

2026-27

NORTH NODAWAY R-VI
Middle/High School
Parent Athletic Handbook



NORTH NODAWAY R-VI SCHOOL EXTRA-CURRICULAR PHILOSOPHY

The extra-curricular activities at North Nodaway R-VI School District are closely coordinated with the highest possible level of academic excellence. Participation by a student in extra-curricular activities should aid the student's growth in all related areas and should improve the academic pursuit of excellence.

Students will be encouraged to participate in activities and provide leadership among the student body. North Nodaway will have the responsibility to encourage a student to secure the best record he/she can achieve while seeking the outer limits of their capabilities.

The safety and well-being of the students while participating in extracurricular activities is a serious responsibility and will be made a priority.

The sponsors of activities have the responsibility to train students in sportsmanship, motivation, self-discipline, loyalty, leadership, and extra effort, in the development of a positive attitude, and in individual self-esteem.

Team activities will be designed to teach young people how to work together to accomplish a positive and successful result.

The aims and objectives of the middle school and sub-varsity activities are different from the aims and objectives of the varsity activities.

In all middle school and sub-varsity activities, the emphasis should be on skill development and participation. As in all aspects of education, students do not progress at the same rate. Therefore, care must be taken that the varying skill levels of all students are considered. While it may be difficult for all members of the squad to participate equally in contests or practices, an athlete at this level should have the fullest opportunity to develop himself or herself as a person.

Varsity-level activities are for those students who have demonstrated the most skill and best attitude. The objective of varsity-level activities is to successfully compete in interscholastic competitions.

At all levels, sportsmanship shall be promoted and encouraged. Fair play, courtesy, generosity, and self-control shall not be sacrificed in the desire to win.

The Student Athlete's Bill of Rights

ALL STUDENTS HAVE THE RIGHT:

1. to take part in the activities of their choice, free from the pressure or ridicule of those who would have them choose another.
2. to be coached by persons who are professional in their conduct.
3. to be provided the equipment and protection necessary to enable them to participate safely.
4. to expect their chosen activities to be treated with the same dignity and respect as other school activities.
5. to be coached by persons who have more interest in the students, their well-being, and their development than they do in winning or personal goals.
6. to engage in competition at a level they can enjoy.
7. to have an atmosphere free from alcohol, drugs, and foul language.
8. to be free of pressures from coaches to participate or practice illegally.
9. to be free of pressure to participate in camps, clinics, or outside teams to be a part of the school team.
10. to team membership, school pride, fair participation, and crowd sportsmanship.

COACHES

CODE OF CONDUCT

The function of a coach is to properly educate students through participation in interscholastic competitions. The interscholastic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each child should be treated as though they were the coaches' own and the welfare shall be uppermost at all times.

The coach must be aware that he or she has a tremendous influence, either good or bad, in the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.

The coach must constantly uphold the honor and dignity of the profession. In all personal contact with the student athlete, officials, athletic director, school administrator, the state high school athletic association or union, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse, and under no circumstances should enable their use.

The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of the rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.

Coaches shall actively use their influence to enhance sportsmanship by their spectators, working closely with cheerleaders and administrators.

Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct that will incite players or spectators against the officials.

Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

A coach shall exercise patience, tolerance, and diplomacy in his or her relations with all players, co-workers, game officials, and spectators.

The coach's overall job goal should work within the framework of the entire athletic program, and provide leadership in the ongoing development and improvement of his or her coaching area through coordination, planning, evaluation, and implementation of programs.

NORTH NODAWAY R-VI SCHOOL-ATHLETIC DEPARTMENT

PARENT/ATHLETE/COACH RELATIONSHIP

We hope this information will make both you and your child's experience with North Nodaway School Athletic programs enjoyable.

Communications

Both parenting and coaching are extremely difficult vocations.

Coaches and parents both want the athletes to have a positive experience as they participate in the sport or activity.

Communication is the key to making the positive experience become a reality. Athletes, parents, and coaches are all responsible for effective communication.

Communication coaches expect from players

1. Athletes should express concerns immediately and directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at North Nodaway, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Communication you should expect from the coach

1. Expectations the coach has for your child, as well as for all players on the squad.
2. Locations and times of all practices and contests.
3. Team requirements, i.e., fees, special equipment, off season conditioning.
4. Procedure should your child be injured during participation.
5. Discipline that results in the denial of your child's participation.

Appropriate concerns to discuss with coaches

1. Concerns regarding your child's mental and physical status.
2. Ways to help your child improve in the activity.
3. Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you may hope. **Coaches are professionals.** They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach.

Issues not appropriate to discuss with coaches

1. Team strategy
2. Play calling
3. Other student-athletes
4. Selection of players

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position.

If you have a concern to discuss with a coach

1. Call to set up an appointment with the coach. Do not address concerns with coaches immediately after an athletic contest or during or after practice. You must wait 24 hours after the contest is completed to schedule any meeting with the coach.
2. If the coach cannot be reached, call the Athletic Director at (660) 778-3315. He or she will set up the meeting for you.
3. **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.**

What a parent can do if a meeting with the coach does not resolve the concern

1. Call to set up an appointment with the Athletic Director to discuss the situation.
2. The appropriate next step can be determined at this meeting.

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.

Extra-Curricular Policy

Preface

The purpose of this guide is to provide a statement of philosophy and an operating code for extra-curricular activities for the school district of North Nodaway R-VI. It is the philosophy of the North Nodaway R-VI School District that quality programs of extra-curricular activities shall be conducted as an integral part of the learning program in the district. As many activities as possible will be offered as facilities and budget will permit. Students are encouraged to participate in whichever activities interest them.

Philosophy

The extra-curricular activities at North Nodaway R-VI are closely coordinated with the highest possible level of academic excellence. Participation by a student in extra-curricular activities should aid the student's growth in all related areas and should improve the academic pursuit of excellence.

We believe that the North Nodaway R-VI extra-curricular activities should offer a wide variety of team and individual activities; however, practical limitations determine the number of activities offered, as well as the availability of quality coaches and sponsors, adequate facilities, and budget. Other factors impacting the offerings are the interest in a particular activity and the accessibility of common opponents if opponents are required in an activity.

We owe a duty to the students to encourage them to participate in activities and provide leadership among the student body. One of our fundamental responsibilities is to encourage a student to secure the best record he/she can achieve, always seeking the outer limits of their capabilities.

The safety and welfare of North Nodaway students participating in extra-curricular activities is one of our most important responsibilities.

The extra-curricular activities' sponsors have the responsibility to train students in sportsmanship, in motivation, in self-discipline, in loyalty, in leadership, in extra effort, in the development of a positive attitude, and in individual self-esteem.

Team activities are uniquely designed to teach young people how to work together to accomplish positive and successful results. Our programs can provide unusual opportunities for personal growth.

We think extracurricular activities are beneficial to our students by allowing them to recognize a broad range of intense feelings.

Our students spend a lot of time in extra-curricular activities and have many unique opportunities to learn through these activities. Our extra-curricular activity programs help to develop courage, integrity, sensitivity, and vitality in our students. A variety of activities are offered at North Nodaway R-VI and any student who is interested should be able to participate.

Transportation to Events

Participating students in the North Nodaway R-VI School District will be transported by bus to and from school-sponsored activities. Prior to an event, a parent may come to or call the school (during school hours) to sign a permission slip allowing their student to be signed out by another parent, adult relative, or other designated adult. Parents, guardians, or other designated adults must sign a form at the event that allows

the student to ride home with them. A sign-out sheet will be provided by the sponsor for parents/guardians to sign their student out. Students who fail to properly sign out may receive consequences as determined by their coaches or building principal.

All groups taken on trips under school supervision shall be dismissed only at the school building unless prior arrangements are made by the parent. A sponsor shall not leave students unsupervised until the activity is completed and all students have departed from school property. If the activity is in the school building, the building shall be locked and left in neat order.

Extra-curricular General Eligibility: (Grades 6-12)

North Nodaway Middle/High School is a member of MSHSAA and the 275 Conference. In order to represent North Nodaway in any interscholastic competition or activity, students must meet all eligibility requirements as established by the North Nodaway School District and MSHSAA.

- A. Athletes must have a physical examination completed and a form on file prior to any participation in athletics.
- B. Athletes must have a parental permission form and proof of insurance coverage on file prior to participation in athletics.

Extra-curricular Academic Eligibility:

- A. Grades will be submitted at the end of every week.
 - 1. Eligibility checks will be conducted on the first school day of each week, beginning at the start of the third week of each semester.
 - 2. Students will be notified of their ineligibility by the end of the day.
 - 3. Eligibility consequences will start the day after the ineligible student is notified and run until the day after the next grade check notification. A letter will be sent home to the parent detailing the situation and notifying them of their child's status via email.
 - 4. Any student in grades 6-12 with 2 or more D's or one F will be ineligible for a period of 1 week. Ineligible students are still expected to attend and participate in all scheduled practices, meetings, and team activities unless otherwise directed by the coach, sponsor, or administration.
 - 5. **Attendance at Home Events While Ineligible**
 - Students who are academically ineligible will not be permitted to attend home athletic contests, academic competitions, or other school-sponsored extracurricular events as spectators during their period of ineligibility. This restriction is intended to provide students with additional time and focus to improve their academic standing. Ineligible students should use their time outside of required practices and school responsibilities to address the academic deficiencies that resulted in their ineligibility. Exceptions may be approved by the building administration when a student's attendance is required for an academic course, school assignment, or other school obligation. Jr/Sr Prom is exempt from this requirement. If a student does attend any home event during this time, that student will be asked to leave by administration. If said student does not leave willingly, then further actions will be taken.
 - 6. Any student who is ineligible will be required to attend seminar daily until the student has become eligible.
- B. Incomplete grades at grade checks will be assessed by the administration and coach.

C. Students with IEPs will fall under the conditions of their individualized report.

D. Any decision regarding the implementation of this policy is left to the discretion of the administration.

Homeschooled Student Eligibility

In accordance with Missouri Senate Bill 68, homeschooled students are eligible to participate in MSHSAA-sanctioned interscholastic activities offered by the district, provided they meet the following criteria:

1. The student resides within the district boundaries.
2. The student is enrolled in the district solely for the purpose of participating in the activity.
3. The student meets all other eligibility requirements set forth by MSHSAA and the district, including academic standards as verified by the parent or legal guardian.
4. The parent provides documentation upon request to verify academic progress, hours of instruction, and attendance as required by MSHSAA and local district policy.
5. Participation is subject to the same behavioral and citizenship expectations as regularly enrolled students.
6. The student must complete all required physicals, consent forms, and district participation agreements.

Suspensions

Students in grades 6-12 who have been given a suspension will not be eligible to attend any of the above-listed activities until arrangements have been made for the suspension to be served.

Students with Individual Education Plans (IEP) will be considered on an individual basis, and the decision will be based on their IEP's and will be made by a team consisting of the building principal, counselor, special education instructor, and all teachers involved in the IEP case.

Phone and/or letter will notify Parent(s)/guardian(s) when a student is to miss an extra-curricular activity due to grades or behavior.

Special Education Eligibility

Students who are served through the Special Education Program will be eligible to participate in extracurricular activities if he/she meets the following requirements:

1. The student maintains IEP requirements.
2. The student actively participates in the Special Education Program and is receptive to help by the special education teacher.
3. The student completes all school work assignments as modified to their individual needs and skill level.
4. The student uses time effectively and works on task during class time.
5. The student uses appropriate school/classroom behavior.

The special education teacher and classroom teachers will use an eligibility checklist to monitor special education students to determine if the students are maintaining eligibility every two weeks. If the student does not meet one or all of the requirements, he/she will be placed on probation for two (2) weeks and the parent(s)/guardian(s) will be notified. On the following eligibility check if a probationary student still has not met the requirements, he/she will become ineligible to participate in extracurricular activities until the requirements are met.

Extra-curricular Attendance Criteria:

Students must be in attendance for at least one-half (1/2) day to participate in any school or extracurricular activity on that same day or evening. For activities or events held on a Saturday, students must be in attendance for at least one-half (1/2) day on the preceding Friday. Exceptions may be granted with prior approval from the school district administration. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes. A student who is consistently late to school or absent, the day following extracurricular activities or events, may be considered ineligible to participate in future activities as determined by the building principal and athletic director.

Extra-curricular Citizenship Requirements:

- A. Students who represent the school in interscholastic activities must be credible citizens and judged so by the proper school authorities (teachers, sponsors, coaches, and/or administrators). Those students whose character or conduct is such as to reflect discredit upon themselves or their school are not considered “creditable citizens.” Conduct shall be satisfactory and in accordance with the standards of good discipline and North Nodaway R-VI School District Policy. Behavior, which may result in ineligibility, includes repeated tardiness, destruction of property, detention, inappropriate language, inappropriate dress, or any other inappropriate conduct. (MSHSAA 2.2.1)
- B. A student shall not be considered eligible while under suspension. (MSHSAA 2.2.3) The student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal. (MSHSAA 2.2.4)
- C. A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. (Note: If a traffic offense is accompanied by an act covered in letter a above, such as property damage, bench warrant, etc., eligibility will be delayed per letter A.). (MSHSAA 2.2.2)
- D. **Student Self-Reporting/Student Responsibility-** Each student is responsible for notifying the school of any and all situations that would affect his/her eligibility under the above standards. **If the student does not notify the school of the situation prior to the school’s discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the MSHSAA Board of Directors.** (MSHSAA 2.2.5)

Extracurricular Activities Drug/Alcohol/Tobacco Guidelines:

Students who wish to be involved as members of interscholastic teams, clubs, extra-curricular, or any other group representing the North Nodaway R-VI School District must comply with standards above those established for the general student population, as indicated below. The standards listed below for activity students shall be enforced at any time throughout the year while the student is listed on an eligibility roster or on the membership list of any group or organization at the time of an incident. The standards for these activities are listed below and shall be enforced immediately following knowledge and verification by school administration. If a student is not currently in an extracurricular activity, either athletic or non-athletic, the penalties for a violation will be enforced during the next activity in which the student participates. Offenses will accumulate during a student's MSHSAA eligibility period (Grades 6-12) and do not reset each year.

A) Use of alcoholic beverages/illegal drugs-For the purpose of this policy, a drug shall be defined as any substance capable of altering the body's chemistry or behavior patterns internally and/or externally for a brief or extended amount of time. The substance may be taken into the body by inhalation through the respiratory system, absorption through the skin or body openings, ingestion through the digestive system, or injection into any of the body's fluid systems. For the purpose of identifying violations of this contract, it will include any incidents that occur while students are members of the North Nodaway School District. Incidents can occur on or off school property at any time during the year, regardless of the school being in or out of session. Use, possession, or distribution of any alcoholic beverages/illegal drugs shall result in a minimum reprimand of the following:

1. **First Offense** - suspension from participation in all MSHSAA-regulated activities for a period of 30 calendar days. If the student's MSHSAA-regulated activity is not in season, then the start date will be the day the student begins participation in a MSHSAA-regulated activity. The student will be expected to attend all practice sessions, all meetings, and team competitions during the suspension. The student will not be allowed to park on school property for 30 calendar days.
2. **Second Offense** - suspension from participation in all MSHSAA-regulated activities for a period of 90 calendar days. If the student's MSHSAA-regulated activity is not in season, then the start date will be the day the student begins participation in a MSHSAA-regulated activity. The student will be expected to attend all practice sessions, all meetings, and team competitions during the suspension. The student will not be allowed to park on school property for 90 calendar days. To be reinstated to MSHSAA-regulation activities eligibility and/or permitted to park on school property, the student must submit proof of completion of an approved educational drug/alcohol program that is offered outside of school and submit a negative drug test result. The laboratory testing facility must be pre-approved by the school district, and the test must include the substances tested for in the school testing program. The student and/or parent/guardian is responsible for expenses associated with the program and testing.
3. **Third Offense** - suspension from participation in all MSHSAA-regulated activities for a period of 365 calendar days. If the student's MSHSAA-regulated activity is not in season, then the start date will be the day the student begins participation in a MSHSAA-regulated activity. The student will be expected to attend all practice sessions, all meetings, and team competitions during the suspension. The student will not be allowed to park on school property for 365 calendar days. To be reinstated to MSHSAA-regulation activities eligibility and/or permitted to park on school property, the student must submit proof of completion of an approved educational drug/alcohol program that is offered outside of school and submit a negative drug test result. The laboratory testing facility must be pre-approved by the school district, and the test must include the substances tested for in

the school testing program. The student and parent/guardian are responsible for expenses associated with the program and testing.

4. **Fourth Offense** - permanent suspension from participation in MSHSAA sanctioned activities and permanent loss of parking privileges on school property.

B) Use of Tobacco products- Confirmation of the use, possession, or distribution of tobacco products shall result in a minimum reprimand of the following:

1. **First offense:** automatic suspension from 1 athletic contest.
2. **Second offense:** automatic suspension from all athletic squads for 30 days.
3. **Third offense:** automatic suspension from all athletic squads for 90 days.
4. **Fourth offense:** automatic suspension from all athletic squads for 180 days.

Determination that an offense has taken place may come from:

1. Observation and mandatory report by a sponsor or coach of any student involved in their activity, or by an administrator. This report must be in writing and attached to the student activity contract, which is on file in the Principal's office.
2. Observation and voluntary report by North Nodaway personnel. This report must be in writing and attached to the student activity contract.
3. Legal conviction.
4. Random Drug Testing Result

District Drug Testing Policy

(Districts Random Drug Testing)

The board recognizes the importance of protecting the health and safety of students from the impact of using illegal drugs, performance-enhancing drugs, and alcohol. The purpose of this policy is to help prevent student substance use, encourage treatment for students who use substances, and ensure that students can attend school and participate in activities in a safe and healthy environment.

The board directs the superintendent or designee to create appropriate administrative procedures to implement this policy.

Reasonable Suspicion Drug and Alcohol Testing

A drug or alcohol test is not necessary to discipline a student when there is evidence that the student is under the influence of or has recently consumed alcohol or any drug prohibited by district policy. In accordance with law, district administrators may, at their discretion, utilize drug and alcohol testing to assist

with student discipline when there is reasonable suspicion that a student has consumed drugs or alcohol and is on district property or at a district activity.

Students who test positive will be disciplined and excluded from extracurricular activities in accordance with the district's discipline policy and may also be excluded from the district's A+ scholarship program. Students who refuse to submit to testing or take measures to falsify results may still be disciplined under the district's discipline code for being under the influence of alcohol or drugs.

The board encourages the superintendent or designee to consider alternative discipline for students who are willing to seek treatment or counseling options.

Marijuana and Reasonable Suspicion Testing

Students suspected of being under the influence who test positive for marijuana may be removed from school or activities and may be appropriately disciplined, even if they have a valid, Missouri-issued medical marijuana card.

Random Drug and Alcohol Testing of Extracurricular Participants

Participation in extracurricular activities is a privilege and carries with it the responsibility to adhere to high standards of conduct, including refraining from the use of illegal drugs, performance-enhancing drugs, and alcohol. To assist students in making healthy and safe choices, the district will require students in grades nine through twelve and their parents/guardians to consent to random testing for alcohol and illegal or performance-enhancing drugs as a condition of participation in covered extracurricular activities.

Definitions

Covered Activities – Activities regulated by the Missouri State High School Activities Association (MSHSAA), excluding all activities in which students receive an academic grade for participation.

Participation Days – Each day that the extracurricular group meets, regardless of whether that meeting is a practice, a group meeting, or an event.

Consequences for Testing Positive in a Random Drug Testing Program

In accordance with the law, the only consequence for a student testing positive in the district's random testing program is exclusion from the extracurricular activity.

The superintendent or designee will immediately suspend students with a confirmed positive test for drugs or alcohol from all covered activities. Offenses accumulate throughout grades six through twelve. Depending on the timing of the positive test result, the student may be excluded from participation in activities at the end of the school year, over the summer, and/or into the beginning of the next school year.

First Offense – Exclusion from all covered activities for a minimum of 30 participation days, and must pass a district-administered drug test prior to participating in covered activities again.

Second Offense – Exclusion from all covered activities for a minimum of 90 participation days, and must pass a district-administered drug test prior to participating in covered activities again.

Third Offense – Excluded from all covered activities for the rest of the student's enrollment in the district.

Consequences may be imposed if a student refuses to submit to a test or takes measures to falsify results. Consequences may be reduced if the student participates in drug or alcohol counseling and additional testing or if the student self-reports a violation.

Marijuana and Random Testing

Students are prohibited from being under the influence of marijuana while participating in the district's extracurricular activities program, even if the student has a valid, Missouri-issued medical marijuana card. Students who test positive for marijuana will be subject to the consequences listed in this policy.

Conduct of Students

Students represent the school district and the community throughout each event. Therefore, they are expected to set a positive example for members of the community and the school district.

- A. Appropriate dress, grooming, and professional conduct are expected at all practices and events.
- B. Attendance at all practices and events is expected of all students.
- C. Students are expected to maintain appropriate levels of conduct while attending other events, even as spectators.
- D. Respect and cooperate with all coaches and administration: following team rules and school policies.

Training Rules

Our School District follows a strict policy regarding student health issues and the use of controlled substances. Mood-altering chemicals are a significant health problem for adolescents. The use of tobacco and mood-altering chemicals such as alcohol, marijuana, and other controlled drugs impairs the ability and skills necessary for activity competition. Candidates for any extra-curricular activity are expected to adhere to the following requirements established by the School District as well as any other requirements set forth by the head coach of the activity during their sport's season.

Practice-Excused Absence:

- A. Excused absences will be addressed individually by coaches and could require training/conditioning for the time missed. This could also lead to a reduction in playing time as stated by individual team rules.

Practice-Unexcused Absence

- A. An absence is unexcused if not pre-arranged with the head coach.
- B. More than 3 unexcused absences will result in immediate removal from that activity.

Unsportsmanlike Conduct

The Activities Department is determined to promote good sportsmanship and citizenship during all activity contests.

- A. The coach is expected to remove from play any player who receives an unsportsmanlike penalty or technical foul. The coach will determine if the player is allowed to return to the contest based on the severity of the penalty/foul.
- B. Coaches are expected to appropriately discipline the players for inappropriate behavior.
- C. In the case that an ejection occurs, MSHSAA policy will be automatically invoked: The ejected team member shall, at a minimum, be prohibited from playing in the next interscholastic contest at that same level.

ADDENDA: The principal, activity director, and the head coach will handle any item not specifically addressed by this document.

Athletic Participation Rules & Expectations

Commitment to the Team

Student-athletes must demonstrate reliability and a strong commitment to the team.

- Arrive on time and prepared to participate every day. That means dressed and ready at the time practice or activities start.
- Attend all practices, games, meetings, and team events unless excused by a coach.
- Communicate with coaches in advance regarding absences, tardiness, or conflicts.
 - Any absences not communicated to the coach are unexcused. 3 unexcused absences result in dismissal from the team.
- Give full effort during practices, workouts, and competitions.

Work Ethic & Improvement

Student-athletes are expected to give their best effort at all times.

- Always compete with effort, focus, and a positive attitude.
- Be coachable and accept feedback respectfully.
- Strive to improve skills, conditioning, and knowledge of the sport.
- Encourage teammates and help create a competitive, hardworking environment.

Respect & Sportsmanship

Student-athletes must conduct themselves respectfully and appropriately at all times.

- Treat coaches, teammates, opponents, officials, and spectators with respect.
- Display good sportsmanship in both victory and defeat.
- No arguing with officials, taunting, bullying, or disrespectful behavior.
- Use appropriate language and behavior at all times.

Team Culture

Student-athletes are expected to contribute to a positive team environment

- Put the team first and support your teammates.
- Avoid gossip, drama, and disruptive behavior.
- Accept your role on the team and fulfill your responsibilities.
- Maintain a positive attitude and represent the program with pride.

School & Community Expectations

Student-athletes serve as representatives of the school and community.

- Follow all school rules and academic expectations.
- Represent the school appropriately in and out of school, on and off the court/field.
- Demonstrate character, integrity, and responsibility in and out of school, on and off the field/court.
- Understand that participation in athletics is a privilege.

Consequences for Rule Violations

Violations of team rules will be handled on a case-by-case basis by the coaching staff and administration. Consequences may include:

- Warning or conference with the coach
- Parent/guardian meeting
- Reduced playing time
- Suspension from practices or competitions
- Removal from the team

Team Acknowledgment

By participating on this team, student-athletes agree to follow these rules and expectations. Failure to do so may result in disciplinary action determined by the coaching staff and administration.

North Nodaway Spectator Code of Conduct

I Will:

Display good sportsmanship at all times
Be polite and respectful to those around me
Be a positive and encouraging fan and participate in cheers that support encouragement and unite the kids
Accept that bad calls are part of the game, and I will model proper behavior to show our kids how to deal with such adversity
Realize there are four roles in sports: player, coach, official, and fan. I am a fan and will respect the other roles
Let the players play, coaches coach, and officials officiate
Remember it's just a game, enjoy the competition, and have fun supporting my child
Understand that watching is a privilege that can be taken away

I Will Not:

Criticize or harass officials, coaches, and players from both teams during or after the game
Engage in unsportsmanlike behavior that negatively reflects upon myself or my child
Bringing in or consuming alcohol or illegal substances at any event
Enter the playing surface at any time
Approaching a coach before or after the game

Statement on fan ejections: Any spectator ejected from a North Nodaway event, home or away, will be suspended from and not be permitted to attend the next contest. Any additional ejections will result in suspension from North Nodaway events for a period of no less than seven calendar days, up to and including 365 days. Second offenses will be handled on a case-by-case basis, and mitigating circumstances will be taken into consideration.

Athletic/Activity Lettering Policy

A. Students must exhibit a proper attitude of sportsmanship and citizenship towards their teammates, the game, and their opponents. They must maintain a record of appropriate school and team conduct as judged by the coach and the school's administration.

B. The letters "NN" will be issued to all participating team members in grades 9-12 upon lettering for the first time in a sport. A metal emblem depicting the specific sport will indicate the first major letter received by the team member. Metal bars will be issued to the team members to commemorate subsequent letters. Additionally, in a Cooperative sport, the letters "NN" will be issued in grades 9-12 upon lettering for the first time in grades 9-12.

C Injured team members unable to successfully complete the requirements to receive an activities letter will be dealt with individually by the head coach based on the merits of each case.

D. Students who participate in the school's activity program in the capacity of student managers and who serve in this role for the entirety of any one sport's season will be eligible for a varsity letter upon the recommendation of the head coach.

E. Letters and award certificates will be presented to team members at special ceremonies commemorating the district sports seasons.

Requirements for Lettering:

Football

1. Completion of the football season
2. Play in at least 60% of all varsity games
3. Good standing

Volleyball

1. Completion of the volleyball season
2. Play in at least 50% of all varsity sets
3. Good standing

Basketball

1. Completion of the basketball season
2. Play in at least 60% of all varsity games
3. Good standing

Track and Field

1. Completion of the track and field season.
2. Participate in 80% of the meets
3. Good standing

Baseball

1. Completion of the baseball season
2. Play in 60% of all varsity games
3. Good standing

Cross Country

1. Completion of the Cross Country season.
2. Participate in 80% of the meets
3. Good Standing

Cheerleading

1. Completion of the assigned cheer season

2. Must cheer in 90% of games and practices involving the squad you are assigned to.
3. Good standing

Scholar Bowl

1. Completion of the Scholar Bowl season
2. Participate in at least 80% of the matches in a season.
3. Good standing

Band

1. Participate in all of the marching events, school concerts, and district band contests (large group, solos, or ensembles). Unless prior arrangements have been made with the director
2. Good standing

Vocal Music

1. Participate in all of the school concerts and the district music contests (large group, solos, or ensembles). Unless prior arrangements have been made with the director
2. Good standing

*The head coach will make the final determination if the student, upon meeting the minimum requirements, has earned an activities letter based on his/her contributions to the sport. If a student does not meet the minimum requirements, a provisional letter may be awarded.

Color Guard

1. Completion of the assigned season
2. Must perform in 90% of performances and practices involving the squad you are assigned to.
3. Good standing

Dance

1. Completion of the assigned season
2. Must perform in 90% of performances and practices involving the squad you are assigned to.
3. Good standing

F. Junior Varsity

1. Students participating in junior varsity contests will receive participation certificates of recognition at the appropriate sports ceremony.
2. Junior varsity players may receive ½ of a game credit per junior varsity game towards a varsity letter.

G. Junior High Activities (Grades 6-8)

Junior high students will receive a certificate of recognition as a member of the Junior High Activities program upon successful completion of the entire sports season in good standing with the team and the activities program.

Coaching/Activity positions with contact information for all coaching positions.

Position	Name	Emailing address
Athletic Director	Sami Jackson	sjackson@nnr6.org
HS Football	Dallas Giedd	dgiedd@jc123.k12.mo.us
HS Head Volleyball	Jody Thompson	jthompson@nnr6.org
HS Asst. Volleyball	Karissa Oberhauser	koberhauser@nnr6.org
HS/JH G/B Cross Country	Chase Sims	csims@nnr6.org
JH Head Volleyball	Lindsay Alexander	lalexander@nnr6.org
JH Asst. Head Volleyball	Chariza Gladman	cgladman@nnr6.org
JH Girls Head Basketball	Audrey Boulting	aboulting@nnr6.org
JH Boys Head Basketball	Cody Jenkins	cjenkins@nnr6.org
JH G/B Basketball Asst.	Mattie Rhoades	mrhoades@nnr6.org
HS Girls Head Basketball	Sami Jackson	sjackson@nnr6.org
HS Girls Asst. Basketball	Madison Geib	mthompson@nnr6.org
HS Boys Head Basketball	Cody Bix	cbix@nnr6.org
HS Boys Asst. Basketball	Chase Sims	csims@nnr6.org
Head Baseball	Cody Bix	cbix@nnr6.org
Asst. Baseball		
JH G/B Head Track		
HS G/B Head Track	Halley Wilmes	hwilmes@nnr6.org
HS Football Cheer	Ashlie Marriott	amarriott@nnr6.org
JH Basketball Cheer	Ashlie Marriott	amarriott@nnr6.org

HS Basketball Cheer	Ashlie Marriott	amarriott@nnr6.org
HS Flag/WinterGuard	Emily Higgins	ehiggins@nnr6.org
JH/HS Band Director	Kyle Fitzgerald	kfitzgerald@nnr6.org
JH/HS Scholar Bowl	Logan Jackson	ljackson@nnr6.org

PLEASE SIGN AND RETURN

I _____, (student's name) have received, read and understand the information in the Athletic Handbook provided by the North Nodaway R-VI School District.

Student Signature

Date

I _____, (name of parent/guardian) have received, read and understand the information in the Athletic Handbook provided by the North Nodaway R-VI School District.

Signature of Parent/Guardian

Date

