

DE SOTO 73 SCHOOL DISTRICT EXTRA-CURRICULAR HANDBOOK

Statement of Philosophy:

Extra-Curricular activities are an integral part of the De Soto 73 School District's overall educational program. Our goal is to provide a wholesome outlet for students who have an interest in athletic/academic competition, music, drama, speech and debate. Extra-curricular activities should enhance and not hinder the academic program. Rather than "win at any cost" philosophy, personal growth, commitment, school spirit, character development, physical training, self-discipline, and positive work ethic are worthwhile outcomes of an extra-curricular program.

The TEAM concept should be the central theme of the athletic program with the personal development of the individual a desired outcome. Within the perimeters of that concept, the team concept should never be sacrificed at the expense of the welfare of individuals. Rather, the development of both should be facilitated in such a way as to benefit all involved.

In addition to complementing the existing academic and activities program, the extra-curricular program should form a bridge between the school and the community it serves. As such, the program should reflect and promote community pride.

All phases of the extracurricular program, grades seven (7) thru twelve (12), should be coordinated by the respective head coach/sponsor of each activity and should embrace the same desirable and basic tenants of the total program set forth in this statement of philosophy.

While room for creativity within individual activity must exist, a central thread of consistency of the basic tenants of the De Soto 73 Philosophy of Activities should form a primary foundation of each activity.

Normal sequential development typically results in a narrowing of participants to those with superior abilities. However, at the lower levels all that choose to participate should be given every opportunity to develop his/her potential. All personnel involved with the program should strive to work within the framework of this philosophical statement and in so doing set the tone of the program and serve as a role model for all participants.

Desired Outcomes of the De Soto 73 Athletic Programs:

- Improvement of school spirit.
- Projection of a positive image to and for the community
- Physical growth and development of participants.
- Development of a TEAM concept for participants.
- Development of self-discipline for participants.
- A coordinated program with a unified purpose for grades seven (7) thru twelve (12) in each sport.
- An opportunity for coaches/sponsors to help youth grow and develop in a positive manner.
- An appreciation for the value of hard work and commitment.
- Respect for authority and the rights of others.
- Development of the value of fair-play and ethical standards.

Affiliations:

The De Soto 73 School District is a member of the Missouri State High School Activities Association (MSHSAA), the Jefferson County Activities Association (JCAA), and the Mississippi Area Football Conference (MAFC). As a member of these associations the De Soto 73 School District is committed to adhere to the rules and regulations of the Associations.

Activities Sponsored by the De Soto # 73 School District:

High School:

Sports:

Fall Season:

Football
Volleyball (Girls)
Tennis (Girls)
Softball
Soccer (Boys)
Cross Country

Winter Season:

Basketball
Wrestling

Spring Season:

Baseball
Golf (Boys)
Tennis (Boys)
Track & Field
Soccer (Girls)

Interscholastic Competition:

Cheerleading
Dance
Academic Team
Vocal Music
Instrumental Music
Bass Fishing
Archery

Junior High:

Sports:

Fall Season:

Football
Volleyball (Girls)
Cross Country

Winter Season:

Basketball
Wrestling

Spring Season:

Track & Field

STUDENT INFORMATION

******NOTICE OF NON-DISCRIMINATION: It is the policy of the De Soto 73 School District that no person shall, on the basis of race, sex, creed, or color be subject to discrimination in any activity of the De Soto 73 School District.***

******Participation in Extra-curricular activities at the De Soto 73 School District is a privilege, not a right. This privilege may be revoked at any time by the coach, athletic director, or school administration for behavior deemed detrimental to the good order of the program.***

I. Expected Behavior of Athletes:

Coaches will explain to the athletes on their respective teams the importance of their responsibilities as Dragons, members of a team, and a representative of their school and community. As a part of their responsibility, athletes representing De Soto should at all times:

- Show good sportsmanship and gentlemanly/lady-like conduct on and off the field of endeavor.
- Obey all training rules.
- Show courtesy to officials, coaches, school officials and opponents.
- Give maximum effort in practice and in all competitive situations.
- Dress in a uniform manner and project an athletic appearance.
- Never miss a practice unless ill or injured and be at the designated practice site on time.
- Develop a team-first attitude.
- Meet all eligibility standards as established by the Missouri State High School Activities Association and the De Soto 73 Board of Education.

II. Guidelines for Participation:

The De Soto 73 School District is a member of the Missouri State High School Activities Association (MSHSAA), which has standards that students must meet in order to participate. In addition, the De Soto 73 Board of Education has local guidelines for eligibility (MSHSAA by-law 219). Students who are unsure of eligibility should always check with the athletic director for a rule interpretation.

- A. Students in athletics, cheerleading, and pompons must have a physical examination by a qualified physician and this form must be kept on file in the office of the athletic director. In order for this physical exam to be valid, it must have been administered on or after February 1st of the previous year, and have been signed by a parent or guardian giving the student permission to participate. **MSHSAA by law 308.0 and 309.0.**
- B. All students who participate in athletics, cheerleading, and pompons must have on file in the office of the athletic director written proof of valid insurance coverage. **BOTH A. and B. MUST BE COMPLETED PRIOR TO PARTICIPATION IN PRACTICE.**
- C. CITIZENSHIP: Students must be creditable school citizens whose conduct, either in or out of school will not reflect discredit to themselves or their school. **MSHSAA by law 212.0**
- D. ACADEMICS: **2.3.2 Grades 9-12 Requirements:** A student in Grades 9-12 must meet the following requirements in order to be academically eligible to participate in interscholastic activities:
 - a) Semester Prior to Participation: The student shall have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which a student can be enrolled in the semester, **whichever is greater**, or a student must have made standard progress for his or her level the preceding semester in a special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.
 - b) Semester of Participation: The student shall currently be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, **whichever is greater**; or a student must be enrolled in a full course at his or her level in a special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.
 - c) 80% Credit Requirement: The calculation of the credit requirement described in a-1 and a-2 above for all enrolled students at the school shall be based on the maximum allowable classes in which a student can be enrolled at the member school during the normal school day due to the academic system that the member school has selected (7-hour day, block schedule, etc.) Credits earned in school-sponsored "extra" classes taken beyond the normal school day may be used toward academic eligibility. Internet classes offered **by** and **at** the member school and which are completed no later than the close of the semester with credit placed on the student's transcript can be counted toward academic eligibility. (See also By-Law 2.3.4 regarding other courses that may be utilized.)
 - d) Entry into 9th Grade: A beginning 9th grade student shall have been promoted from the 8th grade to the 9th grade for first semester eligibility.
 - e) A student must be making satisfactory progress towards graduation as determined by local school policies.

2.3.6 Grades 7 and 8 Requirements: A 7th or 8th grade student must meet the following requirements in order to be academically eligible to participate in interscholastic activities:

- a) Grading Period: A "grading period" is a period no less than six weeks and no greater than nine weeks where progress is determined and is reported to students/parents. A student must have been promoted to a higher grade or a higher level in special education at the close of the previous year.

However, any such student who failed more than one scheduled subject, or failed to make standard progress in special education, shall be ineligible the following grading period regardless of promotion to the higher grade. (However, see also item c below).

- b) Semester of Participation: The student shall be currently enrolled in and regularly attending the normal course for that grade or must have enrolled in a full course at his or her level in any public school special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent chronological age.
- c) Entry into 7th or 9th Grade: This section shall not apply to students promoted for the first time into the 7th or into the 9th grade prior to the first day of classes.

E. NON-TRADITIONAL STUDENT: **By-Law 2.3.2 Grades 9-12 Requirements:** A student in Grades 9-12 must meet the following requirements in order to be academically eligible to participate in interscholastic activities:

a. Semester Prior to Participation: The student shall have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which a student can be enrolled in the semester, whichever is greater, or a student must have made standard progress for his or her level the preceding semester in a special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.

b. Semester of Participation: The student shall currently be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater; or a student must be enrolled in a full course at his or her level in a special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.

c. 80% Credit Requirement: The calculation of the credit requirement described in a-1 and a-2 above for all enrolled students at the school shall be based on the maximum allowable classes in which a student can be enrolled at the member school during the normal school day due to the academic system that the member school has selected (7-hour day, block schedule, etc.) Credits earned in school-sponsored "extra" classes taken beyond the normal school day may be used toward academic eligibility. Internet classes offered by and at the member school and which are completed no later than the close of the semester with credit placed on the student's transcript can be counted toward academic eligibility. (See also By-Law 2.3.4 regarding other courses that may be utilized.)

d. Entry into 9th Grade: A beginning 9th grade student shall have been promoted from the 8th grade to the 9th grade for first semester eligibility.

e. A student must be making satisfactory progress towards graduation as determined by local school policies.

2.3.4 Grades 9-12 Enrollment Options for Academic Eligibility: The following options are available to students in order to meet the requirements of By-Law 2.3.2.a and b above.

a. Traditional Option: A student may meet the requirements outlined in By-Law 2.3.2 through being enrolled and attending classes full-time at the high school.

b. Non-Traditional Option 1 – Transcribed Credits: A student may meet the requirements outlined in By-Law 2.3.2 through meeting ALL of the following:

1. The student is an enrolled student of the high school, but all or some of the courses/credits are not taken at the local high school (virtual, post-secondary, work study, etc.),
2. All credits attempted/earned are placed on the high school transcript,
3. All classes must be completed by the high school's close of the semester, as per By-Law 2.3.11, in order for those classes/credits to be considered toward activity eligibility.

c. Non-Traditional Option 2 (Public Schools Only) – Seat-Time + Non-Transcribed Credits: A student may meet the requirements outlined in By-Law 2.3.2 through meeting ALL of the following:

1. The student is an enrolled student of the public high school of residence, as defined in By-Law 3.10, and is taking a minimum of two credit-bearing, seat-time classes for a minimum of 1.0 units of credit at the high school, and
2. The high school administration confirms after a full academic review that the student is further enrolled in courses taken outside of the school which bring the student up to the academic credit requirements outlined in By-Law 2.3.2 (80%). Each local school will determine its own oversight, standards, and criteria for approval of such outside courses/credits, as well as the procedures to determine success/credit confirmation for academic eligibility for the current and following semester. It is not necessary that such confirmed credits be placed on the high school transcript, but may be listed, at the school's discretion.
3. All classes/assignments must be completed by the high school's close of the semester, as per By-Law 2.3.11, in order for those classes/credits to be considered toward activity eligibility.

d. Transfer of Enrollment based on Changes in Bona-fide Student and Academic Status: Any student whose enrollment status changes from being a non-bona fide student (not meeting By-Law 2.1 and one of the 9-12 Enrollment Options) to being a bona fide student (meeting By-Law 2.1 and one of the 9-12 Enrollment Options) would be considered a transfer student (see By-Law 3.10.4), and ineligible to represent a member school until a transfer of eligibility form is filed and an eligibility ruling is rendered.

- F. TRANSFERRING SCHOOLS: Students *and* parents must move into the district of their new school unless they meet the exceptions listed in MSHSAA rules. **MSHSAA by law 215.0**
- G. PARTICIPATION LIMITS: Students are eligible to participate in any activity for a maximum of four consecutive seasons beginning when he/she enters the ninth grade. **MSHSAA by law 214.0**
- H. AGE LIMIT: If a student reaches nineteen (19) years of age prior to July 1, he/she will be ineligible the next school year. To be eligible for the junior high school competition against teams in a particular grade classification, the student shall not have reached the following ages prior to July 1 preceding the opening of school: Grade Seven (7) age 14 and Grade Eight (8) age 15. If a student does not meet the

age standard for a particular grade classification, that student may compete on a team of a higher grade classification. **MSHSAA by law 232.0**

- I. ENTERING SCHOOL: Students must enter school within the first eleven (11) days of the semester in order to be eligible. **MSHSAA by law 215.0**

J. **MSHSAA By-Law 3.6 AMATEUR AND AWARD REQUIREMENTS:**

3.6.1 Amateur Status: A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, social and pleasure benefits derived there from.

a. An athlete forfeits amateur status in a sport by:

1. Competing for or accepting money or other monetary compensation (it is permissible for a student to accept necessary meals, lodging and transportation in connection with playing a contest);
2. Receiving any award or prize of monetary value which exceeds the amount that has been approved. (*See By-Law 3.6.2 below*);
3. Capitalizing on athletic fame by receiving money, gifts of monetary value, or merchandise;
4. Signing a professional playing contract in that sport.

3.6.2 Awards: A student may accept an award for participation in an athletic contest, or for athletic honors or recognition of athletic achievements in the interscholastic program. Awards presented to students shall meet the following criteria:

- a. A student may receive the following symbolic awards: unattached school letters or emblems, medals, ribbons, trophies, certificates, etc.
- b. A student shall not have accepted or competed for the following types of awards: services, cash or gift certificates.
- c. A student may receive an **award of merchandise items (one or more) which together do not exceed a total value of \$250.00. The total value of all items shall be calculated using the manufacturer's suggested retail price for each item.**

- K. NON-SCHOOL COMPETITION: Students may not participate for or participate with a non-school team or in any organized non-school athletic competition in the same sport during the same season. **For example, a student may not play on an AAU basketball team during the school basketball season. A track participant may not enter road races or be on a club team at the same time. A baseball player cannot play or practice on a Summer League team during the same season.** Students may participate on a school team and a non-school team in different sports during the same season. Students may not practice with or participate for a non-school team or organized non-school athletic competition on the same day as they practice or participate for the school team without approval of their school administrator. **MSHSAA by law 235.0**

- L. DISCIPLINE CODE: The De Soto 73 School District Discipline Code applies to all activities and participants. Violations of the discipline code may result in suspension from game participation or removal from the team. In particular:
- a. ABSENCES: A student must be in attendance for all seven periods of the school day to be eligible to participate in or attend an activity that night, unless the absence is prearranged with

the principal or athletic director. A student will be allowed **one absence per their high school career** in order to take their Missouri Drivers' License exam.

- b. SCHOOL PROPERTY: Any student/athlete who owes a fine or has been assessed damages will not be allowed to play, practice, or attend any extracurricular activity until the fine or assessed damages are paid. Also, all students must turn in their uniforms(s)/equipment from the prior season to be eligible to participate in upcoming sport/activity.
- c. TRANSPORTATION: If the school provides transportation, the student must ride that school transportation to and from all school sponsored activities. Exceptions will only be made where the parent or guardian contacts the coach/sponsor to make the arrangements. Students are expected to be on their best behavior while representing the district. This includes riding the bus.
- d. SUSPENSION: If a student is suspended from school, the student will not be eligible to participate until he/she has fulfilled the disciplinary requirements established by the administration. In addition the student will miss the next official contest or meet in which he/she would be involved. Each DAATS or Saturday School assignment totaling two days or more in a season will result in the athlete missing one contest. Suspension is grounds for dismissal from the team. Coaches will be notified of all suspension.
- e. ANY BEHAVIOR NOT LISTED ABOVE BUT LISTED IN THE DE SOTO 73 STUDENT HANDBOOK: These incidents will be handled on an individual basis and the coach, athletic director/assistant principal, and/or principal will make determinations as to the consequences.

M. CITIZENSHIP GUIDELINES FOR ACTIVITIES AT DE SOTO 73: It is understood that citizenship eligibility cases are handled on an individual basis at the school level by the coach/sponsor, athletic director and/or principal. However, minimum system wide guidelines will assist in the handling of certain cases.

MSHSAA By-Law 2.2.5 states: 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.

STUDENTS UNDER ARREST: If a student is arrested for a misdemeanor (shoplifting, vandalism, DWI, etc.) or for a felony (assault, robbery, etc.) the student will ***not*** be allowed to represent the school in interscholastic activities until the legal outcome of the case had been determined and any penalty or special condition of probation has been satisfied. If law enforcement authorities determine that charges will not be filled, eligibility will be contingent upon school policies. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others.

1. POSSESSION OF ALCOHOL, TOBACCO, NON-PRESCRIBED DRUGS, AND/OR DRUG PARAPHERNALIA: Students shall not use/possess or distribute alcoholic beverages, non-prescribed drugs, drug paraphernalia, or tobacco. The use of these will be dealt with on an individual basis depending on the severity of the incident and consistent with the MSHSAA guidelines with the consequences ranging from suspension to termination of privileges. The following actions by a student will result in automatic dismissal from the team for the remainder of the sports season, when reported by certificated school employees or law enforcement authorities during the season. In addition, the student must sit out the first one fourth of the contests for the next season in which he/she participates. This penalty also applies to any student in violation of the following during off-season sports. A second violation will deem the

student ineligible for a period of one year (365 days). That penalty may be reduced to 180 days if the student voluntarily completes a qualified recovery program, and agrees to random drug testing for the remainder of his/her high school athletic eligibility.

- A. Use of or personal possession of alcohol.
- B. Theft at school where school discipline is administered. If theft occurs away from school and charges are brought forth, the student will be suspended from games until eligible by MSHSAA guidelines.
- C. Selling, use of, or possession of a controlled substance will result in the loss of eligibility for 365 days. Voluntary completion of a qualified recovery program would reduce the penalty to 180 days.
- D. Vandalism of school property.

All violations above are enforced accumulative throughout an athlete's high school career.

Use of or possession of **TOBACCO** products including but not limited to cigarettes, e-cigarettes, cigars, chewing tobacco, snuff, lighters, matches, etc.:

- 1st Offense:** Loss of eligibility for 10% of all contests.
- 2nd Offense:** Loss of eligibility for the remainder of that season.
- 3rd Offense:** Loss of eligibility for 365 days.

Out of Season:

- 1st Offense:** Loss of eligibility for one contest.
- 2nd Offense:** Loss of eligibility for full season. The full season penalty will be in the next sport in which the athlete previously participated.

All student athletes begin their high school eligibility with no offenses and no initial grade requirements until the completion of their first semester.

*****Any athlete who is under suspension when his/her season is completed is not eligible for post-season recognition or a team letter.**

2. **STUDENTS WHO ENGAGE IN UNSPORTSMANLIKE ACTS:** Discipline for such acts resulting in a flagrant foul, technical foul, unsportsmanlike conduct penalty, etc. will be left to the discretion of the coach but could cause the student-athlete to be restricted from representing the school for **at least** the next contest. Please note that if any player receives a special report related to profanity or unsportsmanlike conduct toward a player or official, or is ejected our school requires that at a minimum the player not play in the next contest.
3. **STUDENTS GUARANTEED DUE PROCESS:** The student will have the opportunity to express his/her side of any incident in which he/she may be involved. If the student is dissatisfied with any decision, he/she has the right to appeal through the following channels.
 - a.) Athletic Director
 - b.) Principal
 - c.) Superintendent
 - d.) Board of Education

M. ATHLETES WHO QUIT A TEAM: Any athlete who quits a team after the first scheduled contest will not be allowed to join another team until the season for the team he/she quit has been completed.

Athletes who are cut from a team may join another team prior to the end of the season of the team from which he/she was cut if the coach of the new team approves. *Coaches are discouraged from allowing a player who has quit a team to be reinstated, although such situations should be handled on an individual basis.*

N. SATURDAY/HOLIDAY/WEDNESDAY/SUNDAY PRACTICE:

1. SUNDAY: Varsity teams may have a voluntary practice after 1:00 PM on Sundays that precede a District Tournament game or regular tournament game or when the gym is not available on Saturday. The following guidelines must be followed:
 - a.) The principal/athletic director should be notified in advance.
 - b.) Players cannot be required to attend and shall not be penalized if they choose not to attend or have other commitments.
 - c.) Practices shall be held after 1:00 PM.
2. SATURDAY: Saturday practices may be scheduled at the discretion of each coach with the approval of the principal/athletic director. Players cannot be required to attend and shall not be penalized if they choose not to attend or have other commitments.
3. HOLIDAYS: Holiday practices are permissible but coaches will use judgment in setting and conducting them. Athletes who are out of town with their families should be excused and not penalized. While it is necessary to practice over the holidays, coaches recognize that this is often a time for family trips and other functions.
4. WEDNESDAY: When possible, Wednesdays will be avoided when scheduling competitions. This does not include tournaments or make-up games. Any team practices scheduled for Wednesday will end no later than 6:30 p.m. and gyms, practice fields, weight room, etc. will be closed.

Missing practice without notifying a member of the coaching staff of the respective sport will be considered a serious offense and the penalty shall be determined by the head coach of the respective sport.

- O. ATHLETIC INJURIES:** All injuries to an athlete should be reported to the coach. In case of serious injury, the principal should be notified as quickly as possible. If medical care is called for, the choice of physician should be made by the parent(s)/guardian of the athlete.

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness. If your child or teen reports *one or more* of the symptoms (danger signs) of a concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among

DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
 - Drowsiness or cannot be awakened
 - A headache that gets worse and does not go away
 - Weakness, numbness, or decreased coordination
 - Repeated vomiting or nausea
 - Slurred speech
 - Convulsions or seizures
 - Difficulty recognizing people or places
 - Increasing confusion, restlessness, or agitation
 - Unusual behavior
 - Loss of consciousness (even a brief loss of consciousness should be taken seriously)
-

**WHEN IN DOUBT, SIT
THEM OUT!**

MSHSAA Concussion Return to Play Form

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC website (www.cdc.gov/injury). All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury. **Please initial any recommendations that you select below.**

Athlete's Name: _____

Date of Birth: _____

Date of Injury: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

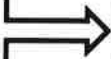
Date of Evaluation: _____ Care Plan Completed By: _____

Return to This Office (Date/Time): _____

Return to School On (Date): _____

RETURN TO SPORTS

PLEASE NOTE:



1. Athletes should not return to practice or play for at least 24 hours after their head injury has occurred.
2. Athletes should never return to play or practice if they still have ANY symptoms.
3. Athletes: Be sure that your coach and/or athletic trainer are aware of your injury and symptoms, and that they have the contact information for the treating physician.

The following are the return to sports recommendations at the present time:

Physical Education: ☐ Do NOT return to PE class at this time.

☐ May return to PE class at this time.

Sports: ☐ Do NOT return to sports practice or competition at this time.

☐ May gradually return to sports practices under the supervision of the healthcare provider for your school or team.

☐ May be advanced back to competition after phone conversation with attending physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist)

☐ Must return to physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist) for final clearance to return to competition.

- OR -

☐ Cleared for full participation in all activities and restrictions. Return of symptoms should result in re-evaluation by physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist) for assessment.

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____ Office Phone: _____

Evaluator's Signature: _____

Evaluator's Address: _____

Return to Play (RTP) Procedures after a Concussion

1. Return to activity and play is a medical decision. The athlete must meet all of the following criteria in order to progress to activity:

Asymptomatic at rest and with exertion (including mental exertion in school) AND have written clearance from their primary care provider or concussion specialist (athlete must be cleared for progression to activity by a physician other than an Emergency Room physician, if diagnosed with a concussion).

2. Once the above criteria are met, the athlete will be progressed back to full activity following the step-wise process detailed below. (This progression must be closely supervised by a Certified Athletic Trainer. If your school does not have an athletic trainer, then the coach must have a very specific plan to follow as directed by the athlete's physician).
3. Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly.

4. Stepwise progression as described below:

Step 1: Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2: Return to school full-time.

Step 3: Light exercise. This step cannot begin until the athlete is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin walking or riding an exercise bike. No weight-lifting.

Step 4: Running in the gym or on the field. No helmet or other equipment.

Step 5: Non-contact training drills in full equipment. Weight-training can begin.

Step 6: Full contact practice or training.

Step 7: Play in game. Must be cleared by physician before returning to play.

- The athlete should spend 1 to 2 days at each step before advancing to the next. If post-concussion symptoms occur at any step, the athlete must stop the activity and the treating physician must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms occurred.

P. LETTERING POLICY: Letters will be awarded to deserving athletes at the Junior High and Varsity levels in sports where teams are fielded at that level of play. Deserving athletes will only be awarded one Junior High letter and one Varsity letter. Bars and Pins will be awarded for multiple sports played at the same level after the first letter is given. Each coach shall determine his/her own criteria for lettering purposes, subject to the approval of the athletic director. The coach will also make the athletes aware of the lettering criteria prior to the start of the season. In each sport, the coach shall determine if an athlete is eligible for a Junior High or Varsity letter.

Q. SCHEDULING CONFLICT RESOLUTION: Many of our student-athletes compete in multiple extra-curricular activities. There may be situations where the seasons coincide or perhaps the two seasons overlap. When this happens the following hierarchy will be used to determine which event the student athlete will compete/perform.

- National Event/Competition
- State Competition
- District/Sub-State Competition
- Conference Event
- Interscholastic Event
- School Performance
- Sub-Varsity Event
- Required Practice/Dress Rehearsal
- Regular Practice

***When two events are of equal weight the student will be allowed to choose which event/performance to participate.

R. As per the approval of MSHSAA Board of Directors the Sunrise R-9 School District and the De Soto School District have entered into a cooperative sponsorship of junior high schools in the sport of 11-man football, cross country and track. De Soto has been identified as the host school and Sunrise as the partnering school. As per the recommendation of MSHSAA Executive Board the administrative details of the cooperative sponsorship will be as followed:

1. **Practice Times** – Established practice times will be communicated by the junior high head coach to all players and parents. The parents will be responsible for the timely pickup of their child after all practices.
2. **Transportation** – It will be the responsibility of the parents of the partnering school district to provide all transportation to and from practices. The drop off point for students will be in the rear of the junior high building. This will avoid conflict with buses at dismissal time. Athletes may enter through the back door of the junior high building to the locker room or report to practice area. Athletes may be picked up at the location of practice or in front of the junior high building at the conclusion of practice.
3. **Student/Athlete Discipline** – Partnering school students will be held to the Discipline Code under Guideline II, Part K of the De Soto School District Extra-Curricular Handbook. It will be the responsibility of the athletic director of the partnering school district to inform the head coach of the host school discipline infractions that occurs with any student participating in athletics at De Soto High School.
4. **Student/Athlete Grading Periods & Eligibility** – The partnering schools' athletic director will be responsible for grading period checks and eligibility status reports to be given to the athletic director and head coach of the host school.
5. **Team Name** – All teams with partnering and host students will be known as the De Soto Dragons.

6. **Extra-Curricular Handbook** – All partnering student/athletes and their parents will be required to attend a parent/coaches meeting prior to the beginning of each season. The student/athlete and parent will be required to sign the De Soto 73 School District Interscholastic Handbook.

Parent/Coach Communication:

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

A. COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH/SPONSOR:

- 1.) Philosophy of the coach.
- 2.) Expectations the coach has for your child as well as all the players on the squad.
- 3.) Locations and times of all practices and contests.
- 4.) Team requirements, i.e., practices, special equipment, out-of-season conditioning.
- 5.) Procedure followed should your child be injured during participation.

B. COMMUNICATION COACHES/SPONSORS EXPECT FROM PARENTS:

- 1.) Concerns expressed directly to the coach.
- 2.) Notification of any schedule conflicts well in advance.
- 3.) Specific concerns with regard to a coach's philosophy and/or expectations.
 ***As your child/children become involved in the interscholastic programs at De Soto 73 School District, 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 child wishes. At these times discussion with the coach/sponsor is encouraged.

C. APPROPRIATE CONCERNS TO DISCUSS WITH COACHES/SPONSORS:

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

It is very important to accept your child's not playing as much as you may hope. Coaches are professionals. Coaches 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 child's coach. Other things must be left to the discretion of the coach.

D. ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

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

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern:

- E. IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH/SPONSOR, THE PROCEDURE YOU SHOULD FOLLOW:
- 1.) Call to set up an appointment.
 - 2.) The De Soto High School phone number is 586-1085 and the Junior High phone number is 586-1030.
 - 3.) If the coach cannot be reached, call the athletic director. A meeting will be set up for you.
 - 4.) **PLEASE DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OF AFTER A GAME OR PRACTICE.** These can be emotional times for both the parent and the coach. Meeting of this nature do not promote resolution.
- F. WHAT TO DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION:
- 1.) Call to set up an appointment with the athletic director to discuss the situation.

Research indicates a student involved in extra-curricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

College Bound Student Athletes:

- A. **Full Qualifier**: A college-bound student-athlete may receive athletics aid (scholarship), practice and compete in the first year of enrollment at the Division I college or university.
- B. **Academic Redshirt**: A college-bound student-athlete may receive athletics aid (scholarship) in the first year of enrollment and may practice in the first regular academic term (semester or quarter) but may NOT compete in the first year of enrollment. After the first term is complete, the college-bound student-athlete must be academically successful at his/her college or university to continue to practice for the rest of the year.
- C. **Non-qualifier**: A college-bound student-athlete cannot receive athletics aid (scholarship), cannot practice and cannot compete in the first year of enrollment.
- D. **NAIA ELIGIBILITY REGULATIONS**: To be eligible to participate at an NAIA college, a freshmen must meet two of the following three entry level requirements:
 - 1.) Score 18 on the ACT or 700 on the SAT, or
 - 2.) Achieve an overall high school G.P.A. of 2.00, or
 - 3.) Graduate in the top half of his/her school graduating class.
- E. **JUNIOR COLLEGE ELIGIBILITY**: Junior Colleges vary widely on their requirements. Contact the school's registrar for specific requirements.
- F. For more information, visit the NCAA Eligibility Center website at www.eligibilitycenter.org.



Eligibility Center

[Click here for
DII Academic
Requirements](#)

DIVISION I ACADEMIC REQUIREMENTS

College-bound student-athletes will need to meet the following academic requirements to practice, receive athletics scholarships, and/or compete during their first year.

Core-Course Requirement

Complete 16 core courses in the following areas:

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math, or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

Full Qualifier

- Complete 16 core courses.
 - Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school.
 - Seven of the 10 core courses must be in English, math or natural/physical science.
- Earn a core-course GPA of at least 2.300.
- Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page).
- Graduate high school.

Academic Redshirt

- Complete 16 core courses.
- Earn a core-course GPA of at least 2.000.
- Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page).
- Graduate high school.

Full Qualifier:

College-bound student-athletes may practice, compete and receive athletics scholarships during their first year of enrollment at an NCAA Division I school.

Academic Redshirt:

College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term, but may NOT compete during their first year of enrollment.

Nonqualifier:

College-bound student-athletes cannot practice, receive athletics scholarships or compete during their first year of enrollment at an NCAA Division I school.

International Students: Please visit ncaa.org/international for information and academic requirements specific to international student-athletes.

Test Scores

When a student registers for the SAT or ACT, he or she can use the NCAA Eligibility Center code of **9999** so his or her scores are sent directly to the NCAA Eligibility Center from the testing agency. Test scores on transcripts will **NOT** be used in his or her academic certification.

A combined SAT score is calculated by adding reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. A student may take the SAT or ACT an unlimited number of times before he or she enrolls full time in college. If a student takes either test more than once, the best subscores from each test are used for the academic certification process.

If you took the SAT in March 2016 or after, and plan to attend an NCAA Division I college or university in the 2018-19 or 2019-20 academic years, use the following charts to understand the core-course GPA you need to meet NCAA Division I requirements.

For more information on the SAT, click [here](#) to visit the College Board's website.

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.550	400	400	37
3.525	410	410	38
3.500	430	420	39
3.475	440	430	40
3.450	460	440	41
3.425	470	450	41
3.400	490	460	42
3.375	500	470	42
3.350	520	480	43
3.325	530	490	44
3.300	550	500	44
3.275	560	510	45
3.250	580	520	46
3.225	590	530	46
3.200	600	540	47
3.175	620	550	47
3.150	630	560	48
3.125	650	570	49
3.100	660	580	49
3.075	680	590	50
3.050	690	600	50
3.025	710	610	51
3.000	720	620	52
2.975	730	630	52
2.950	740	640	53
2.925	750	650	53
2.900	750	660	54
2.875	760	670	55
2.850	770	680	56
2.825	780	690	56
2.800	790	700	57
2.775	800	710	58

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
2.750	810	720	59
2.725	820	730	60
2.700	830	740	61
2.675	840	750	61
2.650	850	760	62
2.625	860	770	63
2.600	860	780	64
2.575	870	790	65
2.550	880	800	66
2.525	890	810	67
2.500	900	820	68
2.475	910	830	69
2.450	920	840	70
2.425	930	850	70
2.400	940	860	71
2.375	950	870	72
2.350	960	880	73
2.325	970	890	74
2.300	980	900	75
2.299	990	910	76
2.275	990	910	76
2.250	1000	920	77
2.225	1010	930	78
2.200	1020	940	79
2.175	1030	950	80
2.150	1040	960	81
2.125	1050	970	82
2.100	1060	980	83
2.075	1070	990	84
2.050	1080	1000	85
2.025	1090	1010	86
2.000	1100	1020	86

ACADEMIC REDSHIRT

*Final concordance research between the new SAT and ACT is ongoing.

2018 DIVISION II NEW ACADEMIC REQUIREMENTS

College-bound student-athletes first enrolling at an NCAA Division II school on or after Aug. 1, 2018, need to meet new academic rules to practice, compete and receive athletics scholarships during their first year.

Core-Course Requirement

Complete 16 core courses in the following areas:

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math, or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

Full Qualifier

- Complete 16 core courses.
- Earn a core-course GPA of at least 2.200.
- Earn the ACT/SAT score matching your core-course GPA on the Division II full qualifier sliding scale (see back page).
- Graduate high school.

Partial Qualifier

- Complete 16 core courses.
- Earn a core-course GPA of at least 2.000.
- Earn the ACT/SAT score matching your core-course GPA on the Division II partial qualifier sliding scale (see back page).
- Graduate high school.

Full Qualifier:

College-bound student-athletes may practice, compete and receive athletics scholarships during their first year of enrollment at an NCAA Division II school.

Partial Qualifier:

College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term, but may NOT compete during their first year of enrollment.

Nonqualifier:

College-bound student-athletes may not practice, compete or receive athletics scholarships during their first year of enrollment at an NCAA Division II school.

Test Scores

If you took the SAT in March 2016 or after, and plan to attend an NCAA Division II college or university in the 2018-19 or 2019-20 academic years, use the following charts to understand the core-course GPA you need to meet NCAA Division II requirements.

A combined SAT score is calculated by adding reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. You may take the SAT or ACT an unlimited number of times before you enroll full time in college. If you take either test more than once, the best subscores from each test are used for the academic certification process.

For more information on the SAT, click [here](#) to visit the College Board's website.

DIVISION II FULL QUALIFIER SLIDING SCALE

USE FOR DIVISION II BEGINNING AUGUST 2018

Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.300 & above	400	400	37
3.275	410	410	38
3.250	430	420	39
3.225	440	430	40
3.200	460	440	41
3.175	470	450	41
3.150	490	460	42
3.125	500	470	42
3.100	520	480	43
3.075	530	490	44
3.050	550	500	44
3.025	560	510	45
3.000	580	520	46
2.975	590	530	46
2.950	600	540	47
2.925	620	550	47
2.900	630	560	48
2.875	650	570	49
2.850	660	580	49
2.825	680	590	50
2.800	690	600	50
2.775	710	610	51
2.750	720	620	52
2.725	730	630	52
2.700	740	640	53
2.675	750	650	53
2.650	750	660	54
2.625	760	670	55
2.600	770	680	56
2.575	780	690	56
2.550	790	700	57
2.525	800	710	58
2.500	810	720	59
2.475	820	730	60
2.450	830	740	61
2.425	840	750	61
2.400	850	760	62
2.375	860	770	63
2.350	860	780	64
2.325	870	790	65
2.300	880	800	66
2.275	890	810	67
2.250	900	820	68
2.225	910	830	69
2.200	920	840 & above	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE

USE FOR DIVISION II BEGINNING AUGUST 2018

Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.050 & above	400	400	37
3.025	410	410	38
3.000	430	420	39
2.975	440	430	40
2.950	460	440	41
2.925	470	450	41
2.900	490	460	42
2.875	500	470	42
2.850	520	480	43
2.825	530	490	44
2.800	550	500	44
2.775	560	510	45
2.750	580	520	46
2.725	590	530	46
2.700	600	540	47
2.675	620	550	47
2.650	630	560	48
2.625	650	570	49
2.600	660	580	49
2.575	680	590	50
2.550	690	600	50
2.525	710	610	51
2.500	720	620	52
2.475	730	630	52
2.450	740	640	53
2.425	750	650	53
2.400	750	660	54
2.375	760	670	55
2.350	770	680	56
2.325	780	690	56
2.300	790	700	57
2.275	800	710	58
2.250	810	720	59
2.225	820	730	60
2.200	830	740	61
2.175	840	750	61
2.150	850	760	62
2.125	860	770	63
2.100	860	780	64
2.075	870	790	65
2.050	880	800	66
2.025	890	810	67
2.000	900	820 & above	68 & above

*Final concordance research between the new SAT and ACT is ongoing.

NCAA is a trademark of the National Collegiate Athletic Association.

DE SOTO 73 SCHOOL DISTRICT CITIZENSHIP GUIDELINES FOR EXTRA-CURRICULAR ACTIVITIES

I acknowledge receipt of, and have studied and understand the De Soto 73 School District Interscholastic Handbook. **We agree to abide by these rules** and those established by the MSHSAA, JCAA, and MAFC Conference.

We understand that all activities involve specific risks.

As a student-athlete/student participant at De Soto I have not, nor am I currently serving court assigned probation, owe a fine or restitution, or have been assigned community service for violation of the law. I understand that participating on an interscholastic team while my character is not at the highest level jeopardizes not only my eligibility but, that of my teammates.

Signature of
Student: _____ Date: _____

Signature of
Parent(s)/Guardian: _____ Date: _____

This sheet must be signed by the parties indicated and returned to the head coach/sponsor of the appropriate activity before the student will be allowed to participate.

PARENT AND STUDENT SIGNATURE (Concussion Materials)	
We have received and read the MSHSAA materials on Concussion, which includes information on the definition of a concussion, symptoms of a concussion, what to do if you have a concussion, and how to prevent a concussion.	
Signature of Athlete:	Date:
Signature of Parent(s) or Guardian:	Date:

This sheet must be signed by the parties indicated and returned to the head coach/sponsor of the appropriate activity before the student will be allowed to participate.