishing to have his/her eligibility status reviewed due to extenuating circumstances may request to do so. Eligibility status shall be reviewed by a committee comprised of the high school principal, athletic director, coach/sponsor of activity involved and the faculty members in whom the student received the failing grades. This committee will also serve to determine ineligibility due to citizenship standards.

Interscholastic activities are an important part of the school curricular program. These activities shall provide for educational and social experience for the student and the community, which will result in positive learner outcomes to the development of good citizenship and sportsmanship.

Activities

Each high school student is urged to join clubs and participate in extracurricular activities. Join activities that interest you. When you commit yourself to an activity, you owe your best efforts not only for the benefit of the club, or activity, but also for yourself.

Extra-curricular activities are all those activities connected with the Russellville School system but not part of any class nor used in determining any class credit or grade.

Co-curricular is all those activities connected with the Russellville School System, which are a mandatory part of a class, used to determine class credit or grade.

Attendance at high school dances will be limited to current attending students in grades 9 through 12, and graduated students through the age of 21. **Students that have dropped out of school will not be allowed to attend.**

Participation in some activities also falls under the guidelines, rules and policies of the Missouri State High School Activities Association.

Participation in athletics also falls under the guidelines, rules, and policies of the Athletic Handbook.



Attendance

Athletes are expected to attend classes the day of and the day following an athletic event/contest or practice. Excused absences must be excused by the building principal.

PRACTICE ATTENDANCE IS MANDATORY, UNLESS EXCUSED BY THE HEAD COACH. FAILURE TO ATTEND PRACTICE WILL RESULT IN CONDITIONING DETERMINED BY THE ATHLETIC STAFF AT THE BEGINNING OF THE YEAR. (This will be the same for all sports)

1. Sports specific conditioning
2. Sports specific conditioning and loss of playing time
3. Meeting with player and parents before playing time is reinstated

Physicals and Insurance

All student- athletes must turn in a completed physical form before they are able to participate in the first practice session. Each athlete must report insurance coverage on the Physical form.

Parents Meetings

Each parent and or guardians of the student athlete **must be present** at the pre-season meeting held by the Athletic Director and the head coach of the sport, in which the student shall be participating. These meetings are vital to the success of the program. They establish expectations and open lines of communication. This is a great chance to ask questions and hear the outlines of the head coaches in regard to philosophies and goals and team rules.

Mandatory attendance required. (See Athletic Director if you have conflicts)

MSHSAA Eligibility requirements*

1. Citizenship
2. Academics
3. Transferring Schools
4. Participation Limits
5. Entering School
6. Amateur and Awards Standards
7. Age Limits
8. Playing under a false name
9. Graduated Students
10. Nonschool Competition
11. College Auditions and Tryouts
12. All-Star Games
13. Recruiting of Athletes
14. Transfer For Athletic Reasons



15. Sports Camps and Clinics

16. Sportsmanship

17. Foreign Student Eligibility

Listed below is some information to acquaint you with the major rules and regulations you must follow in order to protect your eligibility. These rules apply to all interscholastic activities.

- You must be a credible school citizen. Creditable school citizens are those students whose conduct, both in and out of school, will not reflect discredit upon themselves or their school.
- Academic Standards: MSHSAA and Cole Co. R-1 Policies apply.
 - See Student Handbook for participation in athletics and activities.
 - Russellville Schools have a **NO “F”** Policy to participate.
- Transferring Schools:
 - 1) If you transfer schools and your parents do not move to your new school district, you will be ineligible for 365 days unless you meet one of the exceptions to the transfer rule. (See your athletic director)
 - 2) If you move with your parents to your new school district, you will be eligible immediately.
- Participation Limits:
 - 1) 7th and 8th Grade: A student is eligible for only two semesters in each of their 7th and 8th grade year. A student who is repeating a grade is ineligible.
 - 2) 9th-12th Grade: A student is eligible to participate in any sport for a maximum of four seasons. Any part of a game played during a season counts as a season of participation. Your eligibility to participate in high school activities begins when you first enter ninth grade and lasts for the first eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.
- You must enter school within the first eleven (11) days of the semester to be eligible.



- Age Standards:
 - 1) To be eligible for junior high school competition a student shall not have reached the following ages prior to July 1st preceding the opening of school: Grade 7- 14 years of age, grade 8 – 15 years of age. If a student does not meet the age standard for a particular grade classification, that student may compete on a team of higher-grade classification.
 - 2) If a student reaches the age of 19 on prior to July 1st preceding the opening of school, the student is ineligible for the ensuing school year.

- Non-School Competition:
 - 1) You may not participate in any organized non-school athletic competition and your school team in the same sport during the same season.
 - 2) You may participate on a school team and a non-school team in different sports during the same season. You may not practice or compete in non-school organized athletic competition on the same day that you practice or compete with your school team.
 - 3) You may not play on an organized non-school team made up of only members of your school team. Does not apply during summer months.
 - 4) Before you join any non-school team or enter any non-school competition involving athletics, check with your administration or athletic director to make certain these standards are being met.

- Sports Camps/Clinics:
 - 1) You may attend a non-school sponsored summer specialized sports camp for as long as you wish where you do not receive instruction or coaching from a member of your school’s coaching staff.
 - 2) An individual student’s participation in a school sponsored summer camp in a particular sport shall be limited to a maximum of two-calendar weeks in one calendar year.

*Please refer to the MSHSAA Guide to HOW TO MAINTAIN AND PROTECT YOUR HIGH SCHOOL ELIGIBILITY, which is at the end of the handbook. It will address in detail all of the mentioned above.

www.mshsaa.org



Chain of Command to Address Issues or Concerns

If at any time a parent/guardian or patron would like to address issues in regard to a sports program, the proper chain to follow is:

1. Address the situation with the person directly involved.
2. Head coach.
3. Athletic director
4. Building principal.
5. Superintendent of schools.
6. The Board of Education.

It is suggested that you not address the head coach with questions immediately following a game or event. Please call the school the next day and set up an appointment with the coach.

Athletic/Activity Conflict/ Priority List

Students should make reasonable choices when participating in activities to not create conflicts between activities. This involves good decision-making skills, prioritizing, and long-range goals and aspirations. However, when a conflict arises between two school-sponsored activities, all policies of the Cole Co. R-I Schools will be followed. Administrative priority will examine this order of precedence:

1. National Events
2. State events
3. District sub state events
4. Conference events
5. Interscholastic events
6. Practices

Participation in Team Sports trump Individual Sports in conflict.

Sports Season Defined



A sport season is defined as the first day of the first practice until the end of the athletic banquet for that sport.

Russellville High School Sports by Season

FALL

Cross Country	V, JV, 8 th , 7 th
Volleyball	V, JV, 8 th , 7 th
Softball	V, JV
Football	V, JV, 8 th , 7 th
Cheerleading	V, JV, 8 th , 7 th

WINTER

Boys/Girls Basketball	V, JV, 8 th , 7 th
Cheerleading	V, JV

SPRING

Baseball	V, JV
Boys Golf	V, JV
Track	V, JV, 8 th , 7 th

CONFERENCE AFFILIATION

Russellville School is a cooperating member of the Show-Me Conference, and is committed to adhere to the rules and regulations of the conference.

Presently there are 9 schools in the Show-Me Conference and they are as follows:

1. Chamois
2. Eugene
3. Fatima
4. Linn
5. New Bloomfield
6. Russellville
7. South Callaway
8. St. Elizabeth
9. Tuscumbia

Athletic Sport Banquets

There will be Athletic Banquets held at the end of each of the fall, winter, and spring sport's seasons to recognize athletes who completed the season. Administration/ Booster Club and Coaching Staff will set formats for each.



Varsity Lettering Requirements

All athletes must finish the year in good standing with the coaching staff and they must also ATTEND the athletic banquets set to honor the individual and team for the season.

VARSITY BASEBALL/SOFTBALL

To receive a varsity letter in baseball or softball, an athlete must participate in one-fourth (1/4) of the total innings played during the season, and follow all of the athletic rules. The baseball and softball athletes must represent Russellville on the field as well as off. A provisional letter may be given if the coach feels that a player deserves and meets other requirements.

VARSITY FOOTBALL

To receive a varsity letter in football, an athlete must play in one-fourth (1/4) of the total quarters in the season. Football players are to represent Russellville on and off the court, and follow all of the athletic rules. A provisional letter may be given if the coach feels a player deserves and meets other requirements.

VARSITY BASKETBALL

To receive a varsity letter in basketball, an athlete must play in one-fourth (1/4) of the total quarters in the season. Basketball players are to represent Russellville on and off the court, and follow all of the athletic rules. A provisional letter may be given if the coach feels a player deserves and meets other requirements.

VARSITY CHEERLEADING

To receive a varsity letter in cheerleading, an athlete must participate in 80% of the total games, be at practice, and follow all athletic rules. The cheerleaders must represent Russellville in a good and orderly fashion. A provisional letter may be given if the coach feels that a player deserves and meets other requirements.



VARSITY CROSS COUNTRY/TRACK

To receive a varsity letter in cross country or track, an athlete must participate in one-half (1/2) of the varsity meets. An exception to this requirement will be given if an athlete places at the district or state meet, and follows all athletic policies. Cross country and track athletes must represent Russellville in a positive manner at all times. A provisional letter may be given if an athlete deserves and meets other requirements.

VARSITY GOLF Boys and Girls

To receive a varsity letter in golf, an athlete must play in one-half (1/2) of the varsity matches during the season, follow all athletic rules, and represent Russellville with class and dignity on and off the course. A provisional letter may be given if the coach feels that a player deserves and meets other requirements.

VARSITY VOLLEYBALL

To receive a varsity letter in volleyball, an athlete must participate in one-third (1/3) of the total games played, and follow all athletic rules. Volleyball athletes must represent Russellville on the court and off. A provisional letter may be given if the coach feels that a player deserves and meets other requirements.

Honorary Senior Letters

May be earned if a student participates in one of the above sport teams for all 4 years of his/her high school career and completes each season in good standing with the school and coaching staff. This letter is received even if they did not meet the requirements to earn that letter year to year. Must be approved by Coaches and Administration.

Transportation

It is required that ALL student athletes ride the provided transportation to and from each sporting event or contest. If there were to be a reason why an athlete could not ride to or from the event, it must be cleared by the head coach before the bus departs for the activity and the return authorization form filled out and given to the head coach and the principal. Each coach will have a sign out sheet with him or her at all away events that must have a parent or guardian's signature on it in order for the student athlete to leave with him or her.



Reporting Injuries

If you become injured at a game or practice, it is the responsibility of the athlete to inform the head coach/athletic trainer immediately. A report will be put on file with the Athletic Director/Head Coach/Athletic Trainer.

Procedures to be followed:

1. Report injury to Coaching Staff/Athletic Trainer
2. Injury report filed with Athletic Director
3. Return to play subject to Doctor/Athletic Trainer/Parent(s) approval
4. Coaching staff to follow all Doctor/Athletic Trainer return to play recommendations/notes.
 - a. Athletic Trainer(s) may not be available at all contests
 - b. Parent(s) approval may supersede Doctor/Athletic Trainer decision

Before and After School and Early-Out days

On the days in which the students are released early due to teacher In-service and there is a practice or event/contest scheduled, the student athlete **may wish** to stay on campus until the time to depart or practice.

Russellville Schools will have adult supervision provided. This time should be used to keep up with academic lessons or exams. Please make sure you have a plan and arrangements.

Lockers

School lockers are the property of the Russellville Schools and are provided for the convenience of students and as such, are subject to periodic inspection without notice.

Lockers will be provided to all athletes in order to provide a place for equipment. It is suggested that each locker have a lock on it with the key or code given to the school coach and administration.

Automobiles * See Student Handbook

Athletic Dress Code

All athletes should dress in a fashion that shows a positive appearance to themselves, the team, and the Russellville School District and community. Head coaches will establish dress standards in regard to their respective sport.

Care of School Equipment

Each athlete is required to take care of all school athletic equipment and gear. Uniforms are not to be worn as everyday attire. They should be taken care of and washed as directed by the school administration. At the end of each sports season, all uniforms must be turned in neatly and as soon as possible.



Uniforms are to be given to the head coach of the sport involved, NOT the office or athletic director. Equipment is costly and each participant will be held liable for any damages from lack of proper care or use.

DISCIPLINE ** see the student handbook



PARENT/COACH COMMUNICATIONS

Parent/ Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, everyone is better able to accept the actions of the other and provide greater benefit to students. As parents, when your student becomes involved in a program, you have the right to understand what expectations are placed on your student. This begins with clear communication from the coach of your students program. Coaches and parents are expected to encourage and praise students in their attempt to improve themselves as students, athletes, and citizens. Parents can facilitate this by gaining an understanding and appreciation of all aspects of the sport/activity and the expectations placed on your student.

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 expectations.

Communication you should expect from your students 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 result in the denial of your student's participation.
7. Media used to notify changes or cancellations of practices or games.

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 student's behavior.



Issues not appropriate to discuss:

1. Playing time
2. Team strategy
3. Play calling
4. Other student- athlete’s

There are situations that may require a conference between the coach and parent. These are encouraged. It is important that both parties involved have a clear understanding of the others position. Everyone involved is expected to be respectful, recognized and show appreciation for the others role, and to reinforce good code of conduct.

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 coach. Meetings of this nature usually do not promote resolution.

THE NEXT STEP

WHAT CAN A PARENT DO IF 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.



ATHLETIC BOOSTER CLUBS AND SUPPORT GROUPS

The athletic staff and administration would encourage everyone to become involved with the Russellville Booster Club. If you would like more information on how to become a member of the booster club please see the Athletic Director.



ATHLETIC HANDBOOK

I have read the 2023-2024 Athletic Handbook, and understand the rules and regulations applying to all Russellville students in extra-curricular activities.

ATHLETE SIGNATURE

PARENT/GUARDIAN

DATE



COLE COUNTY R-I SCHOOLS EMERGENCY INFORMATION

This form needs to be completed, signed, and returned to the Main Office or Athletics Office BEFORE starting practice.

Name: _____ Grade: _____

Birth Date: _____ Home Phone: _____

Address: _____

Parent/Guardians: _____

Parent/Guardian Contact Numbers: _____

Email address: _____

Emergency Contact Person if Parent/Guardian Cannot Be Reached:

Name: _____ Phone: _____

Preferred Hospital: _____

Family Doctor: _____ Phone: _____

Family Dentist: _____ Phone: _____

Special Medical Problems, Allergies, or Medications:

PROOF OF INSURANCE IS REQUIRED FOR ALL ATHLETES:

Insurance Company: _____

Policy Number: _____

In case of emergency, the proper authorities (Athletic Director, Coach, Trainer, etc.) have our permission to allow treatment of our son/daughter by a physician.

PARENT/GUARDIAN SIGNATURE

Date

