

ODESSA SCHOOL DISTRICT



Home of the BULLDOGS!

ACTIVITIES HANDBOOK

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ACTIVITIES AND ORGANIZATIONS OFFERED AT ODESSA HIGH SCHOOL AND MIDDLE SCHOOL

HIGH SCHOOL ACTIVITIES DIRECTOR

Mat Vleisides

MIDDLE SCHOOL ACTIVITIES DIRECTOR

Chris Doering

SPORTS

FOOTBALL

Head Coach	Mark Thomas
HS Asst. Coaches	Benny Palmer Ryan Robinson Danny Malone TBA TBA
MS Head Coach	Alex Smith
MS Asst. Coaches	Chris Herring Kirk Gross

VOLLEYBALL

Head Coach	Amber Barkley
HS Asst Coach	Annie Austin Kelsey Smith
MS Head Coach	Nicole Search
MS Asst. Coach	Christine Fieth

CROSS COUNTRY

Head Coach	Zach Meler
Asst. Coach	Heather Meler

SOFTBALL

Head Coach	Brandie Westerhold
Asst. Coach	Tonya Mallinson

GIRLS TENNIS

Head Coach	Allan Twilligear
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GIRLS GOLF

Head Coach	Chad Meyer
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WRESTLING

Head Coach	Kirk Gross
HS Asst. Coaches	Adam West Austin Windsor
MS Head Coach	Jason Kusick

BOYS BASKETBALL

Head Coach	Ryan Robinson
HS Asst. Coaches	Chris Herring Jesse Stewart
MS Head Coach	Alex Smith
MS Asst. Coach	Don Aulbert

GIRLS BASKETBALL

Head Coach	Bud Nelson
Asst. Coach	Kelsey Smith Nic King

MS Head Coach	TBA
MS Asst. Coach	TBA

BASEBALL

Head Coach	Brad Mayfield
Asst. Coaches	Danny Malone Nic King

SPORTS

TRACK

Head Coach	Allan Twilligear
Asst. Coaches	Evelyn Morgan Zach Meler Mark Thomas Heather Meler Travis Lewis TBA
MS Coaches	Rachel Ritter

BOYS TENNIS

Head Coach	Bud Nelson
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BOYS GOLF

Head Coach	Chad Meyer
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ACTIVITIES

CHEERLEADING

Aimee Feagan
Megan Bickel
Kandis Bass

DANCE

Julie Whitaker
Ashley Ray

BAND

Jeremy Meyer
Brandi Holt

VOCAL MUSIC

Harry Hamblin

SPEECH & DRAMA

Sarah Esser

SCHOLAR BOWL

Kris Poisal

HIGH SCHOOL GUARD

Sonja Putnum

MIDDLE SCHOOL GUARD

Carnel Daniels

OMS INTERMURALS

Rachel Ritter

ORGANIZATIONS

OHS STUDENT COUNCIL

Terry Stever

OMS STUDENT COUNCIL

Paula Hawk
Angela Gregson

DECA

Jessica Wade

NHS

Kris Poisal

OHS YEARBOOK

Kris Poisal

OMS YEARBOOK

Susan Lefman

MENTORS

Lynette Williams

PLAY/MUSICAL

Sarah Esser
Harry Hamblin

FBLA

Deborah Cox
Julie Whitaker

FFA

Bill Angel

FEA

Leslie Heimsoth

FCCLA

Tonya Mallison

MATH RELAYS

Donna Gwodz

SPANISH CLUB

Kelly Ogle
Kelsey Smith

TSA

Jason Rathert
Zach Meler

Heather Meler

TRAP

Jacque Henning

WELCOME TO THE R-7 ACTIVITY AND ATHLETIC PROGRAMS

Welcome to the Bulldog Activity/Athletic Program! We are excited that you have chosen to participate in one of our fine co-curricular and extra-curricular activities. Statistics show that involvement in school programs increases a student's chances of academic success and social adjustment. Since research indicates a student involved in co-curricular 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. We hope the information provided within this handbook makes both your student's and your experience with the Bulldog Activity/Athletic Programs less stressful and more enjoyable.

Your decision to take advantage of this portion of our program will be educational, rewarding, and challenging. The Odessa R-7 School District encourages you to take advantage of as many opportunities as your time and talent will permit. We do not encourage specialization in one sport or activity; 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. We support you as you strive to grow emotionally, mentally, socially, and physically through our activities and athletics.

ACTIVITY/ATHLETIC MISSION STATEMENT

The mission of the Bulldog Activity/Athletic Program is to provide the student the opportunity to develop the personal characteristics necessary to become a productive and valuable citizen to your community. Each student will be taught the importance of sportsmanship, dedication, teamwork, participation, and competition. The sponsors and coaches will guide each student to strive to obtain the best education possible and to pursue the academic goals desired as well as give instruction to participate in the activity or sport the student chooses and to do so to the best of their ability.

ALL RELATED AFFILIATIONS

Odessa R-7 is a member of the Missouri State High School Activities Association (MSHSAA) and a cooperating member of the Missouri River Valley Conference (East/West) and as a member is committed to adhere to the rules and regulations of the MSHSAA.

Presently, there are 12 member schools which are as follows: WEST- Excelsior Springs, Grain Valley, Harrisonville, Oak Grove, Odessa, and Pleasant Hill. EAST- Carrollton, Higginsville, Holden, Knob Noster, Lexington, and Richmond.

PARTICIPANT RESPONSIBILITIES

We believe that school activities only enhance your ability to be as successful a student as you can be. We encourage you to commit yourself to being the best you can be both in and out of the classroom. If the value of school 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 of a quality manner. You have an obligation to create a favorable image and gain the respect of your teammates, the R-7 student body, and the Odessa community.

You are 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 and the Odessa R-7 School District.
- Learn the spirit of hard work and sacrifice.
- Learn to maintain 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 and athletic programs.

NON-DISCRIMINATION STATEMENT

The Odessa R-VII School District is an equal opportunity employer and does not discriminate on the basis of race, color, creed, age, sex, national origin, marital or veteran status or the presence of a non-job related medical condition or disability.

Any person having inquiries concerning Odessa R-VII School District compliance with the regulations implementing Title VI, Title IX, and Section 504 is directed to contact the following persons who have been designated to coordinate efforts to comply with these regulations:

(Title VI & Title IX Contact - Peter Rorvig, Assistant Superintendent and Section 504 Contact - Sandy Smith, Director of Special Education)

PARTICIPATION GUIDELINES FOR ACTIVITIES AND ATHLETICS

1. Select the activity or sport in which the student wishes to participate.
2. If a student quits one sport, they will not be allowed to go out for a different sport during the same season unless the coach of the sport dropped gives their permission and the coach of the new sport accepts the student.
3. All students will be transported to and from respective activities via school transportation unless a waiver is signed by the student's parent or guardian.
STUDENTS ARE NOT ALLOWED TO RIDE HOME WITH OTHER STUDENTS.
4. If it is necessary to be absent from practice, the student is expected to obtain permission from the head coach prior to the scheduled practice.
5. All disciplinary action must be satisfied before eligible to participate in extra-curricular or co-curricular activities, or athletics.
6. Classroom obligations and rules come first. After-school detention will be served as scheduled. Practices or contests will not be a valid reason for not serving after-school detentions.
7. Students must be in attendance a minimum of half of the school day to participate in any activity scheduled for the day. Exceptions are granted with prior administrative approval only. Absences must be excused.
8. In the event of truancy or suspension of a student takes place, the student will not be eligible for participation until he/she has fulfilled the disciplinary requirements established by the administration.
9. The possession or use of alcohol, tobacco, or non-prescriptive drugs is known to be detrimental to the individual as well as the team he/she represents; therefore, disciplinary action will be taken.
10. **ATTENDANCE-** In order to participate in any activity, a student must attend at least one half (4 classes, not including BEST) of his or her classes on the day of participation; or half day (4 classes, not including BEST) prior to the activity if the event is an all school day or Saturday event. Any student that has been suspended from school may not attend or participate in any school function while under suspension.

With regard to athletics-all athletes will maintain a 90% attendance rate to be eligible for participation in sports. This includes attendance prior to, during, and following the sport(s) of their choice to maintain current eligibility during the current school year. When an athlete's attendance falls below 90%, the activity director/principal will recommend the athlete be placed on probation and monitored for ineligibility and/or suspension from the sport.

With regard to activities – ineligibility for participation due to less than 90% attendance shall not apply to activities where a course grade is based upon participation.

PRACTICE SESSIONS

1. Participation in activities is a choice and a privilege. Practices will maximize your skills as well as create a proper team environment.
2. All practice sessions are required except those excused by the head coach or teacher sponsor of the activity.
3. If school is dismissed or not in session due to weather conditions, a voluntary practice may be called by the head coach or teacher sponsor. Must have consent of the Activity Director.
4. Consequences for unexcused absences shall be at the discretion of the head coach and will be given in writing at the beginning of the season
5. TARDIES: Practice times are indicated by a practice schedule, with the participant being prepared to participate at the specified time. After-school detentions are to be served when assigned, and the student will be counted tardy on those days. Consequences for being tardy to practice shall be at the discretion of the head coach.

ATTITUDE

A student whose attitude is damaging to themselves and the team will be dealt with in the following manner.

- a. The head coach or teacher sponsor will inform and counsel the student.
 - If the attitude warrants a possible suspension, the head coach or sponsor is required to talk with the parents of the student.
- b. If the condition does not improve, the coaching staff of the sport or teacher sponsor of the activity will have the right to suspend the student from practice and participation in the sport or activity.
- c. If after the suspension the student's attitude remains harmful to the team, they may be suspended for the remainder of that season.

CITIZENSHIP EXPECTATIONS

Students who represent a school in interscholastic activities must be creditable citizens. Those students whose character or conduct is such as to reflect discredit upon themselves or their school are not considered "creditable citizens." Conduct shall be satisfactory in accord with the standards of good discipline (MSHSAA By-Law 2.2.2, Citizenship Requirements).

Creditable citizens are:

1. Students who adhere to the R-7 chemical use and possession policy (see page 14).
2. Students who are in good standing with the judicial and/or legal system.
3. Students who are not under school suspension as a result of disciplinary consequences.

Each individual school has the authority to set more restrictive citizenship standards and shall have the authority to judge its students under those standards (MSHSAA By-law 2.2.2, Citizenship Requirements).

CITIZENSHIP REQUIREMENTS

Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper school authority certifying a list of students for competition. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditable citizens." Conduct shall be satisfactory in accordance with the standards of good discipline.

- 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 individual school has the authority to set more restrictive citizenship standards and shall have the authority and responsibility to judge its students under those standards.
 7. **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 Board of Directors.

ODESSA SCHOOL DISCIPLINE

OUT OF SCHOOL SUSPENSION (OSS) AND IN SCHOOL SUSPENSION (ISS)

Any student who is suspended out of school (OSS) will NOT be eligible for extra-curricular or co-curricular activities or sports beginning with the day that they begin their OSS and ending on the day following completion of their OSS term or assignment. This will result in no practice or games, and if a game does not fall during that OSS term, they are to be held out of the next scheduled game. A student disciplined by the administration may not participate in a contest during the time of their suspension.

Any student who is assigned for in-school suspension (ISS) will not be eligible for extra-curricular or co-curricular activities or sports beginning with the day that they begin their ISS and ending on the day following completion of their ISS term or assignment. The athlete must practice during their ISS term, but will not be allowed to participate in contests. If a game does not fall during the ISS term, the student will be held out of the next possible contest in which the participant plays.

STUDENT ACCOUNTABILITY FOR EQUIPMENT

CARE OF EQUIPMENT

In order to give the student a sense of responsibility and appreciation for their equipment, each student will be held accountable for the abuse or loss of it. The student in whose name it was issued must pay for any equipment lost or stolen.

Following these guidelines, hopefully, will reduce the chances for lost or stolen equipment:

1. Students should not exchange or loan any of the equipment checked out to them. If an exchange with another student is warranted, it must be changed on the checkout sheet by having the coach/teacher make the adjustment.
2. Keep lockers closed and locked at all times.
3. Any loss of equipment should be reported immediately to the head coach or teacher sponsor.
4. Any protective equipment that does not fit properly or that has any defective parts should be reported to the coach or teacher sponsor immediately.
5. NO equipment may be checked out to a student in any activity if the student has any outstanding fees, fines, or obligations.
6. **ALL STUDENTS MUST HAVE ALL EQUIPMENT CHECKED IN PRIOR TO BEGINNING PRACTICE FOR THE NEXT SEASON'S ACTIVITY.**

LOCKER ROOMS

The Varsity locker rooms (Girls and Boys) will be open before and after school, but will be closed and inaccessible during school hours. Students should plan accordingly.

Boys and girls PE and the multipurpose locker room will be open for classes.

SPORTSMANSHIP

As a student representing Odessa R-7, it is a student's responsibility to exhibit good sportsmanship at all times. The moment a school uniform is put on, the participant becomes a representative of the student body, the school, and the community. Each participant will derive the ingredients of good sportsmanship through the instruction, coaching, and by example of the coaching staff and teachers. Students should exhibit what they learn. A very important lesson learned through athletics and contests is that by hard work and education, students improve. If each student is willing to recognize the ability he/she possesses, along with hard work, his/her success can be achieved in athletics and many activities.

A good attitude is one of the principle requisites in becoming a champion in any sport or activity. Attitude is best defined by how a person thinks, feels, and acts. The desire to excel, to win, and to accept defeats gracefully are all positive points and attributes of a winning philosophy.

A winning philosophy is important, but students must also realize the importance of how the game or activity is played, as well as viewed. Simple acts or gestures of respect such as: displaying good conduct, cooperating with officials, shaking hands with an opponent before and after the game, showing self-control at all times, accepting decisions and abiding by them, accepting both victory and defeat with pride and compassion, and never being boastful or bitter, will aid each student and their team in exhibiting the standards of good sportsmanship expected of students at Odessa R-7.

There are, and will be, disappointments in athletics and activities. It is how a student reacts to these disappointments that will measure what values have been learned at the activity, on the athletic fields, courts, and mats during his/her school years.

Interscholastic Behavior Guidelines

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

1. Maintain pride for self and school.
2. Strive to keep high standards of conduct.
3. Refrain from using profanity or implied profanity.
4. Not engage in disrespectful chants, including personal remarks directed at players and officials.
5. Not single out players by number or name.
6. Not display disrespectful behaviors to other fans, players, or cheerleaders.
7. CHEER FOR YOUR OWN TEAM AND YOUR OWN KIDS—NOT AGAINST THE OTHER TEAM OR OFFICIALS!
8. Be a creditable citizen at all times.
9. Abide by the Odessa R-7 Board Policy by only using tobacco products in assigned areas.

If sportsmanship is not followed, the following steps will be taken as recommended by MSHSAA Board Policy (43, p. 110):

1. **PLAYERS**—When a player is assessed a penalty by a game official for unsportsmanlike conduct, the coach should remove the player from the game. If there are extenuating circumstances making the athlete's conduct more serious, the penalty imposed by the school shall be more severe.
2. **STUDENT/FANS**—Action regarding the misconduct of a student or fan shall range from a warning to being required to appear before the board of education to show reason why that person should not be prohibited from attending future games. Violent acts shall result in charges being brought against the individual or information being provided to the prosecuting attorney, who may bring charges under Missouri law.
3. Action regarding all other acts of poor sportsmanship or misconduct should be appropriate to the offense committed.

ODESSA R-7 POLICIES

ACTIVITY CONFLICT PRIORITY LIST

In an effort to allow our students the opportunity to make the most of their high school experience, we encourage them to participate in multiple activities. 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, administrative priority will follow this order of precedence.

1. National events
2. State events
3. District events
4. Conference events
5. Interscholastic events
6. School performances
7. Required practices (dress rehearsal)
8. Regular practices

Proper communication between the student, parent, and coach or sponsor will help to alleviate any conflicts that may arise.

Excused absences even for school activities may still require conditioning to make up for the natural conditioning associated in a practice session.

STUDENT HAZING

Student hazing is expressly prohibited by Board of Education policy. For purposes of this policy, hazing is defined as willful conduct directed at another student, whether occurring on or off school property, for purposes of initiation or admission to any school-related activity or athletic team. Conduct prohibited by this policy includes but is not limited to exposure or contact of genitals, buttocks, or breasts (female students), directly or indirectly through contact with undergarments, threats of physical harm, infliction of physical or mental harm or humiliation.

Students found to have violated this policy will be subject to suspension/expulsion from school and suspension and exclusion from activities/athletic participation depending on the severity of the misconduct. Non-students who participate or enable the hazing of students may be excluded from attendance at school activities and school athletic events.

CHEMICAL USE/POSSESSION POLICY

Philosophy

The Odessa R-7 School District recognizes that the use and/or possession of tobacco, mood-altering chemicals and performance-enhancing chemicals as a significant health problem for adolescents, resulting in negative effects on behavior, learning, and the total development of each individual. The possession or use of tobacco, performance-enhancing chemicals and of mood-altering chemicals, such as alcohol, drugs, marijuana, etc., by adolescents affects extra-curricular participation and the development of related skills.

Statement of Purpose

1. To recognize and elevate the physical and emotional potential of students in a positive manner, and encourage the growth of these students in an atmosphere of responsible citizenship.
2. To emphasize the school's concern for maintaining and improving the health and safety of students while participating in activities.
3. To promote his/her awareness of the long-term physical and emotional effects of chemical use on health.
4. To promote equity and sense of order and discipline among students.
5. To confirm and support existing state laws that restricts the use of chemicals.
6. To establish and promote high standards of conduct for those students who are leaders and standard-bearers among their peers.
7. To assist students who desire to resist peer pressure that directs them toward the use of chemicals.
8. To provide prevention guidelines for chemical abuse in the activity programs for students and staff advisors of R-7 School District.

Objectives

To establish a prevention program that includes penalty guidelines, as well as, assurance that fair treatment is received for the action. The three major components of fair treatment are:

1. Certainty — enforcement of consequences will follow the violation.
2. Severity — fair penalty for the act.
3. Promptness — promptness of the process; must be immediate.

CONSEQUENCES FOR CHEMICAL ABUSE

*Regardless of quantity, a student shall not use or possess tobacco; have in possession or use a beverage containing alcohol; use or consume, have in possession, buy, sell, or give away **illegal drugs or chemicals**, or any substance defined by law as a drug specifically prescribed for the student's own use by his/her doctor; or use or be in possession of drug paraphernalia. The use of prescribed or non-prescribed performance-enhancing products is strictly prohibited by the Odessa R-7 School District.*

The use of each type of chemical can adversely affect the student on a short- or long-term basis. Chemical substances are defined as tobacco, alcohol, performance-enhancing, mood-altering chemicals, and drug paraphernalia.

The following are minimum guidelines that shall be applied for the violation of the chemical abuse rules. Each coach/sponsor shall have the option of assigning additional penalties for any violation.

First Violation Penalty: Following confirmation of the violation, the student loses eligibility to participate in the next match/contest(s) that occur in a consecutive, chronological sequence. The student/athlete shall be ineligible for interscholastic competition and may not participate for a minimum of 30% of his/her competitive season. The matches/contests cannot be selected. The student must meet all other team obligations as defined by the coach/advisor of that activity.

Second Violation Penalty: The student loses eligibility to participate in one complete semester (90 days) beginning with the date of the violation. Also, it is the student's responsibility to obtain services from a licensed counseling or rehabilitation service for 10 hours of tobacco/drug/alcohol counseling. Written documentation from the service provider must be given to the building Athletic/Activities Director before the student can participate in activities.

Third Violation Penalty: The student shall be ineligible for 365 days, beginning with the date of the violation.

Violations occurring at the end of the season or off-season.

The loss of eligibility carries over to the next season in which the student/athlete participates. For example: If a student commits a violation during the last contest of the season, he/she loses eligibility (as per the consequence of the category involved) in the next season of participation. The 30% formula will be reworked per the next season of participation.

Self Report Honesty Provision

In order to encourage students to come forward for help when needed and to encourage students to be honest and truthful citizens, we have added a “one-time” opportunity Honesty Provision. In regards to chemical substances, a student who self reports a violation to their coach or sponsor or school authority on their own volition prior to school knowledge, may have consequences reduced in half.

Commitment Form

The Odessa R-7 District Activity Commitment Form must be completed and turned in prior to the start of the student-athletes respected season. Parents and participants should read completely the policies and information in the activity/athletic handbook.

Parents and students must both sign off on the commitment form. The signed form is a contractual understanding between students/parents/coaches/sponsors of the following requirements for participation.

1. MSHSAA physical and personal medical insurance is provided.
2. Participation in athletics and activities is voluntary and a privilege.
3. The handbook has been read, discussed, and questions answered in regard to the document.
4. Participants will follow the school district policies and comply with the requirements listed in the handbook.
5. Parents will support the high school in its efforts to promote good citizenship and the requirements listed in the handbook.
6. The commitment form must be completed for each school year. Only one commitment form needs to be on file per student.
7. Summer participation is encouraged, but voluntary.

DUE PROCESS FOR ATHLETES/ACTIVITIES

1. The student, along with their parents and/or guardians, will be informed that they have been accused of violating the *TOBACCO PRODUCTS, ALCOHOL, ILLEGAL DRUG or LOSS OF SCHOOL TIME* portion of the Code of Conduct.
2. A hearing before a panel of five (5) persons will be scheduled for the next school day. The panel will consist of the principal, activity director, a teacher, an assistant coach, and the head coach, or sponsor of the sport/activity in season. The principal or the activity director will select the panel.
3. The student and the parents will be informed of the accusations. Any eyewitnesses will be asked for information regarding the accusation.
4. The panel will determine the guilt or innocence based on the information given at the hearing. The minutes of the Due Process will be held in closed records.

PROTECT YOUR ELIGIBILITY

In order to be eligible for the athletic program at Odessa R-7, a student must meet the eligibility requirements of the Missouri State High School Activities Association, as well as those of Odessa R-7. Students should always check with the coach or the activity director when they have any questions concerning eligibility. Here are some basic guidelines.

1. A student shall not have reached the age of 19 prior to July 1
2. A student must be a good school citizen and judged so by the administration.
3. Students in the 9th-12th grades will need to pass 3.0 units of credit or 80% of the maximum-allowable credits which may be earned, whichever is greater, to maintain eligibility for the next semester.
4. A student may not receive coaching instructions from anyone other than the coaching staff employed by the Odessa R-7 School District in the sport in which they participate during the duration of that season. Parental help is legal and acceptable.
5. A student must not be in attendance at any high school for more than eight consecutive semesters.
6. A student shall enter school within 11 days of the beginning of the semester.
7. A student must turn in a completed physical examination form, which includes medical clearance, parental permission, proof of insurance, and concussion clearance signature before they will be allowed to participate in the first day of practice.
8. A student must turn in the commitment form which accompanies the handbook, signed by the student and his/her parent or guardian.
9. A student must not have received cash, merchandise, and/or gift certificates for participating in an athletic contest. Awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc., for participating in a school athletic program are permissible. However, these awards may be received only from the student's school, from a school hosting an event, or from the MSHSAA.
10. A student may not participate in any organized, non-school athletic competition, and a school team in the same sport during the same season.
11. Summer school courses may count toward maintaining academic eligibility provided the following requirements are met.
 - a. Credit earned for the summer school course is placed on the student's school transcript
 - b. The course(es) must be a core course and must be a requirement toward meeting graduation/promotion requirements (math, science, language arts, practical arts, etc).
 - c. No electives may be counted toward this requirement
 - d. Correspondence courses may not count as summer school credit
 - e. No more than one credit earned in summer school shall count toward maintaining academic eligibility
12. MSHSAA Protect your eligibility handout: See Appendix 4

ANY QUESTIONS CONCERNING ELIGIBILITY THAT HAVE NOT BEEN ANSWERED HERE SHOULD BE DIRECTED TO THE COACH, ACTIVITY DIRECTOR OR PRINCIPAL.

PHYSICAL EXAMINATIONS AND INSURANCE REQUIREMENTS

Athletic By-Law 1.7 (a) in the MSHSAA Handbook states: The school shall require each student participating in athletics to provide a physician's certificate stating that they are physically able to participate in athletic contests of their school. The medical certificate is valid for the purpose of this rule if issued after the close of the previous school year. **Any physical received after February 1st will be good for the remainder of that school year and all of the following school year.**

This certificate must be on file in the coach and activity director's office before the student will be allowed to practice with any of Odessa R-7's athletic teams.

Athletic By-Law 1.7 (b) in the MSHSAA Handbook states: A student shall not be permitted to practice or compete for a school until it has verification that they have basic athletic insurance coverage.

MAKE SURE THAT ALL REQUIRED SIGNATURES HAVE BEEN OBTAINED TO AVOID DELAY IN YOUR ATHLETIC PARTICIPATION

ATHLETIC INJURIES

Athletic injuries will occur no matter how much effort is made to prevent them. For that reason, the following must be observed:

1. Participants must have insurance that will cover injuries sustained through athletic participation.
2. All injuries must be reported to the head coach immediately.
3. Incident forms must be filled out and turned into the office immediately.
4. In case of emergencies, the student will be taken to the nearest hospital or doctor unless parents indicate otherwise.
5. Participants shall notify the coach of any special medical problems.
6. If an injury is discovered after the student has gone home, they shall notify the coach immediately

MEDICAL RELEASE AND ATHLETIC PARTICIPATION

1. If an athlete's injury requires the attention of a physician or emergency room personnel, Odessa R-7 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.
2. 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.
3. With the high cost of medical care 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.**

PARENT INFORMATION

RELATIONSHIP EXPECTATIONS

Student/Coach/Sponsor relationship

The student/coach/sponsor relationship is the most important relationship of all due to the significant amount of time spent working together to obtain the goals of the student. Coaches and Sponsors are expected to guide and influence students to achieve the highest success for the student in their particular activity. Each student has their own unique personalities, as do the coaches and sponsors. We expect our coaches/sponsors to reach the student in the best way possible. To further the overall development of the student, they are encouraged to communicate with their coach/sponsor if an issue arises throughout the season.

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 the 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 student's 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 understanding and appreciation of all aspects of the sport/activity and the expectations placed on your student.

Communications That Coaches/Sponsors Expect from parents:

1. Concerns should be expressed directly to the head coach/sponsor.
2. Notification of any schedule conflicts should be shared well in advance.
3. An appointment should be scheduled to discuss any specific concern in regard to a coach's/sponsor's philosophy and/or expectations if there is ever a question. Parents and coaches should help their students learn that success is achieved in the development of a skill and should make student-athletes feel good about themselves, regardless of the outcome of any contest. As your students become involved in the programs in Odessa, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your students wish. If you, as a parent, have a concern, encourage your student to speak with the coach. If that doesn't satisfy your concern, then take time to talk with coaches in an appropriate manner, including proper time and place, being sure to follow the proper chain of command (page 21).

Communications You Should Expect From Your Student's Coach/Sponsor:

1. Philosophy of the coach/sponsor.
2. Expectations the coach/sponsor has for your student as well as for all the students involved in the activity.
3. Location and times of all practices and contests.
4. Team requirements (fees, special equipment, offseason conditioning).
5. Procedure should your student be injured during participation.
6. Discipline that results in the denial of your student's participation.
7. Requirements to earn a school letter for that activity.

Appropriate Concerns to Discuss With Coaches/Sponsors:

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

Sometimes it is very difficult to accept your student not playing as much as you may hope. Coaches/Sponsors 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/sponsor. Other things, such as those listed next, must be left to the discretion of the coach/sponsor.

Issues Not Appropriate to Discuss with Coaches/Sponsors:

1. Playing time
2. Team Strategy
3. Play calling
4. Other Student-athletes/participants

There are situations that may require a conference between the coach/sponsor, student and parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. Everyone involved is expected to be respectful, to recognize and show appreciation for the other's role, and to reinforce the school's policies and procedures as outlined in this handbook. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

PROCEDURE FOR CONFLICT RESOLUTION

1. The student must have brought the issue up with the coach prior to a parent meeting with the coach. To help with the comfort of the student, they may ask a teammate to accompany them in the meeting with the coach.
2. The Parent should call to set up a meeting with the coach. The coach has the right to invite an assistant coach in this meeting. Additionally, the student must be present in the meeting.
 - a. Please do not attempt to confront a coach/sponsor before, during, or after a contest or practice. These can be emotional times for both the parent and the coach/sponsor. Meetings of this nature usually do not promote resolution.

WHAT TO DO IF THE MEETING DOES NOT PROVIDE A SATISFACTORY RESOLUTION

1. Call to set up a meeting with the Athletic Director, Coach, Assistant Coach, Parent, and Student.
2. At this meeting, the appropriate next step can be determined. This may include additional administration if necessary.

COMPETITIVE PROGRAM SELECTION

1. Coaches/sponsors are hired by the school district to be responsible for establishing criteria for selection with input from their staff. This may be a highly subjective process. Selection and decisions regarding game/performance situations are the sole responsibility of this staff.
2. At times, there are limited opportunities for students due to the competitive nature of high school athletics/activities. While this is not our desire, it is a reality. It is extremely difficult for coaches/sponsors to tell young people they will not be placed on the team/performance group for which they want to participate, or that they have not made any team/performance group at all. All students, regardless of their grade in school, should understand that these are real possibilities.
3. If selected, a student should be prepared to accept placement at any level and complete the season in good standing. Parents should also prepare themselves for this and accept the coach's/sponsor's decisions.
4. Coaches/sponsors are expected to assemble the most competitive team possible, by selecting individuals, filling positions according to need and appropriately placing students on the proper team/performance group, then defining each individual's role, based on certain criteria, including but not limited to, citizenship, sport/activity specific ability, sport/activity specific skills, ability to work together, and willingness to learn.
5. All students have an equal opportunity to make a varsity team/performance group. Seniors must be willing to accept and fulfill a role the team/performance group needs. Being a senior does not give the student the right to be on a team/performance group.
6. There are many non-school teams/performance groups sponsored by different organizations through which students can gain valuable experiences by participating on these teams/performance groups. However, it is very important that students and parents understand that participation on a non-school team/performance group does not guarantee any player a place on the high school team/performance group.
7. The main goal of any level of competitive athletics/activities is to put the most talented members of any team/performance group in competition to win the contests. Starting positions and playing time are not guaranteed to anyone. Each member of a team/performance group is valuable to the team's/performance group's overall progress. Some members may play a great deal of the time in a contest while others may not play what a parent would consider "significant playing time." Regardless of time spent in actual competition, simply by being part of a team/performance group, a student can learn many valuable lessons such as: sportsmanship, working together to meet team/performance group goals, commitment, placing team/performance group above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, and being responsible for one's own actions.

ACTIVITY AND ATHLETIC AWARDS

Students must meet and abide by MSHSAA rules and regulations for eligibility and standards established by Odessa High School. The following lettering system was established at the beginning of the 1982-83 school year.

Varsity Letter Requirements:

To earn a varsity letter, the student must participate in a game/match for the set amount of time determined by the head coach. This requirement will be distributed in writing to each participant prior to the start of the season. The head coach may award a varsity letter to a student who does not meet the requirement of time if the coach feels the student has made a significant impact to the varsity team. The following is how the varsity letter is distributed and displayed.

1. The award for first year participation on a **VARSITY** team shall be an 8 inch red letter O, an emblem of the sport and a bar which signifies one year of participation.
2. A varsity letter winner will receive an 8 inch white letter O if their team wins an MRVC conference championship.
3. Awards for second year participation on a Varsity team, and each year thereafter, shall be a bar. Bars are reserved for the Varsity letter.
4. An athlete who meets the criteria for receiving a Varsity letter in a second or third sport shall be awarded that sport emblem.
5. A senior athlete who participated as a junior in a particular sport, but did not letter and is in good standing in that sport as a senior, will receive a Varsity letter.
6. Other awards that an athlete may receive team and/or individual, such as All-Conference, All-District, and All-State will be purchased by the athlete (this includes patches).
7. 4-year Varsity letter winners will be recognized by having their name added to an award plaque established by the school and displayed in the athletic trophy case.
8. Medals may be worn on letter jackets, but only athletic insignia and metal bars awarded by Odessa High School may be worn on a school athletic letter.
9. Managers may be awarded letters with the appropriate emblem MGR at the discretion of the coach.

Sub-Varsity Lettering guidelines:

1. The award for participation on a **FRESHMAN** team shall be a 4 inch letter O and the emblem of that sport. Only one 4 inch letter O will be issued. Sport emblems will NOT be awarded for each 9th grade sport in which a freshman athlete earns a freshman letter. NO bars will be awarded or worn on a freshman letter.
2. The award for participation on a **JUNIOR VARSITY** team shall be a 4 inch letter O and the emblem of that sport. Only one 4 inch letter O will be issued. Sports emblems will NOT be awarded for each JV sport in which an athlete earns a JV letter. NO bars will be awarded or worn on a JV letter.
3. An athlete that meets the criteria to letter in more than one level of competition of the same sport will be given only the award of the highest level of competition. For example, an athlete who meets the criteria to letter on the freshman, Junior Varsity, and Varsity levels of one sport will receive only the Varsity letter.

ALL ATHLETES MUST FINISH THE SEASON IN GOOD STANDING IN ORDER TO BE ELIGIBLE FOR A VARSITY, JUNIOR VARSITY, OR FRESHMAN LETTER.

COLLEGE BOUND ATHLETES

The Activity Director and Guidance Office have material published by the MSHSAA, which establishes guidelines that must be adhered to by both the athlete and the colleges involved in recruitment of athletes. All senior athletes should secure this information and adhere to the guidelines to protect eligibility in college athletics.

ACT

All college bound athletes need to take their ACT test by the end of their junior season. This gives them the knowledge of where they fall on the NCAA Clearinghouse sliding scale.

NCAA AND NAIA ELIGIBILITY CENTER

In order to participate in NCAA Division 1, 2, or 3 or NAIA athletics, all students must complete the online eligibility requirements. The athletic director will be happy to help anyone in fulfilling these requirements.

Below are the links to each organizations online eligibility center:

NCAA eligibility center website:

http://eligibilitycenter.org/ECWR2/NCAA_EMS/NCAA.html

NAIA eligibility website:

<http://www.playnaia.org/>

STUDENT SPORTSMANSHIP TEAM

The Student Sportsmanship Team is a group of students who are representatives of various high school activities. This team meets on a regular basis with the activity director. The students on the team give focus, insight, and suggestion as to school issues of sportsmanship, coach/sponsor communication, and activity rules and policies. Students are recommended to the council by coaches and sponsors. The selected students will be required to agree to and sign a separate code of ethics agreement.

Appendix

1. 2015-2016 Odessa R-7 Commitment Form
2. 2015-2016 Physical Form (released 4/7/2011)
 - a. May be found online at:
http://www.mshsaa.org/resources/pdf/Pre-participation%20Physical%20Evaluation_61311.pdf
3. 2015-2016 Concussion Handout (released 4/7/2011)
 - a. May be found online at:
http://www.mshsaa.org/resources/pdf/ConcussionPacketHB300_Final.pdf
4. 2015-2016 MSHSAA Eligibility Handout (released 7/2015)
 - a. May be found online at:
<http://www.mshsaa.org/Activities/Eligibility/EligibilityStandards.aspx>

**ODESSA R-7 ACTIVITY/ATHLETIC
COMMITMENT FORM
(2015-2016)**

PARTICIPANT'S NAME (*PRINT*) _____ SCHOOL YEAR _____

PLEASE LIST ALL ACTIVITIES OR SPORTS on line below:

Prior to participating in any practice or tryout sessions for any interscholastic sport, each athlete must:

- Successfully pass a physical examination by a registered physician or other authorized health care provider, and the copy of such examination must be on file in the office of the building activities director. The physical exam is valid if issued on or after February 1st of the previous school year.
- Return the Activity/Athletic Commitment Form properly signed.
- Provide proof of personal health insurance.
- Have parent and student signature.

As a school's student participating voluntarily in interscholastic athletics and activities. I verify that:

1. I have read this booklet and understand what the Odessa R-7 School District expects from me in regards to sportsmanship, citizenship, scholastics, and staying free from drug/alcohol/tobacco use while enrolled in this school. I understand the consequences for breaking school policy, and I will not do so while an Odessa R-7 School District student participant. I will be responsible for all equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
2. I acknowledge that I have been properly advised, cautioned, and warned by administrative and coaching personnel of the school district that I am exposing myself to the risk of injury, including but not limited to, the risk of sprains, fractures and ligament and/or cartilage damage which could result in temporary or permanent, partial, or complete impairment in the use of my limbs; brain damage; paralysis; or even death. Having been so cautioned and warned, it is still my desire to participate in sports and activities and to do so with full knowledge and understanding of the risk of injury.
3. I, along with my parents, certify that I have read, understand, and will follow all of the school district's policies in the activity/athletic handbook. In order to be eligible for participation, I understand I must comply with all requirements listed.

Odessa R-7 Citizenship Violation Consequences. Non-creditable 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 eligible while under suspension.

Student Signature _____ Date _____

As a parent/guardian of a student participating voluntarily in interscholastic athletics/activities, I have read this handbook, discussed it with my son/daughter, and will support the high school in its efforts to promote good citizenship.

Parent Signature _____ Date _____

****Please note: Coaches or sponsors may have additional policies other than what is listed in the handbook and this information must be provided in writing to each student/athlete and parent.**