North Shelby High School
Activity/Athletic Handbook



2025-2026

Board Approved: 7-16-25

LETTER TO PARENTS AND STUDENTS

Dear Parent/Guardian and Student/Athlete:

Welcome to North Shelby High School! Following is a description of our program along with guidelines, expectations and philosophy.

1. In each program, a coach and/or coaches are hired by the school district to be responsible for team selection. The head coach establishes criteria for selection, often with the input from the entire coaching staff. This may be a highly subjective process. Team selection, practices, and decisions regarding game situations are the responsibility of the coaching staff. If you have questions regarding the process, we encourage the student and coach to be the first point of contact. If questions still exist, please feel free to address these to the head coach. If you have further questions the coach has not been able to answer, please contact the activities director.
2. The North Shelby athletic program is highly competitive. Please be sure when your child tries out for a team, both you and your child should be prepared to accept placement at any team level. It is disturbing to have a student try out for a team and then quit because they were not placed where they think they should be. Normally, coaches have a very short amount of time to make team selections. They try to do the best they can in keeping the most talented athletes, filling positions for play, and appropriately placing them on the proper team. Their goal is to assemble the most competitive team possible. We believe it is the coaches' responsibility and right to select the team with whom they will work for the entire season.
3. Our experience in athletics reveals there are many "select teams" sponsored by different organizations. Each coach looks for something different in his or her players. Participation on a "select team" does not guarantee any player a spot on any high school team. While we believe players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to "guarantee" a spot on a high school team.
4. In order to make a varsity team, a player must be outstanding and also play a position the team needs. Underclass student-athletes possessing these qualities have the same opportunity to make a team as a senior does. Our team structure dictates there will always be more underclass players than upperclass players in the total program. At selection time, it will be the coaches' decision.
5. An objective of a competitive athletic program is to put the most talented members of the team in competition to win the contest. Starting positions and playing time are not guaranteed. Each member of a team is very valuable to the team's overall progress. Some members may play a great deal of time in a contest, while others may not see significant playing time.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

We sincerely hope you will embrace the goals and philosophies of the competitive athletic program in the North Shelby School District. Please feel free to contact me if you have any questions regarding any aspect of the athletic program.
Sincerely,

Scott Gaines
Athletic Director
North Shelby High School

Landon Daniel
Principal
North Shelby High School

SPORTSMANSHIP

The North Shelby School District is a member of the Missouri State High School Activities Association (MSHSAA). As member of this group, we adhere to policies set down for the display of good sportsmanship by athletes, students, fans, parents, and patrons. Member schools are to enforce sportsmanship rules for our own school, players, and spectators. Violation of rules can result in the following consequences: written reprimand, probation, suspension, ejection, or permanent removal from events. Consequences are in force for players, coaches, students, parents, and fans.

All school discipline policies and rules apply to North Shelby students at school activities, whether they are held on school property or away from school.

NORTH SHELBY CODE OF CONDUCT

We, the North Shelby School District, believe there is educational value in extra-curricular activities. It is of utmost importance that we teach worthwhile skills and behavior standards for the participating players and our spectators. For these reasons, the following Conduct Code is adopted for North Shelby:

1. Show respect for the opponent at all times.
2. Maintain self-control at all times.
3. Know, understand, and appreciate the rules of the contest, and respect the officials.
4. Recognize and appreciate skillful performance regardless of affiliation.
5. Strive for keen, but friendly competition. Be proud in victory or defeat.
6. Be courteous and always cheer in a positive way. It is much more effective to cheer for your team than to cheer against an opponent.
7. It is the duty of all who participate (players, coaches, spectators, and administrators) to encourage and maintain good sportsmanship.

North Shelby High School is a member of the Missouri State High School Activities Association, and students participating in MSHSAA sponsored extra-curricular activities must meet all eligibility requirements in order to participate. It is our belief that interscholastic activities are an integral part of the secondary curricular program and an extension of the classroom. Our school's program shall supplement the curricular program of the school and shall provide the most worthwhile experiences possible. These expectations shall result in learning situations that contribute to the development of the attributes necessary for good citizenship. The responsibility of establishing and maintaining proper conduct and sportsmanship lies in the hands of the administration, coaches, and game officials.

In order to accomplish this objective, the following items and/or actions will be considered examples of unsportsmanlike conduct and, therefore, be absolutely prohibited at all interscholastic sporting events.

1. The use of signs, banners, and posters (other than the official school banner).
2. The use of pompons (except those used by cheerleaders).
3. The waving of towels and/or flags.
4. Enlarged fingers depicting we're #1.
5. Stomping on the bleachers.
6. Booing or making other distracting noises while the opposing team is shooting a free-throw.

7. The use of newspaper and/or confetti, as they become a fire hazard.
8. The use of drums, noisemakers, megaphones, and all other musical instruments while the game clock is running.

INTRODUCTION

Welcome to the North Shelby School District's activity/athletic program. Hopefully, your decision to take advantage of this portion of our co-curricular program will be educational, rewarding, and challenging. This handbook is given to you so that you might be more aware of the programs available and their inter-relationships. The North Shelby School District encourages you to take advantage of as many programs as your time and talent will permit. We do not encourage specialization in one sport; rather, we would encourage you to experience a variety of sports as well as other school activities. Naturally, due to conflicts in seasons, practice times, schedules, etc., some choices will have to be made by you. Good luck to you as you strive to grow emotionally, mentally, socially, and physically through activities/athletics.

PHILOSOPHY

Junior and senior high athletics and extra-curricular activities are intended to offer students opportunities to learn and compete outside the regular school day. Although the district provides a comprehensive academic curriculum during the normal school session, opportunities to experience a variety of additional programs ensure that students have access to a well-rounded educational experience.

A district's activities program is made up of many components--athletic/physical, emotional, and educational-that generally involve competition with other students/schools. Above any issue of record or program success, the district believes that success should be measured by educational development of the student participants.

Because participation is a privilege and therefore "optional" on the part of the student, the district expects a level of conduct from participants that would often exceed that of the other students within the school setting and which is put forth as a requirement of participation. Failure by participants to behave at this level can and will be basis for a specified period of ineligibility.

The existence of an eligibility policy is not a desire on the part of the district to punish students involved in extra-curricular activities or to "catch" them doing something inappropriate. The policy represents the district's desire to discourage and prevent inappropriate, illegal, and/or dangerous conduct and to set a high standard of conduct for students who represent the North Shelby School District in extra-curricular activities. This policy also reinforces the fact that students are role models for their peers and for the community as a whole.

The policy pertains to any activity which is conducted outside of the regular class time/school day and which does not contribute to a student's grade in class. The following activities will fall under this policy: all athletics/cheerleading, FCCLA, FFA, Scholar Bowl, National Honor Society, STUCO, FCA, Art Club, Science Club, TRACTION, music or any other organization, dances, field trips, senior trip, and 7^{th}-12^{th} class sponsored activities.

STUDENT ELIGIBILITY REQUIREMENTS

Eligibility requirements (academic and behavioral) for student activities/athletes in both junior and senior high school are outlined below.

RESPONSIBILITIES

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

1. Striving to achieve sound citizenship and desirable social traits, including control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintaining academic and eligibility standards as established by the MSHSAA and the North Shelby School District.
3. Learning the spirit of hard work and dedication.
4. Attaining mental and physical fitness through good health habits.
5. Excelling to the limits of your potential.
6. Showing respect for both authority and property.
7. Willing to accept the leadership role that is instilled through the activity program.

Keep in mind that you are in the public eye and your personal conduct always must be above reproach. You have an obligation to create a favorable image and gain the respect of your teammates, your student body, and the community.

BASIC GUIDELINES FOR PARTICIPATION

Since the athletic/activities program is considered a very vital part of our school program, definite policies in regard to its administration must be made so as to bring credit to our school and benefit—physically and educationally—those participating. Students participating in our activities program must:

1. Make academic progress equal to the individual student's ability to achieve and meet all eligibility requirements.
2. Develop the attitude and behavior necessary to become a good school citizen.
3. Attend school regularly. Students must arrive at school no later than 9:15 a.m., with parent notification before the end of school or an early bus departure, in order to practice and/or participate in activities/contests/games.
4. Students arriving after 9:15 a.m. must have a doctor/dental/rehabilitation or school excuse (as outlined in Excused Absences #1-8 on page 24 of the student handbook) in order to participate or practice that day. Students will be allowed to participate/practice if the absence was for doctor/dental/rehabilitation appointments or school excused activities. A doctor's excuse must be presented in the office upon arrival to school.
5. A student who leaves school during the day except for doctor/dental/rehabilitation appointments or school excused activities (as outlined in Excused Absences #1-8 on page 24 of the student handbook) will not practice or play in a game that night.

6. For Saturday activities, a student must be in attendance on Friday or the school be notified by a parent/guardian on Friday as to the nature of the absence. Only illness, doctor/dental/rehabilitation appointments or school excused activities (as outlined in Excused Absences #1-8 on page 24 of the student handbook) will be acceptable.
7. Go to and from the activity on the school bus unless given permission from their parents to the school. Students may ride home from an activity with another adult provided the parents call the school to grant this permission if they are unable to attend the contest/activity. Parents attending these activities may sign out their students at the activity using the sign out sheet.
8. Observe all rules as set down by the coach or sponsor.
9. Display conduct that is honorable during athletic contests or activity contests-home and away.
10. Carry the specified insurance.
11. Have a physical exam on file at school
12. Sign and abide by the regulations set forth in the Athletic/Activity Handbook.

ACADEMIC ELIGIBILITY REQUIREMENTS

1. Student athletes must maintain a grade point average of "4" on an "11" point scale and pass all classes in which they are enrolled.
2. Students who achieve less than a 4-point grade average or receive an "F" in any class at mid-quarter or end of quarter will be ineligible for a minimum of 4 ½ weeks. Eligibility will be reinstated (mid-quarter or end or quarter) when the student has reached the 4.0 GPA or raised the "F" to a passing grade. If not, the student will remain ineligible until the next grade check.
3. If a transfer has been made into a different course, the student will be considered ineligible until the next grade check.
4. Students who are ineligible may not attend school activities/contests/games but may practice with their teams.
5. A student who becomes ineligible at the conclusion of the fourth grading period will serve his or her period of ineligibility during the first grading period of the following school year beginning with the first day of school with the same grade check periods used. These students will be allowed to participate in summer camps and/or regular practice.
6. Dates for determining eligibility will be established yearly according to the approved district calendar.

BEHAVIORAL ELIGIBILITY REQUIREMENTS

The following conduct expectations exist for all North Shelby student athletic/activity participants:

1. Use or possession of alcoholic beverages, tobacco products, drugs, or other illegal activity (theft, vandalism, assault, etc.) is strictly prohibited at all times. The policy will not address driving violations (speeding, defective mufflers, etc.).
2. General conduct in and out of school shall bring no discredit to the student participant, his/her family, team, organization, or the school.
3. All athletes shall be groomed and dressed in such a manner as to positively represent their school and community.

4. **<u>Each coach may establish other team rules as he/she deems necessary.</u>** Examples may include curfews, violations for missed practice, specific dress/grooming requirements, etc.
5. The administrations can be notified of any violations of the behavioral expectations through a variety of sources: a school employee who has witnessed the violation, court news, contact with law enforcement/having a police report filed or ticket issued which results in a fine, conviction, time served, community service, out of school suspension (OSS), or expulsion.
6. Parents and/or guardians will be notified of any violation of the Behavioral Eligibility Requirements both orally and in writing via a certified letter, return receipt requested.
7. Academic and behavioral eligibility requirements will take effect on the first day of school for any activity/athletic program for 7^{th} -12^{th} grades.
8. Eligibility expectations are in effect throughout each day of every calendar year.

<u>CONSEQUENCES OF VIOLATIONS</u>

<u>FIRST OFFENSE</u>

A first offense for the use/possession of drugs, alcohol, or other illegal activity (theft, vandalism, or assault, etc.) under these Behavioral Eligibility Requirements will result in a 3 week suspension from attendance/participations in all non-sport activities to begin with the first day after school officials have learned of the violations. In addition, students not participating in athletic contests will not be allowed to attend these contests during the 3 week suspension. This would include any activities that take place on a Saturday during the 3 week period. In addition, athletes will be suspended for 4 athletic contests, not to exceed 25% of any season's games. The number of games suspended will be calculated using scheduled season games. The suspension, however, could include any tournament games.

*Students will be allowed to practice during the 3 week suspension period, but will not be allowed to participate in the contests. They will be required to be in attendance at the contests (sitting/standing with the team) in appropriate attire, not uniforms.

Example: A student violates this policy, and the administration learns of the offense on October 2nd. The 3 week suspension would begin on October 3rd. This student plays softball. All non-athletic activities from October 3-23 would be eliminated and 4 of the remaining season softball games, not to exceed 25%. In this case that would be 3.5 softball games and the remaining 0.5 contests would occur during the next season the student participates in. If the student is not involved in a sport during the 3 week period, the games' suspension will take place during the next season in which the student is a participant.

First offense for the use/possession of tobacco will result in a 1 week suspension from attendance/participation in all non-sport activities to begin with the first day after school officials have learned of the violation. This would include any activities, which take place on a Saturday during the 1 week period. In addition, athletes will be suspended for 1 game.

<u>SECOND OFFENSE</u>

The second offense for the use/possession of drugs, alcohol, or other illegal activity (theft, vandalism, assault, etc.) will result in a 365 day suspension from all activities/athletic contests from the date the administration learns of the offense.

Second offense for the use/possession of tobacco will result in the 3 week suspension from the date of the offense. Any subsequent offense will result in the 365 day suspension.

CARE OF EQUIPMENT

In order to give the student a sense of responsibility and appreciation of his/her equipment and uniforms, each student will be held accountable for the abuse or loss of it. Any equipment lost or stolen must be paid for by the student in whose name it was checked out. Check with the coach before purchasing new equipment on your own. Coaches and our governing organizations have special rules concerning equipment.

GUIDELINES FOR PARENTS/GUARDIANS/SPECTATORS

Good sportsmanship is an expectation at North Shelby High School, so please let the players play, the coaches coach, the officials officiate, and the spectators stay positive and enjoy the games!

- Support your child, the team, and the coaches.
- Allow the coaches to do their job. Avoid dugout talking, fence coaching, and bleacher coaching.
- Encourage your child to be dedicated to the program, to work hard to improve, and to obey the team rules and spirit.
- Show respect to officials and the opposition.
- Honestly acknowledge your child's ability. Not every player is meant to be a star, but all players can have a positive role on the team.
- Be prompt in delivery and pick-up of your child.

Extra-curricular and co-curricular events often present the extremes of emotions. Profanity and confrontational behavior will not be tolerated. Parents/Guardians/Spectators who have a complaint should not contact the coach/sponsor through any verbal or written communication within 24 hours after a game or performance. Communication includes face to face interactions, phone calls, text messages, email, or any other social media outlet. This will allow adults to calm down and not react in an emotional manner in front of their children.

Follow the proper procedure and chain of command (coach → principal/AD → superintendent → school board) for addressing concerns and complaints with the coach.

- Wait 24 hours to set up a meeting with the coach/sponsor. Please contact the Athletic Director or Administrator to schedule a meeting.
- Parents and spectators should not enter the locker room area, dugout, bench area, or be on the sidelines before, during, or after a contest unless their student has been injured and the coach/administration has given permission.
- Do not engage in negative communication with the coaches in any way before, during, or after the game.
- Never confront a player. Please speak to the coach and follow the chain of command.

If these procedures, including sportsmanship, are not followed, the parent/guardian or spectator will face the following consequences:

1st Offense: If a parent, guardian, spectator makes contact during a contest or prior to the 24-hour grace period, he/she will be asked to leave and not allowed to attend the next competition at that level and any additional contests until they have a meeting with administration.

2nd Offense: Parent, guardian, spectator will be asked to have a follow-up meeting with administration and will not be allowed to attend any other games or activities for that season.

3rd Offense: Parent, guardian, spectator will not be allowed to attend any games or activities for the remainder of the school year.

These procedures/guidelines apply to home and away games. Suspensions can be carried over into the following year if necessary.

NORTH SHELBY HIGH SCHOOL
DRUG TESTING PROGRAM FOR STUDENTS INVOLVED IN EXTRA-CURRICULAR ACTIVITIES AND STUDENT DRIVERS

The North Shelby School District recognizes that alcohol and drug abuse are serious problems today in America, and schools—including North Shelby High School—are not immune. Students involved in school-sponsored activities are increasingly using alcohol and experimenting with other controlled substances, legal and illegal. Some student-athletes are also attracted to so-called "performance-enhancing" drugs, such as steroids, in misguided efforts to increase their strength and endurance. It is our district's position that drug/alcohol usage is inconsistent with the guidelines for student participation in extra-curricular activities and for those students who drive and park their vehicles on school property. Students representing the school district in extra-curricular activities are respected and admired by a large segment of the student population and community and are therefore expected to hold themselves as good examples of conduct, citizenship, sportsmanship, and training. It is for this reason and for the physical, mental, and emotional safety of all students at North Shelby, **the following mandatory drug testing policy will be instated at the beginning of the 2007-08 school year for all students, grades 7-12, who participate in extra-curricular activities and/or drive/park their vehicles on school property**. **Participation in the district's extra-curricular program is a <u>privilege</u>, not a right, for students of the North Shelby School District, as is the ability to drive and park vehicles on district property.**

The North Shelby School District reserves the right to conduct a program of drug testing for students in extra-curricular activities and student drivers for the illegal use of controlled substances, as defined by applicable law, that may present a safety risk during activities/driving. The goal of the testing program is not to impose discipline but rather to aid in the discovery and prevention of drug related problems and educate students and their parents/guardians about the serious effects of drug abuse. A student using drugs is a danger to him/herself as well as to other students, and the district's students are entitled to a drug-free environment in which to learn.

For this purpose, any student participating in any extra-curricular activity, practice, and/or contest, under the control and jurisdiction of the district or MSHSAA, will be subject to drug testing during the period commencing with the first day of practice authorized by the district for any activity and ending with the last

day of student participation in that activity. Students who do not participate in the drug/alcohol testing program will suffer no adverse consequences, but may not participate in any extra-curricular activities nor drive/park their vehicles on school property.

The drug/alcohol testing program is in addition to other policies and practices of the North Shelby School District dealing with drug/alcohol possession or use where reasonable suspicion is obtained by means other than the random sampling discussed hereafter.

Components of Random Drug Testing Policy

Consent: The parent or guardian and the student participant/driver will be required to sign a written consent for testing prior to the student practicing in the specific activity or parking on school property. Upon the refusal to be tested, the participant will be suspended from the activity for the remainder of the season and/or driving privileges denied.

Selection: All student participants may be tested at the beginning of a season. Random testing may be conducted during any season for students participating in that activity. The testing company uses a computer to generate random identification codes to be assigned to each student. The principal will maintain one cross-referenced list of names and numbers. Only the principal will have access to this list. Students will have their identification codes drawn randomly by the on-site testing company from a pool of all students currently participating in activities and/or driving and parking at school. **Students not participating in continuous activities must be retested when entering another activity later in the year, but may elect to remain in the random group for the academic year, and would not have to take another mandatory test to participate.**

Privacy and Confidentiality: Parents of students who are under 18 and who still have the right of access to student records will receive all information applicable to the testing of their children under this policy. All information and records relating to a student's participation in the testing program under this policy shall remain confidential and shall be maintained in a separate file.

Testing: Testing will be administered by urinalysis. The contracted laboratory will collect the samples and will use standard testing procedures. Appropriate steps will be taken to respect the privacy of students while at the same time preventing the falsification of the testing. Testing procedures shall be conducted according to procedures designed to ensure the integrity of specimens and chain of custody of specimens. Testing laboratories will not be given a student's name or personally identifiable information about a student. All students tested during a season will be tested for the same substances. Students will be given information as to the place and manner in which they will be required to provide a sample. Test results will remain confidential and will only be released on a "need to know" basis in accordance with applicable law.

Positive Test: If a student's test is positive, another test will be administered as soon as possible to confirm the initial results. If the second test is negative, no further action will be taken. If the second test is positive, the student and, if the student is under the age of 18, the parents/guardian will be notified. Coaches and sponsors will not be informed for which substance/substances a student tested positive.

Medication: Student participants who have been or are taking prescription medication must provide verification (either by copy of the prescription or by a written physician's statement) after testing has shown a positive result. This information may be provided confidentially by the student, or parents/guardian, to the testing laboratory upon request by the school administration. The administration will provide a number, code, or other means of identification for the student to provide the laboratory with such information, so as not to personally identify the student. Students who refuse to provide information required for verification and who test positive will be subject to the consequences specified for positive results.

Consequences: Consequences for positive results **shall be suspension from participation in all extra-curricular activities/parking on school property for three weeks, as is required in the eligibility policy and until the student tests negative.** After a student tests positive, **any additional testing or education/counseling required of the student in order to participate shall be at the expense of the student or parents/guardians.**

If a student tests positive a second time, during any season in one school year, he/she will be suspended from all extra-curricular activities/parking on school property for 365 days from the date the administration learns of the offense. As a condition of further participation in an extra-curricular activity after a student tests positive, the student shall be subject to additional non-random testing for a period of one calendar year from the date of the positive test at such times as the administration shall determine. Such additional drug testing shall otherwise follow the same procedures utilized in initial drug testing. The refusal to submit to additional testing during this time period will disqualify a student from further participation in extra-curricular activities for a period of one calendar year.

Appeals: Students may appeal any suspension or disqualification from activities under this policy through the appropriate channels—administration, then the district's school board.

Activities/Athletics/Drivers included in this policy:

Football	**Softball**	**Basketball**	**Baseball**
Track	**Cheerleading**	**Band/Chorus**	**Scholar Bowl**
FFA	**FCCLA**	**FBLA**	**Art/Science Clubs**
Honor Society	**FCA**	**STUCO**	**Field trips**
PROM/Dances	**Senior Trip**	**Class activities**	**TRACTION**

Extra-curricular activities are voluntary in participation; these activities are competition between/among school districts, school-sponsored clubs/activities, or governed by MSHSAA.

Controlled substances screened in drug testing:

Amphetamines
Cocaine Metabolites
Marijuana Metabolites

Opiates
Phencyclidine

Adulteration Indicators screened in drug testing:

Creatinine
Nitrites
pH

These substances are always present in urine, but variations in levels can indicate adulteration of the sample.

PROTECT YOUR ELIGIBILITY

The Missouri State High School Activities Association (MSHSAA), of which the North Shelby School District is a member, is a voluntary, nonprofit, educational association of junior and senior high schools established for the purpose of working cooperatively in adopting standards for supervising and regulating interscholastic activities and contests. One of the primary functions of MSHSAA is to establish eligibility standards that must be met by all students to attain the privilege of representing their school in interscholastic activities.

Eligibility is a PRIVILEGE to be granted by the school to a student, which allows that student to participate in interscholastic activities. Eligibility is NOT A STUDENT'S RIGHT BY LAW. Precedent setting legal cases have determined that eligibility is a privilege to be granted only if the student meets all standards adopted by the school, which enables the school to grant the student such a privilege.

Listed below is information to acquaint you with the major rules and regulations you must follow in order to protect your eligibility.

1. You must be a creditable school citizen. Creditable school citizens are those students whose conduct, both in and out of school, will not reflect discredit upon themselves or their schools.
2. Academics—You must be enrolled in courses offering 3.50 units of credit and you must have earned 3.50 units of credit the preceding semester.
3. Transferring schools—If you transfer schools and your parents do not move to your new school district, you will be ineligible for 365 days, unless you meet one of the exceptions to the transfer or promotion rules. If you move with your parents to your new school district you will be eligible immediately.
4. Participation limits—You are eligible to participate in any sport for a max of four seasons. Any part of a game played during a season counts as a season of participation. Your eligibility to participate in high school activities begins when you first enter the 9th grade and lasts for the first eight semesters that you are enrolled in high school.
5. Awards—You may not receive cash, merchandise, or gift certificates for participating in an athletic contest. You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, etc.

These awards may be received only from your school, from a school hosting an event, or from MSHSAA.

6. If you reach the age of 19 prior to July 1, you will be ineligible for interscholastic competition the next school year.
7. You may participate in an "audition" or "tryout" for a college team only after you have completed your last season of eligibility in the sport for which you wish to tryout.
8. You may not compete in an all-star game or contest before you complete your eligibility in all high school sports.

**If you are concerned about something that may affect your eligibility, please check with the principal or the athletic director.

PHYSICIAN EXAMS AND INSURANCE REQUIREMENTS

Athletic By-Law 309 (a) in the MSHSAA handbook states: "The school shall require each student participating in athletics or an activity performance group a physician's certificate stating that he or she is physically able to participate in athletic contests or performance groups. The medical certificate is valid for the purpose of this rule if issued after Feb. 1st of the previous year." This certificate must be on file before the student will be allowed to practice or tryout with any the North Shelby athletic teams.

Athletic By-Law 309 (b) in the above handbook states: "A student shall not be permitted to practice or compete for a school until it has verification that he or she has basic athletic insurance coverage." Students who wish to participate in athletics/activities must verify that they have insurance before they will be allowed to practice or compete for the North Shelby School District.

North Shelby School District
Coaching Code of Ethics

Guiding Principles

Coaches at public schools are first and foremost educators. Coaches have a duty to supplement student-athletes' academic endeavors by imparting valuable life skills and emphasizing the positive attributes of athletic competition. Recognizing that coaches mold the minds of formative youths, the Code requires coaches to instill in their athletes the values of respect, honor, discipline, duty, leadership, fairness, and sportsmanship. These basic tenets of a coach's responsibility are embodied in the following coaching guidelines.

Obligation to the School

- The coach will never place the goal of winning on a pedestal, such that winning is valued more than the need to develop the student-athlete's academic abilities and personal character. The coach will have the responsibility to harmonize the interests of developing athletic skills with the promotion of academic achievements.
- The coach, as a representative of the school and a role model for student-athletes, will be held to the highest possible ethical and moral standard and will conduct all of his or her affairs with dignity and honor.
- As part of this high ethical and moral standard, the coach will refrain from using profanity, making obscene gestures, or verbally abusing any individual at practices, competitions, during transportation to or from any practice or competition, or at any other setting where the coach is acting in an official capacity as representative of the school. Activities barred by the Code include, but are not limited to: threats, humiliation, insults, and ridicule.
- The coach will control his or her emotions and ego when representing the school and will avoid displays of anger, intimidation, or frustration.
- The coach will never seek to assert influence over any school faculty for the purpose of according student-athlete privileges not ordinarily accorded other students.
- The coach will be familiar with the requirements of this Code. The coach will honor the spirit and purpose of this Code and require all others associated with the sport to abide by the Code as well.
- The coach will follow all federal, state, and local laws and regulations pertaining to school athletics and demand the same from all others associated with the sport.

Obligation to the Students

- The coach will at all times place the safety, health, and well-being of the student-athlete above any desire to win.
- The coach will maintain a professional relationship with student-athletes and must not, under any circumstances, develop a romantic or sexual relationship with any student-athlete.
- The coach will instill in the student-athletes the belief that participation in sports is a privilege and not a right. To obtain this privilege, the coach will instruct student-athletes on how to represent the school with honor, dignity, and respect.
- The coach will not permit or condone hazing of any student-athletes on the team or any other school students.

- The coach will not use or consume any alcohol or tobacco products in the presence of student-athletes and will not permit or condone any student-athlete's use of alcohol or tobacco products.
- The coach will stress to student-athletes the importance of natural and healthy physical development. The coach must never recommend, encourage, permit, or condone the use of any illegal or banned performance enhancing substance.

Obligation to Officials, Parents, and Fans

- The coach will demonstrate proper sportsmanship when in contact with all officials, parents, and fans. The coach will be humble in victory and gracious in defeat.
- The coach will proactively seek the cooperation of parents and fans in maintaining the appropriate emphasis on sportsmanship.
- The coach will treat others equitably and require all student-athletes to do the same.
- The coach will communicate with parents in a respectful manner and provide parents with an opportunity to express any concerns in a cooperative environment, free of any hostility.
- The coach will not engage in any taunting of opponents, fans, or officials, and will ensure that student-athletes refrain from taunting as well.
- The coach will treat all officials with courtesy and respect. The coach will refrain from public criticism of officials.

Acknowledgment

Many of the ideas for this Code of Ethics were drawn from numerous other codes. The most significant of these were developed by the National Federation of State High School Associations, National Coaching Foundation, and the British Institute of Sports Coaches.

I have read and understand the requirements of this Coaching Code of Ethics. I will act in accordance with this Code. I understand that school (and district) officials will expect that I will follow this Code. I understand that my failure to follow this Code will be sufficient grounds for discipline by the school, up to and including, termination of my position with the school.

_____

Coach Signature

_____

Date

North Shelby School District Activity/Athletic Commitment Pledge
and
Drug Testing Participation and Consent Form

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

1. Successfully pass a physical examination by a licensed physician in order to participate in athletics 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 1 of the previous school year.

2. Return this Activity/Athletic/Drug Testing Consent Form with the student and parent(s) signatures.

As a school's student-athlete voluntarily participating in interscholastic activities/athletics, I acknowledge that:

1. I have read and understand the North Shelby School District Student Activity/Athletic Handbook. I agree that participation in school-sponsored activities/athletics is a privilege and not a right. I am aware of the District's requirements for participation in school-sponsored activities/athletics and agree to abide by the requirements and penalties as outlined in the handbook. I am also aware that individual coaches/sponsors may impose additional requirements and penalties upon participation.
2. **I agree to participate in the random drug-testing program at North Shelby School District in exchange for the opportunity to participate in any school-sponsored, extra-curricular activities/athletics and/or the opportunity to drive/park a vehicle on school property.** I understand my signature below authorizes the District to obtain a urine sample from the student whose signature appears below if he/she is selected as part of the random sample procedures described in the handbook. I also understand my signature on this form authorizes [Lab/Testing Company] to perform a drug test on the urine sample to test only for the presence of the substances specified in the policy. I also understand that in the event the undersigned student and the student's parent(s)/guardian(s) will be asked to conditionally disclose over-the-counter or prescription medications the undersigned student has taken. This information will only be revealed if the undersigned student has a positive test result. I also understand that currently available drug tests are not 100% reliable and false-positive tests may result.
3. I have been properly advised, cautioned, and warned by administrative and coaching personnel of the North Shelby 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 a 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 to do so with full knowledge and understanding of the risk of injury and with full consent of my parents/guardians.**
4. I, along with my parents/guardians, certify that I have read and understand all of the North Shelby School District activity/athletics/drug testing policies in this handbook. **In order to be eligible for participation, I agree to comply with all the requirements listed for the duration of my participation in activities/athletics while a student at North Shelby. Our signatures will not be required again unless "board approved" changes are made to the existing policy.**

_____ _____

Student Grade Social Security #

_____ _____

Parent Date