

Lone Jack

C-6



2022-2023

Activities Handbook

Activities Director

R. Jordan Pannett

jpannett@lonejackc6.net

573-701-8068

Activities Department Assistant

Liz Mueller

lmueller@lonejackc6.net

816-697-3539

Table of Contents

Welcome to LJ Activities	2
Activity and Athletic Programs	
Mission Statement	3
Pillars	3
Purpose.	3
Philosophy.	3
Participation Guidelines.	4
Roles.	4
Activities/Sports.	4
Dual Sporting	5
Starting a Sport/Ending a Sport.	5
Missouri State Activities Association	5
Conference Affiliation	5
Lettering/Awards	5
Participant Responsibilities	
Sportsmanship	7
Communication Structure.	7
Forms of Communication	8
Student Health	8
Student Transportation to/from Activities	9
Academic Standards	9
Attendance Policy	10
Equipment.	10
Citizenship Expectations	10
Interscholastic Behavior Guidelines.	12
Parental Responsibilities	
Parents' Role.	12
Contacting Coaches/Administration (24-Hour Rule).	12
Transportation.	12
Parental Communication Structure.	12
Consequences.	13
LJ C-6 District Policies	
Bullying/Hazing.	13
Substance Abuse Policy.	14

Welcome

Welcome to the Lone Jack Activity programs. We are very excited that your child has chosen to participate in activities offered in the Lone Jack School District. Research indicates a student involved in co-curricular activities has a greater chance of success during adulthood. In support of that notion, these programs have been established. Many of the character traits required to be successful participants will promote a successful and well rounded life. Please use this handbook as your first resource for direction, information, and understanding of the district's activities. The activities staff thoroughly enjoys working with kids and will commit to helping your student grow, prosper, and develop as a high-character individual.

Activity and Athletic Programs

The LJ C-6 activities program provides the opportunity to learn life lessons, develop character and skills that will help our students reach their full potential while developing leaders and striving for excellence within a competitive environment.



Mission Statement

The LJ C-6 activities program provides the opportunity to learn life lessons, develop character and skills that will help our students reach their full potential while developing leaders and striving for excellence within a competitive environment.

Pillars

Respect-A person must respect every aspect of the activity including, coaches, teammates, officials, opponents, parents, fans and the facilities. They must show great sportsmanship and integrity at all times.

Relationships-Relationships are the foundation of success for any activity. Everyone must work together to build the positive relationships that will lead to success.

Commitment-Being committed to an activity is vital in personal and team success. All parties must be willing to work hard and give maximum effort, while being constantly accountable.

Philosophy

We believe that school activities outside of the regular school day enhance the education of each student. We encourage you to commit yourself to being the best you can be, both in and out of the classroom, each and every day.

Purpose

The role of our Junior High and High School activities programs are to teach, promote, and build character and skills for all of those involved. Involvement in the activities programs will assist students in becoming high-functioning adults who can succeed in society by using the qualities promoted by the individual programs, coaches, teammates, and the overall activities programs' philosophy.

As a student participant, you are in school to secure the best education you are capable of achieving. If the value of activities is to be achieved, certain responsibilities are expected of the student participant. Because you are in the public eye, your personal conduct always must be to the highest of standards; you have an obligation to create a favorable image and gain the respect of your teammates, the Lone Jack student body, and the community. You are also expected to:

- Strive to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their abilities
- Maintain academic citizenship and eligibility standards as established by the **Missouri State High School Activities Association (MSHSAA) and LJ Schools**
- Learn the spirit of hard work and sacrifice
- Learn to attain physical fitness through good health habits
- Desire to excel to the limits of your potential

- Show respect for both authority and property
- Be willing to accept the leadership role that is instilled through the activity programs.

Participation Guidelines

The Lone Jack Activities Department believes that the extracurricular programs offered by our school district can benefit students immensely. Therefore, we believe the following criteria should be followed:

- Students should be free to make their own selection as to the activities they wish to participate in. It should be understood that coaches and sponsors will try to positively encourage participation in other activities.
- While try-out's will not be necessary in all activities, due to participation numbers they will be implemented in order to keep activities at a safe and manageable level.
- If it is necessary to be absent from practice or a scheduled event, the student participant is expected to *obtain permission from the head coach or sponsor prior to the practice or event*. If the absence is unforeseen, the student should make every attempt to contact the head coach or sponsor concerning the nature of the absence. The head coach or sponsor will determine whether the *absence is EXCUSED or UNEXCUSED*. Unexcused absences could have ramifications on playing/participation time, position within the activity, or suspension or removal from the activity.

Roles

The Activities program will promote the MSHSAA motto of "Enjoy the Game". In order to "Enjoy the Game." everyone must understand and perform in their role.

- **Activities Director**- assist in the development of a successful Activities Program by using the philosophies stated above. (*Direct the game*)
- **Coach/Sponsor**- to be a role model and coach student-athletes or participants by using the philosophies stated above. (*Coach the game*)
- **Officials**- apply the rules of the game to each team and promote sportsmanship. (*Officiate the game*)
- **Student-Athlete**- to be a good student, show good citizenship, be coachable, and to be committed to activities using the philosophies stated above. (*Play the game*)
- **Parent**- to positively support your student, coach, and the Activities Program using the philosophies stated above. (*Support the game*)

Activities/Sports

<u>Activities</u>	<u>Athletics</u>
Band	Volleyball-Girls (Fall) High School (HS) and Jr. High
Choir	Cross Country-Boys/Girls (Fall) HS and Jr. High
Speech/Debate	Soccer-Boys (Fall) HS
Drama/Theater	Football-Boys (Fall) HS and Jr. High
Academic Team	Basketball-Boy/Girls (Winter) HS and Jr. High
Cheerleading-Fall/Winter	Wrestling-Boys/Girls (Winter) HS and Jr. High
Robotics	Track-Boys and Girls (Spring) HS and Jr. High
E-Sports	Baseball-Boys (Spring) HS

Dual Sports

A dual sporting athlete **MUST** have the approval of both varsity coaches and the district Activities Director. In addition, a meeting will be held where *a specific and detailed practice schedule* will be created and submitted to both coaches. At the end of two weeks of practice, the athlete will choose a primary sport. Once selected, the primary sport can not be changed during that particular season. An athlete must understand that competing in multiple sports requires extra effort, communication, and *natural abilities* on their end. Splitting time during one season may or may not allow for a student athlete to develop the skills desired. It is at the coach's discretion if an athlete is able to compete at the level required for competition. If any student athlete is unable, or unwilling to meet the terms of this agreement, the option for dual sporting will be terminated.

Starting a Sport/Ending a Sport

An athlete must start practicing within two weeks of the first practice to be eligible to play that season. Ex. an athlete cannot wait for half the season to be finished before they come out for a particular sport. For fall sports, an athlete will need to report to practice within two weeks of the start of the school year. Any student that moves into the district during the school year will have two weeks from the first day of his/her attendance to decide if they want to participate in a current sports season. If a student has been attending practice and decides to no longer participate, or have 4 unexcused misses in a row then they are ineligible to rejoin that sport for that season.

Missouri State High School Activities Association

The Lone Jack School District (grades 7-12) is a member school of the Missouri State High School Activities Association (MSHSAA). The School District competes in various statewide competitions offered by MSHSAA. As a member school, we are governed by the rules and regulations of the National Federation of State High School Associations (NFHS) and MSHSAA. (All MSHSAA guidelines must be followed)

Conference Affiliation

The Lone Jack School District is a cooperating member of the I-70 Conference. The I-70 conference is made up of 8 teams: Concordia, Crest Ridge, Lone Jack, Orrick, Santa Fe, St. Paul, Sweet Springs and Wellington/Napoleon.

Varsity Football and Boys/Girls Wrestling are members of the West Central Conference

Conference Championships can be accomplished in the following sports:

Girls- Basketball, Softball, Track, Volleyball, Wrestling

Boys- Baseball, Basketball, Football, Track, Wrestling, Football

(We have additional sports, but it is required that 4 schools have a sport for there to be a conference championship.)

In addition, the I-70 conducts Academic Bowl, Instrumental Music, Speech/Debate, and Vocal Music tournaments or performances.

Lettering/Awards

The activity letter at Lone Jack High School is a “Sign of Excellence” that is awarded to an individual student for outstanding service to the school in a specific activity/sport. Objective criteria and qualifications for lettering are set by the individual sport/activities staff. Subjective criteria such as, but not limited to, the factors of sportsmanship, citizenship, and good team membership also determine the conferring of a letter. The head coach/sponsor has the ultimate authority in the granting of a varsity letter. Provisional letter certificates may be awarded at the discretion of the coach/sponsor for participants who have rendered exceptional service, but who did not qualify for a varsity letter. If the participant earns a letter the following year, they will earn a letter for their provisional year. An awards night will be held following the fall, winter, and spring sports seasons. Awards for these sports will then be presented. Activities will hold separate awards ceremonies at their sponsors’ discretion.

LETTERING GUIDELINES FOR ACTIVITIES

To earn a varsity letter the participant must meet one of the following requirements per their activity/sport, while finishing the season in good standing with the team. See additional guideline(listed below) for more details.

Academic Bowl

1. Compete in 70% of Varsity Academic Bowl Competitions.

Baseball & Softball

1. Appear in half of varsity innings played by the team during the season
2. Pitch in a quarter of the varsity innings played by the team during the season
3. Play in half the games as a specialty player

Basketball (Girls & Boys)

1. Must play in 50% of the total quarters in varsity contests for the season played.

Cheerleading/Dance

1. See Cheerleading/Dance handbook

Choir and/or Show Choir

1. A point value must be reached to earn a letter. See Band/Choir handbook

Color Guard

1. See Band/Choir handbook

Cross Country

1. Compete in 50% of the races with the Varsity team
2. Qualify for state as an individual or on a state team

Debate/Speech

1. Compete in 75% of competitions
2. Attend 50% of practices

Football

1. An athlete must play in 50% of regular season varsity quarters and meet the expectations of the football coaching staff to earn a Varsity letter in football

Marching Band

1. A point value must be reached to earn a letter. See Band/Choir handbook

Soccer

1. Must play in 50% of the varsity halves.

Track (Boys & Girls)

1. An athlete that earns 45 points during the season will earn a letter. The point system is as follows: Field events (Jumps and Throwers) Double points!

PLACE :8th place: 1 point, 7th place: 2 points, 6th place: 3 points, 5th place: 4 points, 4th place: 5 points, 3rd place: 6 points, 2nd place: 8 points, 1st place: 10 points

2. Placing in the top 6 during a conference or district meet will result in an automatic letter

Volleyball

1. Must have played in 50% of total sets in varsity contests for the season.

.Wrestling

1. Wrestle in 50% of Varsity meets
2. Win 10 Varsity matches
3. Place at the district tournament

Additional District Guideline-This is for all sports and activities

1. A student must finish the season in good standing with the team to earn a letter.
2. If a student has participated in a particular program for four years, fulfilled the coach's expectations while in compliance with team rules and proper attitude, they shall be awarded a varsity letter without fulfilling the total requirements.
3. Lettering in any sport is at a coach's discretion, here is a list of items that need to be met in addition to the items listed by each sport above; players having a good attitude, attendance of practices and the players character. A player must meet the mission statement and the pillars.
4. A provisional letter can be given for an athlete that does not meet the requirements. Once the provisional letter is granted, if the athlete letters the next year they will be awarded a letter for the previous year as well.

Participant Responsibilities

Sportsmanship

It is expected that ALL members of the Lone Jack School community portray sportsmanship, whether we win, lose, or tie. Lone Jack will be represented with class and dignity at all times. *There will be adversity in activities, as well as in life. How each of us handles these moments determines our character, our sportsmanship, and our legacy.* Coaches, participants, parents, and spectators will be held to the highest standard of sportsmanship. If an individual or group of individuals does not adhere to this standard, removal from an activity may be necessary. It **MUST** be remembered that participating in or attending an activity is a privilege, not a right.

Communication Structure

The Activities' Department believes it is vital that each student participant gain the skill of communicating concerns or problems to others. Therefore, it is expected that if a student participant has a concern, they first speak with their coach or sponsor in person. If further action is needed, the parent or student will then contact the AD for a meeting. If concerns still exist, the student or parent can request a meeting with the coach/sponsor, student, parent and Activities Director. Following this structure ensures that effective and direct communication is occurring among everyone involved.

If a parent and or coach/sponsor has a concern regarding a student's health, family occurrences, emotional well-being, academics, life choices, or specific outside-of-school decisions, it is important that all parties work together in the best interest of the child.

At no time is it acceptable for a parent to attempt to speak with a coach/sponsor immediately before, during, or after a practice or competition. If an issue arises then the parent needs to wait 24 hours before contacting the coach or AD for a meeting. Appropriate boundaries and communication are expected at all times. Parents should not address a coach or sponsor about game/activity decisions, playing/participation time, or other student participants.

Forms of Communication

The following social media resources are used to increase the communications between coaches/sponsors, students, and parents. Please use these resources to stay updated and informed:

Parent Square will be the primary form of communication between sponsors/coaches and parents/participants.

Activity specific Twitter, Facebook pages,- coaches will provide information

LJ District Activities Webpage- www.lonejackc6.net , Activities tab

Activities Department Facebook Page- www.Facebook.com/LoneJackAD

Activities Department Twitter- @LoneJackAD

Students and Coaches/sponsors should refrain from direct communication in the forms of phone calls and text messages

Student Health

Physicals and Medical Care

1. LJ C-6 schools are members of MSHSAA. In order to participate in interscholastic activities as a member school in all interscholastic contests, district, state, etc., Lone Jack School District must follow the bylaws set.
2. The following groups must have a MSHSAA physical on file: all MSHSAA-sponsored sports, cheerleading, dance team, band and color guard/flags. To be valid it must be dated February 1 or after of the previous year.
3. Verification that the student-athlete has basic insurance coverage including the insurance company's name and member identification number must be on the front of the physical form.
4. Parent and student-athlete signatures must be on the form.
5. Valid student/parent demographic and emergency information must be provided.
6. Medical history of the student-athlete provided by the parent/guardian must be completed on the form.
7. Correct date making the physical valid for the appropriate school year must be legible and accurate.
8. Should any question about the authenticity of the information on the physical be asked, the student and/or parent will be asked to verify the information through the physician from whom the physical was obtained. Because of privacy issues, this office cannot verify physicals that are unreadable or in question. This office, however, can make the judgment to deny participation of students in activities until parental verification is obtained.

Medical Releases and Athletic Participation:

1. Lone Jack schools have certified athletic trainers that help out at our school. These trainers provide excellent athletic injury care, injury prevention, treatment, and rehabilitation.
2. With the high cost of medical care, doctor office visits and emergency room treatment, the athletic trainer can be a tremendous help to our student athletes and to our parents' medical expenses.
3. Lone Jack trainers are always available to examine an athletic injury prior to medical visits. The athletic trainers may recommend that your family physician needs to be seen. The athletic trainer may call for emergency services. The athletic trainer is available for consultation on any injury that may impact a student-athlete's ability to practice or play.
4. Once a student-athlete has been directed to see a physician, or has been examined by a physician or hospital emergency room personnel, Lone Jack athletics/activities are bound by liability and policy to have a written doctor's release for a student-athlete to return to practice or play.
5. We appreciate parents making decisions as to the health of your children and whether or not they need to be seen by a doctor. This is your parental right. Legally, we cannot allow a student-athlete back into our athletic programs once a doctor has seen him/her until the athlete has been given a written release by his/her doctor for a return to normal activities.
6. With the high cost of medical care and upon any visit to an emergency room or doctor to whom you take your student-athlete, PLEASE REQUEST THAT THE MEDICAL PERSONNEL PROVIDE WRITTEN ORDERS WHEN IT IS APPROPRIATE FOR YOUR STUDENT-ATHLETE TO RETURN TO NORMAL ACTIVITIES.

In order to have the most successful student participant, parents should discuss proper diet, rest amounts, and nutrition with their student. Parents should encourage students to eat a well-balanced diet, get plenty of rest, and consult with the athletic trainer if there are concerns. Parents must insist their students stay away from alcohol, tobacco, drugs, and performance-enhancing supplements.

Concussion Protocol

If a student is diagnosed with a concussion, they will not be allowed to attend any practice or team event until they are in the 5-day return to play protocol. This is designed to get them the rest they need so they can recover from the injury. The 5 day return to play protocol will be administered by the athletic trainers at Lone Jack.

Student Transportation

Students are expected to ride the bus to every event. Students who miss the bus to a practice or scheduled event will not be allowed to participate. Student participants are encouraged to ride the school bus home from activities, as being with your team after a competition helps develop leadership, camaraderie, and communication skills. Students may ride home from an activity **with their parent** with the head coach/sponsor's approval and by a parent signature after the event. If a parent needs their child to leave with anyone other than themselves the parent will need to contact administration and provide them with written approval (email preferred) prior to 2:30 pm on the day of the event.

Academic Standards

Students in grades 7-12 must maintain certain academic standards in order to be eligible to participate in MSHSAA sponsored activities. It is the student's responsibility to know and meet the eligibility criteria of our state and school district. If a student fails to meet these minimum MSHSAA standards, the student will be ineligible for the entire semester. In addition, failure to meet Lone Jack C-6 standards, will result in a period of ineligibility that will last until the student athlete has improved his/her academic standing.

A student's academic eligibility is based upon the following criteria:

- Each student must be enrolled in a minimum of 6 of 7 credit earning classes each semester (HS)
- A student's state eligibility is based upon their most recent semester grades/credits earned
- A student must earn at least 3.0 units of credit (pass 6 courses) each semester (HS)
- A student who was academically ineligible the preceding semester, but meets the academic standard at the end of that semester, becomes eligible for the following semester.
- All MSHSAA guidelines are used as the minimum expectations when it comes to academic eligibility of our Student Athletes.
 - o Coach/Sponsor guided grade checks will be conducted Every Monday morning. Coaches will ensure that all of their student athletes are eligible for competition, and notify the Athletic Director and Building Principal if any of their athletes fail to meet the eligibility requirements.
 - o Students who have **multiple failing grades will be ineligible for competition** until those grades are improved (with the exception of the first two weeks of each semester).
 - While one failing grade is unacceptable, multiple failing grades show that a student isn't meeting their academic requirements in order to be a Student-Athlete and successful representative of Lone Jack C-6.
 - o When an athlete has corrected their ineligible status, it is the responsibility of the Head Coach to bring this information to the Athletic Director and Building Principal, they will remain ineligible until this has been accomplished.
 - o As soon as the Building Principal and Athletic Director have confirmed that the student athlete has met the district's requirements, they will be eligible to compete.
- In order for a non-traditional student to participate in a MSHSAA event they must be present for two in-person classes.

Attendance Policy

In compliance with MSHSAA regulations, a student must be in attendance at school all day in order to be eligible to participate in any activity on that day, unless approved or excused by school administration. **Approval from the office prior to the absence is needed in order to compete on the day missed. Students should arrive at school on time. In addition, a student who is late to school more than 20 minutes into the 1st hour will be ineligible for any competitions for that day. If a student is absent from a day of school and there is a**

competition the following day in which there is no school, then the student will be ineligible from that competition. Ex. A student is absent on a Friday and they have an event on Saturday, they can not compete at that event.

Students should only be absent for the duration of an appointment and a note must accompany the student when they return to school. A degree of reasonability can be used by the administration. The following absences will be viewed by the administration as unavoidable, but every effort should be made to see that appointments do not conflict with school or activities. Unavoidable Absences; court appearances, doctor appointments, dental appointments, college visits, funerals.

Equipment

Each student is responsible for the equipment issued to them. A student will be financially responsible for any equipment that is lost, stolen, damaged outside of normal use, or not returned in a reasonable amount of time. It is the student's responsibility to properly secure their equipment and should take the following steps:

- Keep equipment and personal possessions locked and secured
- Never loan, borrow, or exchange equipment
- Report any damaged equipment to a coach/sponsor immediately
- Report any lost equipment to a coach/sponsor immediately
- Never wear or use equipment outside of school or the activity it was assigned
- Report Lone Jack misplaced equipment that you see to the coach/sponsor or Activities Director. This helps keep cost lower and help fellow students who may have misplaced equipment

Students with missing equipment will NOT be allowed to practice or compete in the next season's activities until the replacement cost is paid.

Citizenship Expectations

Students who represent a school in interscholastic activities must be credible citizens. Those students whose character or conduct is such as to reflect discredit upon themselves or their school are not considered "credible citizens." Conduct shall be satisfactory in accord with the standards of good discipline [MSHSAA By-law 2.2, Citizenship Requirements].

Credible citizens are:

1. Students who adhere to the LJ C-6 chemical use and possession policy (see p. 15).
2. Students who do not attend parties where minors possess or use alcohol, tobacco and/or drugs.
3. Students who are in good standing with the judicial and/or legal system.
4. Students who are not under school suspension as a result of disciplinary consequences.
5. Students who choose not to be present where illegal activities are occurring.

Each individual school and/or coach has the authority to set more restrictive citizenship standards and shall have the authority to judge its students under those standards [MSHSAA By-law 2.2, Citizenship Requirements].

MSHSAA bylaws

a. Law Enforcement: A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony

statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

b. Local School:

- 1. A student who violates a local school policy is ineligible until completion of the prescribed school penalties.*
- 2. The eligibility of a student who is serving detention or in-school suspension shall be determined by local authorities.*
- 3. A student shall not be considered eligible while serving an out-of-school suspension.*
- 4. A student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal.*
- 5. If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes.*
- 6. Each school shall diligently and completely investigate any issue that could affect student eligibility.*

c. Student Responsibility: 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 discovery, pending review by the MSHSAA Board of Directors.

5.5.1.c A player who is ejected from a contest for unsportsmanlike conduct shall at a minimum be prohibited from playing in the next interscholastic contest for that sport at that same level.

LJ Citizenship Violation Consequences:

Non-credible citizenship may result in disciplinary action. These actions may include parental contact, one-on-one conferences, extra athletic conditioning, benching, non-participation in interscholastic games, and/or a percentage of the interscholastic season withheld. Ultimately, removal from participation and/or the team can occur. A student shall not be considered eligible while under suspension. A student in Out-of-School Suspension (OSS) will not be allowed to participate in practice or competition. A student in In-School-Suspension (ISS) will be only allowed to participate in practice or games with AD/Administrator approval.

Conflict Resolution:

When observing improper behavior or problems with individual team/squad members, the best solutions are ones that address a problem at the time it is observed or occurs. Students should practice the following two-step method:

- 1. Talk to the person (one-on-one) about what she/he is doing and why the offending behavior should be stopped.**
- 2. If the problem is not solved, consult the coach/sponsor/staff advisor. It is best to stop the problem immediately by handling it informally on a person-to-person level while it is still a small matter. Do not let unresolved problems turn into a clash that will harm team unity.**

Interscholastic Behavior Guidelines

All players, coaches/advisors, parents, and other fans attending any interscholastic contest or event are expected to:

1. Maintain pride for self and school.
2. Strive to keep high standards of conduct.
3. Sit in the bleachers. Continuous standing is allowed in designated areas only.
4. Refrain from use of profanity or implied profanity.
5. Not engage in disrespectful chants, including personal remarks directed at players and officials.
6. Not single-out players by number or name negatively.
7. Not display disrespectful behaviors to other fans, players, or cheerleaders.
8. CHEER FOR YOUR TEAM-NOT AGAINST THE OTHER TEAM!
9. Be a credible citizen at all times.
10. Abide by the LJ Board Policy prohibiting the use of tobacco products inside the building or outside on any school property.

Parental Responsibilities

Parental Role

The parents' role is to support your student-athlete and support the school. Parents should understand that this is the student's experience and they need to release their child to the sport. This is a valuable learning experience for the participant and they will learn key life lessons from the highs and lows. There should be two main questions that parents ask their child: "Did you have fun, and did you play hard?"

Parental Communication Structure/24-Hour Rule

It is encouraged that when a problem arises, the player will have a conversation with the coach. If the problem is not solved to the satisfaction of the player or the parent, and the parent has an issue they would like addressed, they need to contact the Activities Director first. The contact needs to be made during school hours. If a parent has an issue with a coach or a program after a contest/game they are to wait 24 hours until they initiate contact with the AD during school hours. This is to give time for all parties to calm down after what could have been a heated competition. If the parent has an immediate issue with a situation at an event they should speak with the administrator on duty.

Transportation

Parents are expected to pick up their child at a designated time at the end of a practice or event. It is the responsibility of the parent to make arrangements for their child if they can't be there at the given time. A coach/sponsor should not have to wait on a parent after a practice or a sporting event. If this happens multiple times, then a meeting with the AD will be set up. If the issue persists then the child could be removed from the sport/activity.

Consequences

If a parent breaks the 24-hour rule, or commits other offenses deemed unacceptable by the administration, (such as not following behavior guidelines above), the following will apply: **(Depending on the severity of the issue, the consequence can result in steps being skipped.)**

1st Offense (Warning)-Meeting with the AD and administration (could result in a warning)

2nd Offense-Suspension from all activities until 10 academic days have passed

3rd Offense-The parent will be suspended from all activities for the remainder of that season or 30 academic days, whichever is longer

4th Offense-A parent could receive a suspension for the following season or up to 365 calendar days from the date of the infraction

LJ C-6 District Policies

Bullying/Hazing

Bullying

Bullying is not tolerated at Lone Jack and disciplinary consequences will be issued to any parties involved in such activity. Bullying is defined as “aggressive behavior or intentional harm-doing that is repeatedly carried out over time characterized by an imbalance of power in an interpersonal relationship.” Please report any instance of bullying to the coach, sponsor, or Activities Director.

Bullying is categorized into three main types:

- Physical- Harm through damage or threat of damage to another's physical well-being. Examples: Hitting, kicking, shoving, spitting, intimidating physical contact, taking belongings, and hazing.
- Verbal/Emotional- Obvious and hidden verbal acts of aggression OR behavior that is intended to harm someone's self-concept or by damaging or manipulating his/her relationships with others. Examples: Name calling, unfair verbal criticism, stare downs, obscene gestures, exclusion or ignoring, spreading rumors or gossip, verbal threats to harm or hazing, convincing others to tease or call names, manipulative affection.
- Cyberbullying- Sending or posting harmful or cruel text or images using the Internet or other digital communication devices. Examples: Exclusion, impersonation, outing and trickery, denigration, flaming, harassment, cyberstalking, three-way calling, using any type of electronic tool such as email, cell phone, blogs, blog rings, instant messaging, chat rooms, web pages.

Student referrals for bullying will result in an investigation based off the safe schools act.

Hazing

Hazing is defined as, including, but not necessarily limited to any action or situation created, whether on or off school premises, which might reasonably be expected to result in mental or physical discomfort, embarrassment, harassment, or ridicule. This definition includes the following activities: Paddling, creation of excessive fatigue, physical and psychological shocks, requiring or encouraging the wearing of apparel in public that is conspicuous and normally not

considered in good taste, requiring or encouraging others to perform acts against their will, demanding or encouraging any other activities that conflict with civil law and/or school policies. "According to Missouri State statutes "consent" to hazing is not a defense. Disciplinary consequences will occur to anyone or any team found to be guilty of hazing.

Substance Abuse Policy

The use, possession, or distribution of tobacco, alcohol, marijuana, or any substance defined by law, as an illegal controlled substance is **Absolutely Prohibited**. Possession includes on your person, in your locker, clothing, or vehicle. The following policies will be considered to be in effect for the entire school year and including the summer months. Suspensions for summer violations will begin on the first day of any organized practice/activity for students participating in a fall activity and the first day of school for all other students. While school is in session, suspensions will begin on the date of the violation.

Tobacco

- 1st Offense- One game/competition suspension
- 2nd Offense- 30-day suspension from all games, competitions, performances, the student must fulfill all program/coach expectations prior to full reinstatement to the program
- 3rd Offense- 45-day suspension from all games, competitions, performances, the student must fulfill all program/coach expectations prior to full reinstatement to the program

Alcohol

- 1st Offense- 30-day suspension from all games, competitions, performances, the student must fulfill all program/coach expectations prior to full reinstatement to the program
- 2nd Offense- 45-day suspension from all games, competitions, performances, the student must fulfill all program/coach expectations prior to full reinstatement to the program
- 3rd Offense- 365-day suspension from all activities

Illegal Controlled Substance/Mood Altering Chemicals/Drug Paraphernalia

1st Offense- 45-day suspension from all games, competitions, performances, the student must fulfill all program/coach expectations prior to full reinstatement to the program. The student and parent/guardian must also agree to the following requirements:

2nd Offense- a 365-day COMPLETE ACTIVITY SUSPENSION from the date of the violation

Students and parents should be aware that these offenses and policies are applicable over a student's entire activity career (grades 7-12). If a student commits an infraction at a lower grade level, the next offense will be considered a second offense.

All items are subject to administrative discretion.