

# FORT OSAGE

## 2025-26 ACTIVITIES HANDBOOK



### **Introduction**

Welcome to the Fort Osage activities program. The school district is devoted to providing athletic/activities opportunities that will be rewarding, challenging, and educational. This handbook will provide insight into our programs and give you a better understanding of the high expectations we place on student athletes. Good luck to you as you strive to grow and excel in the Fort Osage Activities Program.

### **Mission**

The Fort Osage Activity Department is an extension of the classroom that promotes the value of sportsmanship, teamwork, participation, and competition to meet the recreational, social, and emotional interests of our student athletes.

## **Responsibilities of Students**

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

1. Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability and respect for others and their abilities.
2. Maintaining academic and eligibility standards as established by MSHSAA and the Fort Osage School District.
3. Learning the spirit of hard work and sacrifice.
4. Learning to attain physical fitness through good health habits.
5. Desiring to excel to the limits of your potential.
6. Showing respect for both authority and property.
7. Be willing to accept the leadership role that is instilled through the activities program.

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

## **Basic Guidelines for Participation**

1. Students are free to make their own selection as to the sports and/or activity in which they wish to participate. In rare cases it may be reasonable and proper to refuse to accept a candidate for a sport or activity. In such instances, the case is to be reviewed by the principal, the activities director, and the involved coach.
2. For Sports: A student who has gone out for a sport but quits of his/her own accord, will not be eligible to start practicing for another sport before the end of competition in the sport that was dropped: unless the head coach (of the sport that

was dropped) signs a release card and the head coach of the new sport involved accepts the athlete. The student must resolve all obligations (equipment, uniforms, financial, etc.) before he or she will be allowed to participate in the next activity. EVERY STUDENT SHOULD UNDERSTAND THIS POLICY.

3. All students will be transported to and from respective activities via school transportation. The exceptions to this are: (1) when a parent makes a request to transport their student and contact their head coach personally to seek permission; (2) when a parent makes a request to the head coach for their son/daughter who are of legal driving age to drive themselves. In both exceptions, student/athletes are NOT to transport other student athletes. Both cases require parent completion of the Fort Osage district transportation form.
4. If it is necessary to be absent from practice, the student is expected to obtain permission from the head coach prior to the scheduled practice.
5. Students are expected to be in attendance all day. **If a student is more than 20 minutes late to school, he/she is not eligible to participate in practice, performances, or games.** We understand there are extenuating circumstances that may result in an unavoidable absence. In these cases, please contact the activities office for approval. If a game or contest occurs on a Saturday, students must be in attendance on Friday in order to be eligible to compete. Do not use activities as an excuse to miss school. Every student should understand this policy.
6. Participation in more than one sport/activity within a season is left to the decision of the school.
7. In the event that a student is assigned an after school detention as a result of a classroom problem, he/she is not allowed to use the excuse of "I have practice so I can't stay." The classroom obligation always comes first.
8. The use of alcohol, tobacco, vaping, or non-prescription drugs is known to be detrimental to the individual as well as the team he represents. Therefore disciplinary action

will be taken which may result in the removal from the team should you choose to use any of the above mentioned substances. All students should be aware of the student handbook and its contents concerning this issue.

## **Selections to Competitive Programs**

1. Coaches/Sponsors are hired by the school district to be responsible for establishing criteria for selection with input from his/her staff. This may be a highly subjective process. Selection and decisions regarding game/performance situations are the responsibility solely of this staff.
2. At times, there are limited opportunities for students due to the size of our school and the competitive nature of high school athletics/activities. While this is not our desire, it is a reality. It is extremely difficult for coaches/sponsors to tell young people they will not be placed on the team/performance group for which they want to participate, or that they have not made any team/performance group at all. Every student, regardless of their grade in school, should understand that these are real possibilities.
3. If selected, a student should be prepared to accept placement at any level and complete the season in good standing. Parents should also prepare themselves for this and accept the coach's/sponsor's decisions.
4. Coaches/sponsors are expected to assemble the most competitive team possible, by selecting individuals, filling positions according to need, and appropriately placing students on the proper team, then defining each individual's role, based on certain criteria, including but not limited to, citizenship, sport specific ability, sport specific skills, ability to work together, and willingness to learn.
5. Underclass students have the same opportunity to make a varsity team as a senior does. Our program structure dictates that there will always be more underclass students than the upper class in the total program.
6. There are many non-school teams sponsored by different organizations that give students valuable experiences. However, it is very important that students and parents

understand that participation on a non-school team does not guarantee any player a place on the high school team.

7. The main goal of any level of competitive athletics is to put the most talented members of any team in competition to win the contests. Starting positions and playing time are not guaranteed to anyone. Each member of a team is valuable to the team's overall progress. Some members may play a great deal of the time in a contest while others may not play what a parent would consider "significant playing time." Regardless of time spent in actual competition, a student can learn many valuable lessons simply by being part of a team: sportsmanship, working together to meet team goals, commitment, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, and being responsible for one's own actions.

## **Conference Affiliation**

FOHS is a cooperating member of the Greater Kansas City Suburban Association of Cooperating Schools and as a member is committed to adhere to the rules and regulations of the association.

Presently, there are 28 member schools divided into four divisions with each division based on the population of each school. The divisions are as follows:

### **Suburban Conference**

#### **Gold (7)**

Blue Springs  
Blue Springs South  
Lee's Summit  
Lee's Summit N  
Lee's Summit West  
Liberty North  
Staley

#### **Red (6)**

Liberty  
North Kansas City  
Oak Park  
Park Hill  
Park Hill South  
St. Joe Central

White (8)

Belton  
Fort Osage  
Grain Valley  
Platte Country  
Raytown  
Ruskin  
Truman  
Wm Chrisman

Blue (6)

Excelsior Springs  
Grandview  
Kearney  
Raytown South  
Smithville  
Winnetonka

## **FOHS Sports By Season**

### **Fall**

Football  
Girls Volleyball  
Boys Soccer  
Boys/Girls XC  
Girls Tennis  
Girls Golf  
Softball

### **Winter**

Boys Basketball  
Girls Basketball  
Boys Wrestling  
Girls Wrestling

### **Spring**

Baseball  
B/G Track  
Boys Golf  
Boys Tennis  
Boys Volleyball  
Girls Soccer  
Girls Flag Football

## **Activity Fee Policy**

In order to provide quality co-curricular opportunities, the Fort Osage School District requires a \$40 activity fee for those students wanting to participate in athletics. The one time fee will cover all sports in which the student wishes to participate.

Other vital information about the fee:

- A. If a family has more than one child participating in Fort Osage activities, the fee shall be \$40 for the first student, \$30 each additional student in the household.
- B. An activity sticker will be issued when the fee is paid. The activity sticker will admit the student to all HOME Suburban Conf. regular season contests.
- C. If an athlete is cut from a team but has already paid the fee,

he/she can be reimbursed minus \$20 if a pass has already been issued.

- D. If a student quits the team after the first game a refund will not be given.
- E. If a student is removed from a team due to misconduct, a refund will not be given.
- F. If a student is injured during or after the first contest, and he/she cannot compete, the fee will not be refunded.
- G. One \$40 fee covers all sports for the entire school year.
- H. Any student that can show evidence of needing to waive the fee needs to contact the activities director or building principal. [Fee Waiver form](#) must be filled out. Each case will be judged independently.
- I. Athletes that do not pay the activity fee will be placed on the obligation list.

Any questions regarding the athletic fee should be brought to the attention of Mr. Zach Dudley, Activities Director at 650-7041.

## **Fort Osage School District's Position on Chemical Abuse for Students in our Activity Program**

### **Philosophy**

The Fort Osage School District recognizes the use and or possession of mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The possession or use of vapes, tobacco and of mood-altering chemicals, such as alcohol, drugs, marijuana, etc. by adolescents affects extracurricular participation and the development of related skills.

## **Purpose**

1. To recognize and elevate the physical and emotional potential of students in a positive manner, and encourage the growth of these students in an atmosphere of responsible citizenship.
2. To emphasize the school's concern for maintaining and improving the health and safety of students while participating in activities.
3. To promote his/her awareness of the long-term physical and emotional effects of chemical use on their health.
4. To promote equity and a sense of order and discipline among students.
5. To confirm and support existing state laws which restrict the use of chemicals
6. To establish and promote high standards of conduct for those students who are leaders among their peers.
7. To assist students who desire to resist peer pressure which directs them toward the use of chemicals.
8. To provide prevention guidelines for chemical abuse in the activity programs for students and staff advisers of the Fort Osage School District.
9. The expectation of the Fort Osage School District is that credible citizenship is to be a year long commitment. Non-credible citizenship could result in disciplinary action or removal from participation.

## **Consequences of Chemical Abuse**

Credible citizenship is a year round responsibility. The following rule includes the school year, summer, or season of practice:

Regardless of quantity, a student shall not use or possess tobacco/vape; have in possession or use a beverage containing alcohol; use or consume, have in possession, buy, sell, or give away any substance defined by law as a drug specifically prescribed for the student's own use by his/her doctor; or use or be in possession of drug paraphernalia.

The use of each chemical can adversely affect the student's

on a short-or long-term basis. The rules reflect that some chemicals create larger and more permanent problems than others for students, team members or other significant persons in their lives.

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

### **Tobacco/Alcohol/Vaping**

1. First Violation Penalty: Following confirmation of the violation, the student would lose eligibility to participate in the next contest which occurs in a consecutive chronological sequence. The student athlete shall be ineligible for interscholastic competition and may not participate for a minimum of 20% of his/her competitive season. The contests cannot be selected. The student must meet all other team obligations as defined by the coach of that activity.
2. Second Violation Penalty: The student athlete shall be ineligible for 365 days, beginning from the date of the violation.

### **Mood-Altering Chemicals**

1. First Violation Penalty: Following confirmation of the violation, the student would lose eligibility to participate in the next contest which occurs in a consecutive chronological sequence. The student athlete shall be ineligible for interscholastic competition and may not participate for a minimum of 40% of his/her competitive season. The contests cannot be selected. The student must meet all other team obligations as defined by the coach of that activity.
- Second Violation Penalty: The student athlete shall be ineligible for 365 days, beginning from the date of the violation.

### **Drug Paraphernalia**

1. First Violation Penalty: Following confirmation of the violation, the student would lose eligibility to participate in the next contest which occurs in a consecutive chronological sequence. The student athlete shall be ineligible for

interscholastic competition and may not participate for a minimum of 20% of his/her competitive season. The contests cannot be selected. The student must meet all other team obligations as defined by the coach of that activity. Second Violation Penalty: The student athlete shall be ineligible for 365 days, beginning from the date of the violation.

### **Multiple Violations occurring in two different categories**

If the second violation occurs in a different category than the first violation, then the assessment of the penalty will fall in the more severe of two categories.

### **Violations occurring at the end of the season**

The loss of eligibility carries over to the next season in which the student athlete participates. Example: If a student commits a violation during the last contest of the season, he/she loses eligibility (as per the consequence of the category involved) in the next season of participation. The 20% / 40% formula will be reworked per the next season of participation.

## **Care of Equipment**

In order to give the student a sense of responsibility and an appreciation of his/her equipment, each student athlete 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.

The following guidelines, if adhered to, will reduce the chances for lost or stolen equipment.

1. Do not exchange or loan any equipment checked out to you or another teammate. If exchange is warranted, clear it on your checkout card by having the coach make the adjustments.
2. Except when you are in visual contact, keep your locker closed and LOCKED at all times. This includes when you are in the shower. School and personal equipment

- and belongings should be locked up at all times.
3. Any loss of equipment should be reported immediately to the head coach rather than waiting until the end of the season. To assure all equipment is checked back in to the coach, leaving equipment is not an acceptable way of turning equipment in. Be sure you check in your equipment with a coach and that everything has been marked off.
  4. Any protective equipment that does not fit properly or that has any defective parts should be reported to a coach immediately. Do not wear the equipment until the necessary adjustments have been made. This is for your protection.
  5. It is against the MSHSAA regulations to sell or rent any equipment to individuals. The Fort Osage School District strictly adheres to the regulations.

## **Sportsmanship Philosophy**

The Fort Osage School District is a member of the Greater Kansas City Suburban Conference and the Missouri State High School Activities Association. As members of these groups we adhere to the 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.

## **Fort Osage Sportsmanship Code**

**All players, coaches, parents and other fans are expected to:**

1. Emphasize the proper ideal of sportsmanship, ethical conduct, and fairness.
2. Eliminate all possibilities which tend to destroy the best values of the activity, hazing and initiations are not acceptable or condoned on or off school grounds.
3. Stress the values derived from participating fairly.
4. Show cordial courtesy to officials, visitors, and each other.

5. Establish a happy relationship between visitors and hosts.
6. Respect the integrity and judgment of coaches, judges, and officials.
7. Achieve a thorough understanding and acceptance of the rules and expectations of the activity and the standards of eligibility.
8. Encourage leadership, use of initiative, and good judgment by the participants in the activity.
9. Recognize that the purpose of activities is to promote the physical, mental, moral, social, and emotional well being of the individual participants.
10. Promote good citizenship standards and use them as a barometer for participation.

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

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

**INTERSCHOLASTIC CONTEST RULES FOR BEHAVIOR**  
**All players, coaches/advisors, parents and other fans attending**  
**any interscholastic**  
**Contest are expected to:**

1. Maintain pride for self and school.
2. Strive to keep high standards of conduct and be a credible citizen at all times.
3. Cheer for your team, rather than against the other team.
4. Treat everyone with respect by refraining from taunts, chants, noises, cheers, jeers, songs, profanity, signs or motions directed to the opposing team, coach, school or officials
5. Display positive signs for your team.
6. Show respect to opposing teams during their introductions.
7. Refrain from continuous standing, except in the designated student spirit section.
8. Refrain from using noisemakers.
9. Abide by decisions of officials.
10. Accept victory or defeat graciously.
11. Abide by the Ft. Osage Board policy prohibiting the use of tobacco products inside the building or outside on any school or athletic grounds.

**Failure to adhere to these guidelines could result in disciplinary action.**

**FT. OSAGE SCHOOL DISTRICT ANTI-HAZING POLICY**

Hazing is defined as, including, but not necessarily limited to, any action or situation created, whether on or off school premises, which might reasonably be expected to result in mental or physical discomfort, embarrassment, harassment or ridicule. This definition includes the following activities:

Paddling

Creation of excessive fatigue

Physical and psychological shocks

Quests, treasure hunts, scavenger hunts, road trips, or related activities

Requiring or encouraging the wearing of apparel in public that is conspicuous and normally not considered in good taste

Public ridicule of students and morally degrading or humiliating games and activities

Late work sessions, excessive time demands or other requirements that interfere with academic performance

Demanding or encouraging any other activities that conflict with civil law and/or school policies

Disciplinary consequences will occur to anyone or any team found to be guilty of hazing. **According to Missouri state statutes “consent” to hazing is not a defense.**

## **PROTECT YOUR ELIGIBILITY**

The Missouri State High School Activities

Association, of which the Ft. Osage 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 sustain the **privilege** of representing their school in interscholastic activities.

Eligibility is a **PRIVILEGE** to be granted by the school to a student. Eligibility is **NOT A STUDENT’S RIGHT BY LAW**. Previous legal cases have determined that eligibility is a privilege to be granted only if the student meets all standards adopted by the school.

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

1. You must be a credible school citizen as defined in the MSHSAA Handbook 212.0.
2. Academics
  - a. A student in Grades 9-12 must have earned, the preceding semester of attendance, a minimum of 3.0 units of credit, and shall currently be enrolled in and regularly attending courses that offer 3 units of credit; 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 ungraded, enrolls pupils of equivalent age, and that student must have made standard progress for his or her level the preceding semester. A beginning 9<sup>th</sup> grade student must have been promoted from the 8<sup>th</sup> grade to the 9<sup>th</sup> grade for first semester eligibility.

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

- b. Summer school courses may count toward maintaining academic eligibility for the first semester provided the credit earned for each course is placed on the school transcript, such course(s) must count toward meeting graduation/promotion requirements, and **no more than one credit earned in summer school shall count toward maintaining academic eligibility.**

Transferring schools

- c. 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. (See your principal or athletic administrator.)

- d. If you move with your parents to your new school district you will be eligible immediately.
- e. The Non-Traditional Student (home school)
  - 1. Non-Traditional students must enroll and attend at least two classes (1.0 credits) each semester. Pursuant MSHSAA By-Law 2.3.4c, these classes must be seat-time classes taken within the school building they desire eligibility with.
  - 2. Non-traditional students shall attend the school within their attendance area in which the student resides per FOSD Board Policy 2200.
  - 3. Upon initial enrollment the building principal or designee will review past classes, academic history, credits, transcripts, etc. to determine “prior semester” credit earned to determine eligibility status.
  - 4. The building principal or designee will review current semester classes enrolled in to approve and validate “outside” courses/credits are sufficient to allow the non-traditional student to meet the 80% rule. Students must be enrolled in 3.0 credits to be eligible. FOSD Board Policy 6190 (MoVIP)
  - 5. Non-traditional students will be provided clear confirmation of FOSD close date of the semester: this same timeline for completion of courses will also be in place for non-traditional students “outside” courses.
  - 6. Non-traditional students must meet the essential eligibility standards, including

the citizenship standard, semesters rule, age rule, etc. as traditional students.

7. If the non-traditional student participates in Band, Orchestra, Choir, Speech, or Debate they must be enrolled in the associated co-curricular class in order to participate in those activities.
8. All non-traditional students will be held to the same policy and standards as traditional students set forth by FOSD student and activity handbooks.
9. Once enrolled, non-traditional students must enroll in all sequential semesters to maintain eligibility.

\*It should be noted some programs offered by FOSD are cut sports with a tryout process. Non-traditional students will have every opportunity as traditional students to make teams in cut sports through the tryout process, but no student is guaranteed a spot on any athletic team.

### 3. Participation Limits

- a. You are eligible to participate in any sport for a maximum of four seasons. Any part of a game played during a season counts as a season of participation.
  - b. Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.
4. You must enter school within the first 11 days of the semester to be eligible.
  5. Awards Standards
    - a. You may not receive cash, merchandise or gift certificates for participating in an athletic contest.
    - b. You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc. for participating in a school athletic program. These awards may be received only from your school,

from a school hosting an event, or from the MSHSAA.

- c. You may accept awards for participating in non-school sponsored athletic competitions only if the awards are symbolic in nature, such as medals, trophies, ribbons, plaques, etc.
- 6. If you reach the age of 19 prior to July 1, you will be ineligible for interscholastic competition the next school year.
- 7. Non school Competition
  - a. You may not participate in any organized non-school athletic competition and your school team IN THE SAME SPORT during the same season.
  - b. You may participate on a school team and a non-school athletic team in a different sport during the same season.
  - c. Before you join any non-school team or enter any non-school competition involving athletics, check with your athletic administrator to make certain these standards are being met.
- 8. You may participate in an “audition” or “try-out” for a college team only after you have completed your last season of eligibility in the sport for which you wish to try out.
- 9. You may not compete in an all-star game or contest before you complete your eligibility in all high school sports.
- 10. Sports Camps/Clinics
  - a. You may attend a non-school sponsored summer specialized sports camp for as long as you wish.
  - b. You may not attend a specialized athletic camp during the school year.
  - c. You may attend a camp or clinic where your school’s coaching staff instructs or coaches for a period no longer than two weeks in duration.
- 11. Information concerning athletic scholarships will be distributed by head coaches and/or school counselors.

12. In order for any student/athlete to consider a NCAA Division I or II college, he/she must be processed through the NCAA clearinghouse. This process should be started as soon as possible but no later than the beginning of a student's junior year. See your guidance counselor for information.

**A REMINDER: Any questions pertaining to eligibility that are not answered above should be brought to the attention of your athletic administrator. You may also visit the MSHSAA web page at <https://www.mshsaa.org/>**

## **MSHSAA ATHLETIC ELIGIBILITY TRANSFER POLICY**

All 7<sup>th</sup> grade students who are interested in playing sports as Ft. Osage next year needs to be aware of the transfer policy of the MSHSAA.

### **238.3 TRANSFER OF ENROLLMENT**

**REQUIREMENTS** – The following standards are for the purpose of assuring fairness to all students.

2a. Upon promotion from the 8<sup>th</sup> grade or the highest grade of junior high/middle school administered as a separate unit within a school system, a student may be eligible only at the public high school located in the public geographical attendance district in which the student's parents reside or any nonpublic high school located in the nonpublic geographical attendance district as specified in By-Law 238.1b, in which the student's parents reside.

Any student who chooses to attend a school other than those specified in By-Law 238.3a-2 above shall be eligible only at the sub varsity level in all sports for 365 days from the date of

promotion from the 8<sup>th</sup> grade or the highest grade of junior high/middle school administered as a separate unit within a school system.

## **CONDITIONING AND THE PREVENTION OF INJURIES**

Proper sports conditioning will improve the power, speed and endurance of athletes. Statistics indicate that sports conditioning will assist in preventing injury. Year-round conditioning can increase athletic performance considerably. Opportunities are provided for athletes at Ft. Osage Schools to be involved in year-round conditioning. Make certain to consult with the athletic trainers immediately if an injury does occur. An athlete under the care of a doctor must have a doctor's written release to resume practice/play after an injury.

## **PHYSICIAN EXAMS AND INSURANCE REQUIREMENTS**

Athletic By-Law 309 (a) and (b) in the MSHSAA handbook states: The school shall require each student participating in athletics or an activity performance group to obtain a physician's certificate stating that he/she is physically able to participate in athletic contests or performance groups. The medical certificate is valid for two years. This certificate must be on file before the student will be allowed to practice with any of Ft. Osage School District's athletic teams. A student shall not be permitted to practice or compete for a school until the student has verification that he/she has basic athletic insurance coverage. (Also on file.)

## **ATHLETIC AWARDS**

A certificate will be presented to the athlete each time he/she meets the requirements established in that sport and is recommended by the Head Coach to be a recipient of the award.

## **ATHLETIC LETTERING**

All of the Ft. Osage athletics programs offer an athletic letter. Each sport offers objective criteria and qualifications for lettering set by the individual sport coaching staff. The additional factors of good school citizenship and a constructive, positive attitude are integral criteria of the lettering process.

## **NON – ATHLETIC LETTERING**

Several organizations offer a non-athletic letter for their activity. Each activity offers objective qualifications and criteria for lettering set by the organization. The additional factors of good school citizenship and a constructive, positive attitude are integral criteria of the lettering process. For lettering requirements check with individual staff advisors.

## **SCHOOL DISCIPLINE**

If a student receives out-of-school suspension, the student is ineligible from the time the suspension is issued until the student returns to school and completes a full school day. If a student receives in-school suspension, and is participating in a co-curricular organization or athletic group, they may attend a practice session with the sponsor/coach's permission; students will not be allowed to compete or perform in co-curricular or athletic activities during the time of suspension.

## **ACTIVITY CONFLICT/PRIORITY LIST**

Students should make reasonable choices when participating in activities to not create conflicts between activities. This involves good decision-making skills, prioritizing, and long-range goals and aspirations. However, when a conflict arises between two school-sponsored activities, administrative priority will examine this order of precedence:

1 – National events

2 – State events

3 – MSHSAA District Events

\*\*4 – Regular Season MSHSAA contests & School Co-Curricular Performance

5-Practice-MSHSAA Sport/Co-Curricular activity

## 6-School Club Meeting

\*If a student is to miss a practice or game for a non-school sport they must get prior written permission from the activities director.

\*\* If there is a conflict between a school co-curricular performance and a MSHSAA regular season contest, all efforts will be made to accommodate the conflict. In the event that accommodations cannot be made, the student must make a choice about which event he/she is going to attend. A student will not be punished for his/her decision. For example, students may request an alternative assignment for missing a concert, and students will not be punished for missing a game to attend a school concert. However, students need to understand that every decision has a consequence, and these should be considered when making a decision.

### **Fort Osage School District Parent-Coach/Sponsor Communication**

#### **Parent/Coach/Sponsor Relationship**

Parenting and coaching are extremely challenging. By establishing an understanding of each other's position, we are better able to provide greater benefits to the young people we work with. As parents, when your children become involved in one of our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach/sponsor of your child's program.

#### **Communications you should expect from your child's coach/sponsor**

1. Philosophy of the coach/sponsor.

2. Expectations (i.e., team rules) the coach/sponsor has for your child as well as the participants involved with the program.
3. Locations and times of all practices, meetings and contests.
4. Team requirements - fees, special equipment, off-season training requirements etc.
5. Procedures should your child be injured during participation in an activity.
6. Firm, fair and consistent enforcement of rules as written in the Fort Osage Athletic Handbook.

### **Communications coaches/sponsors expect from parents**

1. Concerns expressed directly to the coach or sponsor.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regards to a coach's or sponsor's philosophy and/or expectations.

As your children become involved in the programs at Fort Osage they will experience some of the most rewarding moments of their lives. It is important to understand that when there is a concern both the coach and the parents need to communicate to find a solution. It is important that both parties have a clear understanding of the other's position.

### **Appropriate concerns to discuss with coaches/sponsors**

1. Ways to help your child improve.
2. Concerns about your child's behavior.
3. Special needs of the child.
4. Non-school team membership.
5. Eligibility concerns.
6. Your child in the total team concept.

Coaches and sponsors are professionals. They make judgment decisions based on what they believe to be best for all the members of their team. Decisions involving issues such as:

- Team strategy
- Play calling
- Team Personnel
- Other student participants

are not appropriate items to discuss with coaches and sponsors.

### **Appropriate Time and Place for Discussion of Concerns**

Please do not attempt to confront a coach/sponsor before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

### **Communication Chain of Command**

1. **We will encourage the young people in our programs to consult with their coach/sponsor first as this develops responsibility and a working relationship between your child and the coach/sponsor. Most concerns can be addressed at this level.**
2. If necessary, the next order in the chain of command would be to contact your child's coach about your concern. Communication between the parent and your child's coach/sponsor will provide a clear understanding of the problem and first hand solution(s) to your concern.
3. If the Activities Director can be of assistance to you regarding your child please contact Ryan Schartz at 816-650-7041

All of us working together will provide our students with the opportunity to be successful.

## CONFLICT RESOLUTION

When observing improper behavior or problems with individual team members, the best solutions are ones which address a problem at the time it is observed or occurs. Here is a two-step method..

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

## CURRICULAR/CO-CURRICULAR ORGANIZATIONS

Some organizations fall under both academic class guidelines **as well as** activity guidelines and requirements because a class period is given to the organization as well as academic credit. Such classes have academic objectives and independent grading criteria. Students enrolled in these courses may have other required expectations. The individual staff advisers will acquaint the students with the full scope of responsibilities in those classrooms.

If you have any questions, or want to access any information concerning the athletic department please visit the Fort Osage web page. [Fort Osage Activities](#)

### Social Media

You must be a credible school citizen as defined in the MSHSAA Handbook 212.0. The citizenship rule applies both in school and out of school situations. Quite often, social web pages such as Facebook, twitter, instagram, snapchat etc. publish pictures of students engaged in activity that displays poor citizenship. Students must understand that incriminating pictures on social web pages will not be tolerated by the Fort Osage activity program. Pictures that display poor citizenship on social web pages may result in a suspension or removal from the Fort Osage activity program.