

Stoutland R-II School District Junior High and High School Athletic and Activity Handbook

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Conference: Frisco League

School Phone: 417-286-3711



2026-2027

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1. Introduction

The purpose of the Stoutland Jr./Sr. High School Athletic Handbook is to provide an understanding and appreciation of the athletic programs, and to enhance communication among coaches, athletes and parents. A student who wishes to participate on an athletic team voluntarily submits to school and team rules. Consequently, it is crucial that student athletes and their parents understand the athletic program's expectations, as well as what they may expect from the Athletic Program.

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. To that end, coaches will seek to recruit, encourage and develop the student body as a whole to participate in athletic opportunities. We hope the information provided within this handbook makes both the student's and parent's experience with the SHS Athletic program less stressful.

2. Philosophy

As a member of the Missouri State High School Activities Association (MSHSAA), 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.

3. Objectives

It is the intent of the Stoutland Schools Athletic Department to provide the students of the school a comprehensive, well-planned and balanced program of interscholastic athletics, and to show how the students can benefit from participation in this type of activity. The program shall be managed and the teams coached in a manner to achieve the following objectives:

- Promote individual and team desire for excellence while emphasizing that interscholastic sports are kept in perspective and that the first for all students is intellectual and emotional growth.
- Encourage enjoyment of competition, a desire to win and a healthy attitude toward winning and losing.
- Develop self-confidence and self-respect for each team member.
- Develop the specialized talents, skills and physical fitness of each participant.
- Develop attitudes and skills that foster teamwork, cooperation, loyalty and spirit.
- Develop the highest degree of sportsmanship, sense of fair play, and respect for coaches, game officials, and especially fellow athletes, both teammates and opponents.

4. Fundamentals of High School Activities

When hosting an event, the opponent should be treated as guests and treated cordially. Officials should be recognized as impartial arbitrators who are trained to do their job with the best of their ability. Familiarity with the current rules of the game and the recognition of the necessity for a fair contest are essential. Sportsmanship requires one to understand his or her own bias and the ability to prevent the desire to win from overcoming rational behavior. Applause for an opponent's good performance is a demonstration of generosity and good will and should not be looked at negatively.

5. Athletic Code of Conduct

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration. All athletes, coaches and parents shall abide by a code of ethics which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated.

5.1 Athletes All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. We are judged by the company we keep and athletes' actions in everyday life, both private and public, are a direct reflection on this athletic program and the Stoutland School District.

5.1.1 Code of Ethics

- Abide by all rules, regulations, and policies as outlined by MSHSAA and the administrative policies of SJH/SHS.
- Students are responsible for all social media comments and actions and recognize that appropriate standards of behavior extend to social media. Student athletes will take an active role in the prevention of unsportsmanlike materials on social media.
- Learn that both winning and losing are part of the game and learn to accept both. Be modest in victory; be gracious in defeat.
- Have complete control of himself/herself at all times and not engage in horseplay, displays of temper, use of profanity, or disrespect for coaches or officials.
- Realize that he/she is a student first, an athlete second. The student-athlete must give time and energy to classroom studies to ensure good and acceptable grades.
- Be on the field, court, weight room or other designated area dressed and ready to practice per the provided schedule.
- Notify the coach if he/she needs to miss a game or practice session that is scheduled.

5.2 Coaches The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should be considered in decisions by the coach at all times.

5.2.1 Code of Ethics (Adopted from the National Federation of State High School Associations (NFHS), of which MSHSAA is a member.)

- Be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- Uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- Take an active role in the prevention of drug, alcohol and tobacco abuse. • Avoid the use of alcohol and tobacco products when in contact with players. • Promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- Master the contest rules and teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, booster clubs, and administrators.
- Respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- Meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- Not exert pressure on faculty members to give students special consideration.
- Not scout opponents by any means other than those adopted by the league and/or state high school athletic association.
- Take an active role in the prevention of unsportsmanlike materials on internet message boards and posted through social media.

5.2.2 Communication The communication parents can expect from their son's or daughter's coach includes:

- Coach's philosophy and expectations
- Written location and times for ALL practices and contests
- Team rules and policies
- Procedure if an athlete is injured during participation
- Special requirements, fees, equipment needs

5.3 Parents and Other Fans

5.3.1 Code of Ethics Your enthusiasm as a spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon our school and community. Parents are EXPECTED to:

- Know and demonstrate the fundamentals of good sportsmanship.
- Respect school property and authority.
- Show respect for opponents and opposing coaches and fans.
- Show respect for players who are injured.
- Respect the judgment and strategy of the coach (even if you disagree). It is your job to cheer from the sidelines, it is the coach's job to coach from the bench.
- Respect the judgment of game officials (even if you disagree).
- Avoid profane language and obnoxious behavior at all times.
- Avoid applauding errors or penalties of the opponents.
- Refrain from heckling, jeering or distracting opponents, including distracting behavior during the shooting of free throws.
- Refrain from being critical of players, coaches or officials for a loss.
- Do not approach a coach before or after a game concerning any game decisions (this includes playing time, strategy, etc.).
- Follow the chain of command (Athletic Director, Building Principal, Superintendent).
- Refrain from throwing objects on the playing area or in the bleachers.
- Avoid stomping of bleachers or the use of artificial noisemakers.
- Respect, cooperate and respond to cheerleaders.
- Refrain from booing or showing displeasure with game officials or game activities.

Parents and other fans who do not comply with the rules and responsibilities of good sportsmanship may forfeit their privilege of attending future activities involving our school district for a period of time determined by the school administration.

5.3.2 Communication The communication coaches can expect from their athletes and their parents includes:

- Advance notice if the athlete is unable to attend practice or team functions
- Notice of all injuries and illnesses and athlete's status for participation
- Situations or concerns at home which may affect an athlete's performance or participation.

6. Communication Guidelines

Parenting and coaching are each rewarding, yet challenging endeavors. Parents want what is best for their children; coaches want what is best for their teams. Communication between parents and coaches is very important to the success of a student participating in extracurricular activities.

Coaches are professionals. They make judgment decisions based on what they believe to be the best for all athletes involved. There may be times that athletes and/or parents do not agree with these coaching decisions. While communication between the parents and coaches is encouraged, there are certain things that are not appropriate to discuss with the coach. These issues include playing time, team strategy, play calling, and other student-athletes.

There are situations that may require a conference between the coach and the parent. Please do not attempt to confront a coach 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. To have a conference with the coach, it is necessary to call and set up an appointment. If the meeting with the coach does not provide a satisfactory resolution, call and set up an appointment with the Athletic Director and/or Administrator to discuss the situation.

CHAIN OF COMMAND

- Coach (Sport Specific)
- Athletic Director
- Principal

• Player/coach communication is the most important part of the chain of command. • Start with the source. Talk directly with the coach, in private, face-to-face, away from the practice site or game area. A telephone call may be necessary to arrange an appointment. E-mail, voicemail and letters are good methods but NOT the most effective for communicating information. Make an appointment to meet with the coach individually. Sitting down and listening to both sides is far more productive in reaching a mutually satisfying resolution. Our coaches are expected and encouraged to meet with individual parents to discuss concerns that affect that parent's child. Our coaches are not expected to meet with groups of parents to discuss issues of concern.

If You Have a Concern To Discuss With A Coach, please follow the procedure below:

1. Call to set up an appointment.
2. Call the athletic director, a meeting will be set up for you. 417-286-3711 ext. 1421
3. **Please do not attempt to meet a coach before or after a contest or during practice (all practices are closed to the public).** These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
4. If the meeting with the coach does not provide a satisfactory resolution, call and set up an appointment with the athletic director to discuss the situation.

7. Academic Eligibility

To be deemed eligible for athletic participation during the season of a sport, the Missouri State High School Athletic Association (MSHSAA) requires that a student 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 the student can be enrolled in the semester, whichever is greater, and shall currently be enrolled in and regularly attending courses that offer a minimum of 3.0 units of credit. ***Requirements may change or be modified due to Covid 19.***

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

- Grading Period: A “grading period” is a period no less than four weeks and no greater than nine weeks where progress is determined and is reported to students/parents. A student must have been promoted to a higher grade or a higher level in special education at the close of the previous year. However, any such student who failed more than one scheduled subject, or failed to make standard progress in special education, shall be ineligible the following grading period regardless of promotion to the higher grade. (However, see also the last item below).
- Semester of Participation: The student shall be currently enrolled in and regularly attending the normal course for that grade or must have enrolled in a full course at his or her level in any public school special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent chronological age.
- Entry into 7th or 9th Grade: This section shall not apply to students promoted for the first time into the 7th or into the 9th grade prior to the first day of classes.

7.2 Additional Requirements Grades 6-12 Additionally, Stoutland Schools have further requirements for academic eligibility. These are as follows:

- The F list will be checked for students participating in sports and clubs at the end of each mid quarter and quarter.
- Students can have no Fs at the time of mid quarter or quarter grade reports. • Students with an F will remain ineligible for participation until they have successfully raised their grade to passing. Students with an F will have their progress checked and reported weekly. For Fall Sports, grades will be pulled for Quarter 1 to the end of the season. For Winter Sports, grades will be pulled for Quarters 2 & 3. For Spring Sports, grades will be pulled for Quarters 3 & 4.
- Students will become immediately eligible upon obtaining a passing grade. • If on the F list, the athlete may not attend any practices/events which will result in the student missing any instructional time.

8. Attendance

Practices are essential for proper conditioning, improvement of fundamentals and techniques, and acquisition of teamwork skills. Therefore, athletes are required to attend scheduled practices. Athletes who are absent from school are excused from practice on the same day as the absence, however it is suggested that the coach be contacted. Athletes who are suspended from school may not participate in practices or competition during the suspension. Athletes suspended from school twice during the same season are suspended from the team for the remainder of that season. According to MSHSAA bylaws (mshsaa.org/resources/pdf/Official%20Handbook.pdf) a student absent from school any part of the day must receive permission from the principal to participate in extracurricular activities. Students must be in attendance for the entire school day to participate in any athletic contest or on the Thursday before a weekend game. Exceptions are granted with administrative approval only (Superintendent, Principal and/or Athletic Director). Athletes who miss 3 or more athletic events in a sports season, must meet with the coach to determine their status with the team.

9. Athletic Disciplinary Code Unless students learn from their violations of the Athletic Code and the law, their consequences will mean little. We must continue to teach and model good citizenship and law-abiding behavior. The following list of disciplinary actions do not include all school rules and team rules which will also be enforced. All students who participate in athletics agree to participate in a random drug testing program.

9.1 Code of Ethics Violations Code of Ethics violations will be addressed on a case by case basis. Disciplinary actions will be selected and enforced in accordance with SJH and SHS policies and may include verbal warnings, written warnings and conditioning at the coach level and game suspension or dismissal from the team if elevated to the administrator level.

9.2 Offense 1: Unexcused practice

- First and second unexcused absence from practice will result in conditioning and one contest suspension.
- Third and any subsequent absence from practice will result in conditioning and a three contest suspension. May result in suspension from the team for the remainder of the season.
- Unexcused absence from a contest as determined by the coach could result in suspension from the team for the remainder of the season.

9.2 Offense 2: Use or possession of any tobacco paraphernalia, electronic cigarettes, or other nicotine-delivery products on district property, district transportation or at any district activity.

- First violation results in exclusion from all athletics for ten percent of the scheduled competitions. (If the suspension is not completed in one sport it will be carried over in the next activity in which the student participates.) OR Attendance with parents and

completion of a counseling or tobacco program approved by SHS. OR Other activity agreed upon by the parent, athlete, and administrator.

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- Second violation results in exclusion from all athletics for twenty-five percent of the scheduled competitions.
- Third violation results in exclusion from all athletics for fifty percent of the scheduled competitions.
- Fourth violation may result in elimination from all athletic activities for one calendar year or the remainder of enrollment.

9.3 Offense 3: Use, possession or under the influence of alcohol as well as actions, in or out of school, which would bring disfavor to the school.

- First violation results in exclusion from all athletics for twenty-five percent of the scheduled competitions. (If the suspension is not completed in one sport it will be carried over in the next activity in which the student participates.) OR Attendance with parents and completion of a counseling or alcohol program approved by SHS. OR Other activity agreed upon by the parent, athlete, and administrator.
- Second violation results in exclusion from all athletics for fifty percent of the scheduled competitions.
- Third violation results in elimination from participation in all scheduled competitions for one calendar year.
- Fourth violation may result in elimination of athletics for their high school career.

9.4 Offense 4: Possession of or being under the influence of a controlled substance other than those prescribed by a physician.

- First violation could result in dismissal from all athletic and extracurricular activities for one calendar year from date of the offense. If the athlete completes and validates a certified drug abuse counseling program, they may petition for reinstatement.
- Second offense may result in elimination from participation in extracurricular activities for the remainder of enrollment at Stoutland R-II School District.

9.5 Offense 5: Sale or distribution of a controlled substance or alcoholic beverages, behavior, in or out of school, which brings disfavor upon the school, or behavior, in or out of school, which would be deemed felonies under the criminal code.

- First violation will result in dismissal from all extracurricular activities for up to one calendar year from date of the offense.
- Second violation may result in elimination from participation in all extracurricular activities for the remainder of enrollment at Stoutland R-II School District.

10. Guidelines Governing Disciplinary Action

- All offenses will be cumulative over the student athlete's entire athletic career while attending the Stoutland R-II School district..
- During periods of suspension from competition, attendance at team practice is required. Attendance at athletic contests will be at the discretion of the coach, but suspended athletes are not to be dismissed from school to attend contests, and they may not be in team uniform at any time during a suspension.
- If a violation under these provisions occurs before the competitive season or during the "off" season, the suspension will begin during the athlete's next competitive season. Suspensions not completed due to the end of a season shall be completed in the athlete's next season.
- Failure to complete an agreed upon counseling program or learning activity or to attend practices regularly during a suspension period will result in removal from the team for the remainder of the season. The counseling programs and learning activities must be completed before joining another athletic team.
- An athlete who quits a program in order to avoid serving a suspension or is removed from a program has not met her/his obligation and is ineligible to compete for any team until the suspension has been fully served.
- An athlete who quits or is removed from one program prior to the end of that program's season may not join another team during the same season. Those athletes who are released from a team may try out for another sport during that season with both coaches' approval.
- An athlete suspended for substance abuse cannot join another team during the same season.
- The athlete's attendance is required at the awards program. However, a suspended athlete may not attend any awards program. Suspended athletes are not eligible to receive any school honors and will not be recommended for any league, district, regional, or state honors.
- Athletes who violate the Athletic Code of Conduct will not receive a varsity letter when the infraction occurs in season.
- If an athlete's competitive suspension is carried over to a new sport season, the athlete may try out for a program, but may not compete until the suspension has been fully served.

11. Due Process All information received will be investigated to determine its validity and merit.

- The Athletic Director and/or Principal will contact the parent of any athlete who is involved in an alleged offense and will describe the incident along with possible disciplinary action taken and counseling resources.
- An athlete disciplined for an attendance infraction may appeal the penalty to the Principal within two school days of being informed of the penalty. The decision of the Principal is final.
- An athlete disciplined for tobacco, alcohol, drugs or other unacceptable behavior infractions will interview with the Athletic Director and/or Principal. The student athlete and parent will be provided with written notice of the disciplinary action to be taken. The school will retain written confirmation (either a signature or other reliable written documentation) that the notice was provided to the student. If the student wishes to appeal the action, he/she must submit the appeal in writing to the Principal within two school days of the athlete's receipt of written notice of the disciplinary action. The written appeal must contain, in detail, the athlete's reasons why the disciplinary action should be changed or not imposed at all. The Principal will conduct a further hearing and shall issue a written decision no more than five school days following the hearing. If the student wishes to appeal the Principal's decision he/she may appeal to the Superintendent of Schools, in writing, no more than five school days following her/his receipt of the Principal's decision. The Superintendent will conduct a hearing and issue a written decision no more than five school days following the hearing. If the student wishes to appeal the Superintendent's decision he/she may appeal to the Board of Education, in writing, no more than five school days following receipt of the Superintendent's decision.

12. Preseason Parent Meeting. Each program will conduct a preseason parent meeting no later than the end of the second week of practice. This meeting will be held by the Athletic Director and/or the coaching staff. Each athlete must be represented by a legal guardian at this meeting. Failure to attend this meeting will result in non-competitive participation until a scheduled conference with the Athletic Director has been fulfilled. The agenda for this meeting will include introduction of coaches, schedules, practice times, player commitments, player responsibilities, parent responsibilities, athletic handbook, methods for addressing concerns, and a question/answer session.

13. In and Out of Season Information.

13.1 Physical Exam. A physical exam form is required by MSHSAA before a student can be eligible to try out or practice with any athletic team. A signed copy of this physical form must be on file in the Athletic Director's office. It is the responsibility of the athlete to obtain her/his physical. If the free physical dates are missed, the athlete must pay for a physical. The form must be signed by the parent or legal guardian and must have insurance policy information included. Physical forms are available at the doctor's office or the Athletic Director's office.

Required Documents:

- Physical
- Proof of Insurance
- Concussion Form
- Commitment and Consent Form

13.2 Equipment. The equipment issued by the school becomes the responsibility of the athlete during the season. Special care must be taken to assure uniforms are not lost, stolen, washed improperly or worn outside of competition. At the conclusion of the season all equipment and uniforms must be returned to the coaches. Any missing or damaged uniforms will be handled as a financial obligation and diplomas and grade cards will not be given out until the uniforms are returned or a fee is paid. Athletes who do not return or pay for lost or damaged equipment will be ineligible for any other sport until the equipment is returned or the financial responsibility is met. It causes undue burden and complications when uniforms are lost or not returned. In most cases, uniforms cannot be replaced and the sets will be short until new sets of uniforms are ordered. This time period is about every four or five years.

13.3 Closed Practices/Practice Schedule. More than likely there will be practice sessions every day before and/or after school. The length of the practice is up to the discretion of the individual coaches. All scheduled practices will be closed to the public, including parents, with the exception of permission granted by both the coach and athletic director.

13.4 Athletic Dress Code/Appearance. Our athletes are expected to be well-groomed, neat and well-dressed. Appearance affects attitude, behavior and the perception of others. Coaches may set specific grooming and dress guidelines for their team. Failure to comply may result in disciplinary action up to and including suspension from the team

until the athlete complies.

13.5 Travel. All student athletes must use the transportation provided by the district to away contests. Athletes who miss the bus and travel to the contest late shall not be permitted to compete unless there were extenuating circumstances. The coach may require student athletes to ride together on the team bus as part of the athletic program home from games. Only authorized persons may ride the bus. Under no circumstance may an athlete drive their own vehicle or travel to or from a contest with other students or minors. Students must be signed out by their parents or legal guardian after a contest if not riding the school provided transportation home. If a student desires to ride home from a contest with a parent other than their own, a signed note from their parent must be presented to the Principal on the morning of the contest, to be signed by the Principal. There is a Student Travel/Transportation Authorization form included, this will enable the parent or legal guardian to list pre approved adults that have permission to transport the student athlete.

Stoutland R-II Commitment and Consent Form

Participant Name (Print): _____

Grade: _____ Date: _____

STOUTLAND R-II SCHOOL DISTRICT ATHLETIC/ACTIVITIES COMMITMENT AGREEMENT

Prior to participating in any MSHSAA and/or Stoutland R-II School District sponsored event each student must have on file in the office of the building principal/athletic director, the Athletic/Activities Consent Form with parent and student signatures. As a student-athlete participating voluntarily in interscholastic athletics:

I have read this Athletic/Activities Handbook and understand what MSHSAA and the Stoutland R-II School District expects from me in regard to sportsmanship, citizenship, scholastics, and staying free from tobacco, alcohol and illegal drug use while enrolled in this school. I understand the consequences for breaking MSHSAA and/or school policy and I will not do so while a Stoutland R-II School District student participant. I understand that this is a year-round (365 day) commitment.

I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.

I acknowledge that I have been properly advised, cautioned and warned by administrative and coaching personnel of the school district that I am exposing myself to the risk of injury, including but not limited to the risk of sprains, fractures, and ligament and/or cartilage damage which could result in 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 will full knowledge and understanding of the risk of injury.

I, along with my parents, certify that I have read and understand all of the school district athletic policies in the athletic handbook and MSHSAA eligibility standards. In order to be eligible for participation, I understand I must comply with all requirements.

The Athletics Handbook can be accessed on our website by clicking:

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STOUTLAND R-II SCHOOL DISTRICT ATHLETIC/ACTIVITIES
COMMITMENT AGREEMENT

Student Signature _____

Date _____

Parent Signature _____

Date _____

Cell Phone _____

Home Phone _____

Work Phone _____

Emergency Contact _____

Emergency Phone Number _____

Student Athlete Travel/Transportation Authorization

Student athletes are expected to travel with the team to a contest. The coach may require student athletes to ride together on the team bus home from a contest as part of the athletic program.

Exception: Student athletes traveling in a private vehicle other than with their parents or legal guardian from an athletic contest.

_____ has permission to ride with
(Name of student athlete)

The athletic events to be held during the 2026-2027 Athletic Year.

Signature of parent/guardian _____ Date _____

Contact Information _____