

Scotland County R-1 High School



Athletic Handbook 2025-2026

Scotland County R-1 School District Mission Statement:

Scotland County R-1 School District, in partnership with the community, will educate and prepare all students through a commitment to excellence in personnel, instruction, curriculum, and facilities in a safe, supportive learning environment. **T.I.G.E.R.S.**

- T** - Technology Focused
- I** - Innovative Programs
- G** - Goal-Driven Instruction
- E** - Engaging Relationships
- R** - Rigorous Curriculum
- S** - Safe & Supportive Culture

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Scotland County MSHSAA Athletics

Baseball
Basketball
Football
Golf
Softball
Track & Field

Scotland County MSHSAA Activities

Dance/Pom Team
Music Activities
Scholar Bowl
Sideline Cheerleading

Important Dates:

Dead Period:

Saturday, August 2 - Sunday, August 10

First Allowable Fall Practice:

High School - Monday, August 11
Junior High - August 18

PURPOSE

The purpose of the extracurricular program is to provide experience, which enables the pupil to progress toward established educational objectives. Outlined below are some of the desirable educational goals to be achieved through the competitive programs:

To Develop for the Student:

1. Qualities of mental and physical strength, endurance, vitality, and neuromuscular skills.
2. A program of activities that meets the needs, interests, and capacities of the student.
3. Qualities of alertness, courage, resourcefulness, and good sportsmanship.
4. Proper emotional control and stability of character.

To Develop for the School:

1. A program of extracurricular activities as an integral part of the school curriculum.
2. A high standard of school loyalty, pride, student morale and wholesome school spirit.
3. Student understanding of extracurricular activities so that they will be more intelligent and appreciative as spectators.

To Develop for the Community:

1. An understanding that the extracurricular activities for students have been promoted under conditions that assure the participant and the public the best traditions in sportsmanship, citizenship, and a wholesome school-community relationship.

PHILOSOPHY

Interscholastic competition shall supplement the secondary curricular program and shall provide most worthwhile experience to students that shall result in these learning outcomes that will contribute toward the development of the attributes of good citizenship. Emphasis shall be upon teaching “through school competition.”

OBJECTIVES

Extracurricular activities give the student tremendous opportunities to develop as a complete human being. Students who are goal-oriented and career pathway-directed need to aim toward specific objectives. The sponsors/coaches of these activities should dedicate themselves to reaching these objectives. When a student graduates from Scotland County R-1 High School, we want him/her to be able:

1. To work cooperatively with others.
2. To learn from constructive criticism.
3. To have self-confidence in stressful situations.
4. To discipline himself/herself.
5. To lead others.
6. To teach certain skills to younger participants.
7. To respect teamwork, organization, and unity.
8. To appreciate the help given to them by parents, teachers, sponsors, coaches, and administration.
9. To evaluate his/her abilities realistically.
10. To have a positive learning attitude toward all tasks.
11. To value hard work and what it can accomplish.
12. To seek help from others when a problem arises.
13. To develop lasting relationships with others.
14. To be physically fit and healthy.
15. To praise others who do a good job.
16. To respect the rules and the officials who enforce them.
17. To feel good about himself/herself as a person.
18. To be dependable when given a job to do.

Advantages of Extracurricular Participation

1. Opportunity to participate in an activity, which parallels many later life experiences.
2. Opportunity to develop physical, mental, and social powers to the fullest.
3. Develop responsiveness to group discipline.
4. Develop lasting relationships.
5. Develop self-confidence.
6. Develop respect for rules and duly constituted authority.
7. Opportunities for development of cooperation, resourcefulness, perseverance, sportsmanship, gameness, initiative, and unselfishness.
8. Travel opportunities to see other communities and get acquainted with other types of people.
9. Opportunities, which make one more friendly, interesting, and human through competitive experiences.
10. Increase one's circle of friends and acquaintances.
11. Draws attention to oneself, which may have a "business" value later on.

12. Successful participation opens the door to future vocational opportunities.
13. Gaining participation abilities, which help many students through college.

DISCRIMINATION

It is the policy of Scotland County R-1 School District not to discriminate on the basis of race, color, creed, gender, or disabilities in its educational programs, activities, or employment practices. If discrimination takes place, contact the building principal or superintendent.

SEXUAL HARASSMENT OF STUDENTS

Sexual harassment is strictly prohibited by the Scotland County R-1 School District. Sexual harassment is defined as un-welcomed sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature. If sexual harassment takes place, contact the building principal or superintendent.

ACTIVITY GUIDELINES

All students who participate in high school activities sponsored by the Scotland County R-1 Board of Education shall meet and adhere to, as a minimum, the following criteria. Specific activities may demand more qualifications, but none may allow less.

CITIZENSHIP STANDARDS

Participation in extracurricular student activities is a privilege and not a right. Students who represent Scotland County in an extracurricular activity are expected to be good "citizens." A student who fails to exhibit good citizenship shall lose the privilege of participating in the student activity. These general and specific citizenship standards apply to the student three hundred sixty-five (365) days a year, twenty-four hours a day-no matter where the student is located.

In order to be eligible for participation in extracurricular activities, a pupil must meet the requirements of the Missouri State High School Activities Association (MSHSAA) and the Scotland County R-1 Board of Education. All student athletes and their parents must complete the Extra-Curricular Guidelines acknowledgement form, athletes must participate in the District's mandatory drug testing program, and all parents must complete the Parent Expectation form (all forms are in the Appendix).

These citizenship violations will be dealt with individually and the penalty may vary with the seriousness of the circumstance of the offense. The penalty for a general citizenship violation may range from a reprimand by the sponsor/coach to permanently barring the student from participation in the School District's extracurricular activities program.

A. General Citizenship Standards

A student may violate the school district's citizenship standards by conduct such as:

1. Repeated referrals for disciplinary action to the Principal, or other person having general responsibility for student discipline.
2. A single breach of good conduct, either in or out of school, whether such conduct would constitute a violation of the school district's disciplinary policies or not which is verified to the satisfaction of the administration.
3. A violation, or alleged violation, of federal, state, or local criminal law which results in a summons being issued to the student, or charges being filed in court against the student or conduct which is verified to the satisfaction of the administration.
4. Failure to follow the sportsmanship rules established by the school district, team, conference, or MSHSAA;
5. Violation of team or activity rules.
6. Single breach of the school district's disciplinary policies, which the administration considers to be serious.
7. Being suspended from school.

*In order to be of maximum effectiveness in serving and fostering the education of the students so entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our activities programs to:

1. Cultivate awareness that participation in athletics and activities is part of the total educational process and as such, the coach/sponsor should neither seek nor expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play as they relate to the lifetime impact on the participation.
3. Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.
4. Recognize that the purpose of activities is to promote the physical, mental, moral, social, and emotional well being of the individual participants.
5. Avoid any practice or technique, which would endanger the present or future welfare or safety of any participant.
6. Adhere to policies, which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
7. Refuse to disparage an opponent, an official, an administrator, or spectator in any aspect of the activity.
8. Strongly encourage the development of proper health habits: the non-use of chemicals, including alcohol, steroids, tobacco in any form, and other mood-altering substances.
9. Exemplify proper self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with officials and or judges.

10. Encourage all to judge the true success of the athletic and activities program on the basis of the attitude of the participation and spectators, rather than on the basis of a win or loss.

B. Specific Citizenship Standards

*** Use or Possession of Alcoholic Beverages, Drugs, or Tobacco**

Students are expected to refrain from possession or use of tobacco, alcoholic beverages, and drugs. Prior to the 2001-2002 academic years, the Scotland County R-1 Board of Education approved a Drug Testing Program for Participants in Organizations and Athletics. A student will violate the school district's citizenship standards if he or she uses, possesses, has ingested, has under his or her control, sells, manufactures, administers, dispenses, distributes, or compounds:

1. Tobacco in any form.
2. Alcohol, intoxicating liquor as defined in Chapter 311, RSMo, or alcoholic beverages.
3. Controlled substances, counterfeit substances or imitation drugs as defined in Chapter 195, RSMo.
4. Controlled substance analogue as defined by Chapter 195, RSMo, and any substance which has a chemical makeup similar to any controlled substance, as defined above, and which when ingested or otherwise used causes a condition such as intoxication, euphoria, dizziness, irrational behavior, stupefaction or hallucination.
5. Anabolic steroids or other similar compound, which is derived from testosterone or prepared synthetically.
6. Drug paraphernalia as defined in Chapter 195, RSMo.
7. Prescription medications, which are not prescribed to the student.
8. Prescription medications that are prescribed to the student, but only if the student sells, administers, dispenses or distributes the medication to others.

*When school personnel determine that a student has been found to be in possession of or used alcohol, controlled drugs, or tobacco products, the student will be disciplined. Sufficient evidence for a determination of a violation shall include, but not limited to: 1) his or her own admission, 2) evidence substantiated by school officials, 3) conviction by a court of a violation.

Drugs, Alcohol, and Tobacco (see Board policies JFCH and JHCD)

FIRST OFFENSE

The student is suspended from 20% of all scheduled athletic or school-sponsored events the student participates in. If the season of the sport/activity the student participates in ends before the completion of the consequence, it will be continued in the next season of that particular sport. Violations do not move from sport to sport or season to season unless the student is a senior or the suspension has not been served within a year of the infraction, then the suspension will move from sport to sport and season to season. The

student will be expected to participate in practice, stay with the team, can't dress for games, and must also complete a vigorous training program at the discretion of the coach.

SECOND OFFENSE

The student is suspended from all school-sponsored activities for 365 days.

THIRD OFFENSE

The student is suspended from all school-sponsored activities for the remainder of high school career.

***Conduct Standards**

Students involved in extracurricular activities are expected to conduct themselves in a positive, respectful manner at all times during the school day or school activities. Students who conduct themselves inappropriately may lose their privileges regarding extracurricular participation.

***Team or Activity Standards**

Students are expected to observe and obey the rules established by the coach or sponsor of the activity. Each coach or sponsor to the student participants at the beginning of the activity shall communicate the specific rules. Violation of the team or activity rules shall constitute a violation of the school district's citizenship standards, with the penalty to be determined by the coach or sponsor, athletic director and Principal. The above specific citizenship standards and consequences listed under section B are in place for the four (4) years a student is in high school (9-12 grade). For example, if a student violated the specific citizenship standards as a freshman and again as a senior, the violation would be considered a second offense or occasion.

Students in junior high (7 & 8 grade) will be considered a separate unit from the high school. The specific citizenship standards and consequences listed under section B are in place for the two (2) years a student is in junior high. Students entering the ninth (9) grade will not carry over any consequences received during junior high.

HOMEWORK POLICY

The Board of Education recognizes that homework which is properly designed, carefully planned, and geared to the development of the individual student has a definite place in the educational program. The term "homework" refers to an assignment to be prepared during a period of supervised study in class or outside of class, or which is assigned to help the student become more self-reliant, learn to work independently, improve skills that have been taught, prepare research papers, aid in the mastery of skills, complete certain projects and create and stimulate interest on the part of the student.

Teachers should make meaningful homework assignments. The purpose should always be clearly understood by both the teacher and the students. These assignments should be consistent in terms of the amount given each day and the time required for each assignment so that a pattern of meaningful homework can be established by the teacher

and/or the students. Homework assignments should also take into consideration individual differences of students such as health, ability, conditions at home and educational resources at home.

Homework should not require the use of reference materials not readily available in most homes, school libraries, or the public library, and should require the use of those materials only when the student has had instruction in the use of them.

Every student is expected to turn in all homework! Late homework will be accepted with the following grade deductions:

EXTENDED LEARNING OPPORTUNITY PROCEDURE (ELO)

High School Late Work and ELO Policy

On time- 100% of graded score

1 Day Late - 70% of graded score if turned in before 8:00 am the day after it was assigned.

ELO - Assignments not turned in by 8:00 am the day after it is due will result in an automatic Extended Learning Opportunity and the student will be assigned to make up the missing assignment after school. Even if the assignment is turned in after 8:00 am the day after it is due, the student will still be required to serve the ELO time and will only be able to earn 50% of the earned grade on the assignment. Assignments completed during the ELO time will also receive 50% of the earned grade on the assignment. If the assignment is not turned in by the end of the ELO, the student will receive ZERO credit for the assignment.

- ELO time for one assignment will be 60 minutes.
- ELO time for more than one assignment will be between 90 minutes and 3 hours depending on the number of missing assignments.
- ELO/ Detention sessions will be held Tuesdays, Thursdays, and Saturdays

Junior High Late Work and ELO Policy

On time - 100% of graded score

1 Day Late - 70% of earned grade if the assignment is turned in by 8:00 am the day after it was due

2 days late - 50% of earned grade if the assignment is turned in by 8:00 am the second after it was due.

- ELO - If the assignment is not turned in by 8:00 am the second day after it was due, the student will be assigned an ELO. If the assignment is turned in by the end of the ELO session then the student will receive 50% of the earned grade. If the student does not complete the assignment by the end of the ELO session, the earned grade will be a ZERO.
- ELO time for one assignment will be 60 minutes
- ELO time for more than one assignment will be 90 minutes to 3 hrs depending on amount of assignments

- ELO/ Detention sessions will be held Tuesdays, Thursdays, and Saturdays

All athletes are expected to self-report to the head coach.

If a student misses the start time of a home contest due to serving an ELO they will not be eligible to play in that contest. Example: John Doe had an ELO until 5:15 and is on the baseball team. He will not be eligible for the varsity contest that started at 5:00pm. He will be able to play in the JV game following the varsity contest because he was able to be there before the start time of the second game.

ELIGIBILITY STANDARDS

All students who participate in any extra-curricular activity must be a student first. Therefore, the Scotland County R-1 School District requires all students to adhere to the following eligibility requirements.

ELIGIBILITY TO PARTICIPATE IN EXTRACURRICULAR ACTIVITIES

A participant will have a good attendance record. **No** student will take part in any school activity if absent from school the day of the activity, ***unless prior arrangements have been made with the administration.*** Also, a student serving out-of-school suspension will not be allowed to participate in school activities. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes or prior arrangements have been made with administration. ***(Example: Absence on Friday followed by an athletic contest on Saturday. A student would be eligible the following Monday if school is not in session.)***

Grades 9-12

- You must 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 any student can be enrolled in the semester, whichever is GREATER, at your school.
- For your current semester, you must 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 at your school, whichever is GREATER. **Credits earned or completed after the close of the semester will not fulfill this requirement.**
- Students promoted for the first time into 9th grade are considered academically eligible for the first semester after promotion.
- Do not drop courses without first consulting with your school principal, athletic director or counselor to determine whether doing so will affect your eligibility.

Grades 7-8

- You must be enrolled in a normal course load for your grade at the member school.
- You will be ineligible if you failed more than one class the previous quarter.
- You must have been promoted to a higher grade prior to the first day of classes for the new school year.
- Students promoted for the first time into 7th grade are considered academically eligible for the first grading period after promotion.

PRACTICE

Students should expect to practice in preparation for most of their activities. Each activity sponsor/coach will establish practice schedules that students must follow. Special arrangements to miss a practice or meeting must be made with the sponsor prior to the student's absence. Practice times and schedules will vary depending on sports, facilities, time of season, etc... Students must be present for a minimum of the last four class periods (5-8) of the day to be eligible to practice and/or play in a school sponsored activity. ***Any unusual reason for an absence from school shall be cleared with the high school principal or athletic director in advance.*** Coaches are cautioned not to practice students who are ill or who have missed school due to an illness or injury.

PARTICIPATION IN PHYSICAL EDUCATION

All doctors notes that prohibit student participation in physical education will also prohibit students from participation in extracurricular activities. Students will not be allowed to resume participation until the district receives documentation clearance from the doctor to return.

SCHOOL RESPONSIBILITY CODE IN EFFECT

Students are reminded that all school rules are in effect at all activities. Their behavior should be exemplary while attending all school activities and students must respect the authority of those in charge. Discipline at activities will duplicate discipline at school. Students must understand they are a reflection of the community, school, and parents.

OFFICE BEHAVIORAL REFERRAL

The principal will notify the head coach or sponsor of an office referral as soon as possible after the referral has happened. Punishment and consequences for office referrals are at the discretion of the coach. All consequences must be served before participation in contests, but a student may practice after a consequence is served that day. After two separate referrals (excluding tardies), MSHSAA citizenship rules would apply and could result in dismissal from the team, squad, or activity. Dismissal from the team, squad, or activity would be subject to building guidelines, coaches, and administrative review.

BULLYING

Students are reminded that bullying is defined as the repeated and systematic intimidation, harassment, and attacks on a student or multiple students, perpetuated by individuals or groups. Bullying includes, but is not limited to: physical violence, verbal taunts, name-calling, and putdowns, extortion or theft, damaging property, and exclusion from a peer group. If a student is found to have bullied someone or group of people the following can happen:

First Offense: Detention, in-school suspension, or 1-180 days of out-of-school suspension.

Second Offense: 1-180 days out-of-school suspension or expulsion.

SUSPENSION/ISS

All days of in-school suspension must be served before participation in practices, games, or activities. A student may participate in practices, games, or activities on the day the suspension has ended. A student may participate in games or activities on the day after the in-school suspension has ended.

All days of out-of-school suspension must be served before participation in practices, games, or activities. A student may not participate in practices, games, or activities on the day the suspension has ended. A student may participate in games or activities on the day after the out-of-school suspension has ended.

MSHSAA citizenship rules would apply and could result in dismissal from the team, squad, or activity to a student receiving in-school or out-of-school suspensions (see MSHSAA handbook).

MSHSAA rules and regulations will apply regarding suspensions and expulsions from school (see MSHSAA handbook).

LETTERING

All coaches or sponsors must create lettering policies for each sport or activity. However, the coach or sponsor must communicate the lettering policy with the Scotland County Activities Director before the start of the season. It is also the responsibility of the coach or sponsor to have a parent/student meeting where all rules and policies are communicated to the parents and students.

Any high school aged student who does not meet the lettering policies of the coach or sponsor will receive a provisional letter for that activity or sport. If during the following season the student has met the requirements established by the coach the provisional letter will be changed to an actual letter. All seniors must receive a letter, not a provisional letter.

APPEARANCE

The student shall be neat and clean at all times and project a wholesome image. Grooming and appearance is at the discretion of the individual sponsor/coach. The wearing of hats is not allowed inside any building, bus, or before/after a school sponsored event. Students are also not permitted to wear any piece of clothing that is an advertisement for any form or type of alcoholic beverage or tobacco product.

ASSUMPTION OF RISK

Some activities will involve physical activity in which students could mildly, moderately, or severely injure themselves. Catastrophic injuries resulting in death or permanent paralysis may occur during participation. Each student assumes this risk, as there is no absolute prevention against any potential injury.

MEDICAL ATTENTION

Each athlete must have on file with the athletic director's office a health certificate signed by his/her doctor and parents. The procedure for handling injuries is as follows: If the injury occurs in practice and is of a serious nature, the athlete will be transported to the hospital emergency room. Parents will be notified by telephone immediately. If the injury is minor, a member of the coaching staff will take care of it and notify parents if deemed necessary. If, at any time, parents need information or have questions concerning injuries, please call any member of the coaching staff, and they will be happy to answer your questions.

SPORTSMANSHIP

As a participant representing the Scotland County R-1 School and community, you have the responsibility to exhibit good sportsmanship at all times. As a member of the extra-curricular program, you become a representative of your family, the student body, your school, and your community. The coaching staff and sponsors will expect all participants to conduct themselves as champions in the athletic arena, the classroom, and in everyday life. The coaching staff and sponsors will demonstrate appropriate behavior at all times. Instruction will be provided by coaches and sponsors to inform participants of district expectations.

A very important lesson we learn through interscholastic athletics is that by hard work and dedication we can improve. In America we recognize we can take ability, and through hard work and dedication, become anything we want to be. If you are willing to recognize the ability you possess and work hard, you can achieve success in athletics. This is a lesson that will prove very valuable to you as you prepare to face the challenges of life after high school.

Attitude is one of the principal ingredients in becoming a champion in any sport or activity. The desire to excel, to win, and to pay the price are all positive qualities or attributes of attitude that contribute to a winning philosophy.

A winning philosophy is important, but realizing the importance of how the game is played is equally important. Simple acts or gestures of respect-such as displaying good conduct, cooperating with officials, shaking hands with opponents before and after the contest, showing self-control at all times, accepting decisions and abiding by them, and never being boastful or bitter-will aid you and your team in portraying the standards of sportsmanship expected of athletes at Scotland County R-1 High School.

PARENT/GUARDIAN/SPECTATOR EXPECTATIONS

Parents, guardians, and spectators are encouraged to cheer on their teams with enthusiasm while exhibiting good sportsmanship. The school will not tolerate parents, guardians, or spectators being on the floor before, during, or after a practice or contest, or berating players, coaches, and/or officials.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES AT ANY TIME

1. Increased playing time
2. Team strategy
3. Play calling
4. Other student-athletes and/or participants

There are situations that may require a conference between the coach and the parents. These are to be encouraged. It is important that both parties have a clear understanding of the other's position. When a conference is necessary, the following procedures should be followed to promote resolution:

1. Call to set up an appointment with the coach (24 hour waiting period).
2. Student-athletes must be present during all meetings.
3. Do not attempt to confront a coach or interfere with players before, during, or after a practice or contest unless a student-athlete has been injured.
Parents/guardians/spectators should not enter the locker room, dugout, bench, or be on the sidelines before, during, or after a practice or contest unless a student-athlete has been injured. These can be emotional times for both the coach and the parents, and meetings of this nature usually do not promote resolution.
4. Parents/guardians/spectators should not engage in any direct negative communication with coaches in any way before, during, or after the game.
Communication includes face-to-face interactions, phone calls, text messages, emails, or any other social media outlets.

If these procedures, including sportsmanship, are not followed, parents/guardians/spectators will face the following consequences:

FIRST OFFENSE:

Parents/guardians/spectators will not be allowed to attend the next competition at that level, and a meeting with the administrative staff will be arranged.

SECOND OFFENSE:

Parents/guardians/spectators will not be allowed to attend any other games or activities for that season, and a meeting with the administrative staff will be arranged.

These terms apply to home and away games. Unfulfilled suspensions must be served the following year.

PARENT SIGNATURE: _____

TRANSPORTATION

A student who is participating in a school-sponsored activity must ride the school provided transportation to the activity. Any student under unusual circumstances may be released to his/her guardian or parent under the discretion of the coach or sponsor. If the coach permits the student to be released to his/her guardian or parent the parent or guardian must come in person to the coach or sponsor and sign the student out for him/her to be released. All bus incidents that occur above and beyond the coach's or sponsor's discretion and discipline that require administrative intervention will be judged by the bus policy in the school handbook. ***Parents may fill out a Special Circumstances Permission Form that would grant permission for another individual to transport their child home from athletic contests. The form must be filled out prior to the athletic contest and student(s) must be signed out with the coach at each athletic event.***

Dual Sport Participation

Participating in two sports in the same season requires serious commitment from a student-athlete. A student-athlete who wishes to participate in two sports in the same season must designate both their primary sport and secondary sport ***before*** the first practice of both sports. A primary sport is defined as the sport which takes precedence over another sport in the event there is a conflict at the same priority level or any other matter that could lead to a conflict. A student-athlete must adhere to the primary sport in the event of any conflicts of schedule at the same priority level. A student-athlete must practice in both sports. The amount of practice time must meet the agreed requirements of the head coaches of both sports. In the event that a student-athlete is disciplined for any infraction in the athletic handbook, the punishment will be applied to both sports during the season. The order of priority is given below:

1. Postseason Contests - Sectionals
2. Postseason Contests - Districts
3. Regular Season Contests - Conference
4. Regular Season Contests - Nonconference
5. Practice

Example: Billy has a sectional golf meet and a conference baseball game on the same day. Billy's primary sport is baseball. Billy will attend the sectional golf meet.

Example: Sammy has a nonconference track meet and a nonconference baseball game on the same day. Baseball is Sammy's primary sport. Sammy will attend the baseball game.

The primary sport designation will be used if there is a conflict at the same priority level in two sports. If time and distance allow, every attempt needs to be made to attend both contests.

Primary Sport: _____

Secondary Sport: _____

Signature: _____