

# Diamond Activities Handbook



2023/2024

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## **Mission**

Empower students to see their potential, discover their purpose, and achieve life success.

## **Vision**

To build on the concepts of integrity, hard work, and excellence in academics and athletics

## **Values**

Teamwork, Respect, Leadership, Sportsmanship

## **Focus Areas**

Academics, Citizenship, Community

## **Goals**

- Promote consistent student accountability year-round
- Be a model of positive behavior from both coaches, students, and parents.
- Strive for all students to make progress both academically and in their activities. .
- Place numerous students on the SWC All-Conference and Academic All State Teams.
- Promote Community Service Projects

## **GOLD STANDARD**

Throughout the school year you'll hear coaches and administration pushing what we call "The Gold Standard". The Gold Standard is what we are trying to reach with all of our students and athletes. Individuals/Programs that attain this will be honored at the end of year. THIS IS WHO WE ARE. The criteria for the Gold Standard is listed below:

### **Individual Goals**

1. 3.0 GPA
2. NO Discipline Referrals
3. Summer Iron Cat
4. Participation in Community Service Events
5. NO Unsportsmanlike Conduct
6. Models Positive Body Language

### **Program Goals**

1. 3.0 Team GPA
2. Less than 3 Discipline Referrals
3. 90% of team earned Summer Iron Cat
4. 90% of Team Participates in Community Service Events
5. Less than 2 Unsportsmanlike Conducts
6. Team Overwhelmingly Shows Positive Body Language

## **Introduction**

Welcome to Diamond School District Activities. The purpose of these programs are to provide experiences that are vital to the educational development of the student. Participation in activities can be an integral part of the total curriculum, contribute to the development of learning skills, and aid in learning to deal with adversity. Student participation in activities is a **privilege** which carries with it a responsibility to the school, activity, student body, community and to the students themselves. This participation **privilege** represents a **year round** commitment and will help to develop the student physically, mentally, socially, and emotionally.

## **I. Sportsmanship**

Diamond R-IV School District is a member of the Southwest Conference and the Missouri State High School Activities Association. As members of these groups we adhere to policies established for the display of good sportsmanship by athletes, students, fans, parents, and patrons. Member schools are to enforce sportsmanship rules for our own school, players, and spectators. Violation of rules can result in the following consequences: written reprimand, probation, suspension, ejection, or permanent removal from events. Consequences are enforced for players, coaches, students, and fans.

All school discipline policies and rules apply to Diamond R-IV students at school activities whether they are held on school property or away from school.

### **Diamond R-IV Sportsmanship Code**

1. Maintain pride in self and school.
2. Strive to keep high standards of conduct.
3. Cheering is always encouraged for one's own team.
4. Treat everyone with respect.
5. Abide by the decisions of the officials.
6. Accept victory and defeat graciously.

## **II. Responsibilities**

1. Strive to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintaining academic citizenship and eligibility standards as established by the Missouri State High School Activities Association and Diamond R-IV Schools.
3. Learning the spirit of hard work and sacrifice.
4. Learning to attain physical fitness through good health habits.

5. Desiring to excel to the limits of your potential.
6. Showing respect for both authority and property.
7. Be willing to accept the leadership role that is instilled through the activities program.

You have an obligation to create a favorable image and gain the respect of your teammates, the student body, and the Diamond community.

Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditable citizens." Conduct shall be satisfactory in accord with the standards of good discipline. Students who do not conduct themselves with good citizenship risk losing the privilege to represent the Diamond School District

### **III. Guidelines for Participation**

#### **General Rules**

1. Students are free to make their own selections as to activities in which they wish to participate. It is the R-IV policy that students facing a conflict between two R-IV sponsored activities will be given the choice of which to attend. Certain school activities (to be determined by the administrators) will have priority. Students are not to be penalized by the activity not attended.
2. A student who has gone out for a sport but quits of his/her own accord, will not be penalized if competition (meets, games, matches) have not begun. He/She may participate in another sport during this time if the coach of the team approves. It will be the coach's decision.
3. Should a student decide to drop from an activity during the regular playing season, the student will be required to participate in an exit interview. The interview will be conducted by the building Principal or the District Athletic Director. Failure to attend the exit interview will result in the student not being allowed to participate in another activity until completion of the exit interview. The student will not be allowed to attend open gym, or attend any practices for a following season sport until the sport that was dropped has been completed.

#### **Participation in Multiple School Activities**

There are students who may wish to participate in more than one activity during a given season, i.e., football and cross country. The Diamond R-IV School District will consent to this under the following conditions:

1. Consents are given by the parents/guardians
2. The student must select a primary sport or activity.

3. Students must agree that, in the event there is a conflict as to competition dates for the two activities, then, and in such events, the student must participate in the event relating to the primary activity selected by the student.
4. Students may not change the designation of a primary sport or activity once competition has begun for the season.
5. Students may not quit the primary sport to participate solely in the alternate activity unless consent is given by the coach of the primary sport, the coach of the alternate activity, and the appropriate principal or athletic director.
6. All MSHSAA requirements for participation in multiple events have been met.

### **Participation in School and Non School Activities**

Per MSHSAA, students are not allowed to participate in the same sport in the same season. For example, you can't play school baseball and travel or club baseball at the same time. Violation of this rule can result in up to a 365 day suspension in that sport.

You are allowed to participate in a different sport during a school sports season. However, students can't miss school activities to participate in non school activities. Violation of this policy will result in:

1st Offense - 10% of your season suspension

2nd Offense - 20% suspension

3rd Offense - Suspension for remainder of season. Could be up to 365 days in that sport.

### **IV. CONDITIONS**

#### **Transportation**

All students will be transported to and from respective activities via school transportation unless approved by the Coach and Athletic Director . Parents/Guardians may sign their student out at the conclusion of an event. Students can only be signed out by their respective parent/guardian. The only exception to this is when a parent completes an alternative transportation form prior to the event. Failure to sign out after an event can result in disciplinary action.

## **Eligibility**

Eligibility to participate in activity contests between schools is a privilege that is attained by meeting the standards cooperatively set for this purpose by member schools of the Missouri State High School Activities Association.

### **Eligibility Standards:**

1. Students must be credible high school citizens.
2. Students must be seated on campus for a minimum of 2.0 credits (4 class hours) in order to be eligible to participate in extracurricular activities. Exceptions are granted with administrative approval only.
3. If a student comes to school and during the day becomes ill and goes home; they may not return to participate in any activity or practice that day without medical approval and the consent of the school's administration.
4. MSHSAA standards state a student must have earned 3.0 credits in the preceding semester or at least 80% of maximum number of allowable classes to be eligible to participate in extracurricular activities.
5. Students cannot compete in any sport for more than four seasons or in any but the first eight semesters in which they are enrolled in high school, including special education.
6. Students must enter school within the first 11 days of the semester to be eligible to play that semester.
7. Students must not accept an award for competing in any high school sport except the award given by their school.
8. High school students who reach their nineteenth birthday before July 1, will be ineligible for competition during the next school year.
9. During the activity season, a student represents his or her school by competing in an interscholastic activity contest. He or she cannot compete as a member of a non-school competition in that same activity.
10. If a student transfers schools, he/she is ineligible for 365 days from the date of transfer, unless there is a corresponding change of residence of the parents or unless he/she meets other exceptions to this rule.

11. A student who transfers schools under conditions that do not meet the terms of the transfer standards may be eligible to participate on a lower level of competition.
12. A student must have zero F's each Grading Period to be eligible to participate in a school sponsored competitive activity. Students who receive an F at the end of the Grading Period will be on probation until the next Grading Period. During the probationary period, the student will be allowed to practice and compete in school sponsored events.  
  
At the conclusion of the probationary period, if the student still has an F then the student will be allowed to practice but will be ineligible to participate in school sponsored competitive activities until the next Grading Period at which time they must have achieved zero F's.
13. Transferring from one school to another solely because of athletics or activities will make the student ineligible for one full year.
14. Students shall not attend a specialized athletic camp for more than two calendar weeks with instruction by the school's coaches. However, the student may attend camps in any sport during the summer.

This is only a partial list of standards, but these are the rules that generate the most questions. All standards of eligibility are listed in the MSHSAA Handbook. The principal and the activities director in conjunction with the Missouri State High School Activities Association will interpret any special cases that develop.

### **Care of Equipment and Facilities**

Students are responsible for the equipment issued to them. They will pay for the abuse and destruction of any school equipment. They are financially responsible for all equipment or gear issued by the school that is not properly returned. Payment or return of gear must be made before a student progresses from that sport or activity to the next sport or activity season. Uniforms and practice gear are expected to be worn only for the purposes for which they have been issued.

Coaches and students are responsible for taking care of our facilities. We need to be proud of what we have and take care of it if we expect to ever get nicer facilities. All areas are expected to be clean and organized. This includes coaches offices, locker rooms, gyms, equipment closets, the mezzanine, and fields. If you use a facility then make sure it's cleaned up when you leave. Leave it better than you found it. Things get busy and won't always be perfect, but the expectation is we keep our facilities clean and organized most of the time.



## **V. Additional Information**

### **Physical Exams and Insurance Requirements**

The school shall require of each student participating in athletics a certificate of an issued physical signed and authorized by a physician, advanced nurse practitioner in written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring physician stating that the individual is physically able to participate in athletic practices and contests of his/her school. A student shall not be permitted to practice or compete for a school until a complete, signed certificate is on file at the school. The medical certificate is valid for two years (730 days) from the date of issue for the purpose of this rule.

A student shall not be permitted to practice or compete for a school until it has verification that he or she has basic athletic insurance coverage.

### **Athletic Lettering**

It is expected that all coaches/sponsors review what their requirements are for achieving a letter in a sport/activity. All coaches will expect students to be a good citizen both in and out of school, be a viable contributor to the team on the level that the student desires to letter, and in regular attendance at both practices and competitions. Exceptions to the individual coach's requirements may involve the activities director and/or principal.

### **Supervision Policy**

No individual student, team, or activity group shall be permitted to participate in events without being accompanied and supervised by a representative of the school faculty or administrative staff. The activity staff is responsible for supervision of groups while on the bus traveling to and from events, while at the events, and until the students' rides arrive. Activities may not occur without school representative supervision. This includes but is not exclusive to: practices, meetings, performances, contests, and bus transportation.

Sponsorship includes the coach/staff advisor riding the bus, accompanying the activity and/or supervising any activity under the sponsorship of a particular department. Sponsorship may necessitate the coach/advisor procuring assistance from within his/her own department and/or activity personnel. It is the responsibility of the coach/advisor to cover his/her events.

### **Curricular/Co-Curricular Organizations**

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

## **Conference Affiliation**

The Diamond R-IV School District is a cooperating member of the Southwest Conference, and as a member is committed to adhere to the rules and regulations of the conference.

Presently there are 9 members of the Southwest Conference as follows: Diamond, Marionville, Ash Grove, Pleasant Hope, Lockwood, Miller, Pierce City, Sarcoxie, and Stockton

## **SPORTS BY SEASON**

**FALL:** Cross Country – Boys & Girls  
Football  
Volleyball

**WINTER:** Boys Basketball  
Girls Basketball  
Wrestling

**SPRING:** Baseball  
Softball  
Golf  
Track – Boys & Girls

## **NON-ATHLETIC ACTIVITIES OFFERED**

Academic Team, Band, Choir ,Cheerleading, DECA, Drama, Family, Career, and Community Leaders of America (FCCLA), Future Business Leaders of America (FBLA), Future Farmers of America (FFA), National Honor Society, Newspaper/Journalism, Speech and Debate, and Yearbook

# **Citizenship/Disciplinary Actions**

## **Attendance**

Participants are required to attend practice regularly to be a part of a team. An athlete with an excused absence will still have extra conditioning, not as punishment, but to make up for what was missed. To be excused, it must be approved by the coach **prior to** the absence. Unexcused absences will adhere to the following guidelines.

1st Offense - Make up the work missed, extra conditioning

2nd Offense - Make up the work missed, extra conditioning, loss of playing time

3rd Offense - Make up the work missed, extra conditioning, loss of playing time

4th Offense - Dismissal from team.

## **Tardies**

Unless approved by the coach, you are expected to be at practice on time everyday. Failure to do so will result in consequences.

1st Offense - Extra conditioning or act of service

2nd Offense - Extra conditioning or act of service

3rd Offense - Extra conditioning or act of service, loss of playing time

4th Offense - Extra conditioning, suspension (determined by the coach)

## **Language/Disrespect/Unsportsmanlike Action**

Cussing, foul or derogatory language, disrespect, and unsportsmanlike behavior will not be tolerated. The disciplinary action will be determined by severity of the offense and the discretion of the coach. As a general rule, if it's a constant issue it will be treated as a tardy.

## **School Discipline**

ISS/OSS: Students who receive Out of School Suspension will be suspended from participation in all extra-curricular activities during the required OSS days. Students who receive ISS will be allowed to practice during this time, however will not be allowed to participate in school events/contests for the original day they are assigned. Students serving ISS will also not be allowed to leave school early.

## **Participation in School and Non School Activities**

Per MSHSAA, students are not allowed to participate in the same sport in the same season. For example, you can't play school baseball and travel or club baseball at the same time. Violation of this rule can result in up to a 365 day suspension in that sport.

You are allowed to participate in a different sport during a school sports season. However, students can't miss school activities to participate in non school activities. Violation of this policy will result in:

1st Offense - 10% of your season suspension

2nd Offense - 20% suspension

3rd Offense - Suspension for remainder of season. Could be up to 365 days in that sport.

### **Tobacco, Alcohol, and Drug Use**

The possession or use of alcohol, tobacco, or non-prescriptive drugs is known to be detrimental to the individual as well as the team he/she represents. **This is a year round commitment.** Therefore, disciplinary action will be taken. The disciplinary consequences are listed below. Athletics and Activities are a privilege and the administration has the authority to deviate from the tiered consequences if extenuating circumstances warrant.

#### **Tobacco Related Offense:**

1st Offense: 10% of regular season competition of current or next activity.

2nd Offense: 20% of regular season competition of current or next activity

3rd Offense: 365 day suspension of activities-student may appeal in 6 months

#### **Alcohol Related Offense:**

1st offense: 25% of regular season competition of current or next activity

2nd offense: 50% of regular season competition of current or next activity

3rd offense: 365-day suspension of activities-student may appeal in 6 months

#### **Tobacco and Alcohol Violations Summary:**

A season will be designated as the MSHSAA regular season and post season. If the infraction occurs with anything less than the consequence remaining in the season the percentage of games for that consequence will be applied extending into the next sport or season. The tiered consequences of a student's violation will be for one calendar year from the date of infraction. (For example a violation occurring in the winter of the sophomore year will carry through the winter of the student's junior season) The enforcement of this policy will be for 365 days a year both on and off campus. This includes when school is in and out of session. Including winter, spring and summer breaks etc. Students are expected to attend practice/competitions during their suspension. If a student decides to quit, then the suspension will carry over to the next activity they participate in. Students are not allowed to "dress out" during competition while suspended.

## **Drug Related Offense:**

1st Offense- 40% of regular season competition of current or next activity

2nd Offense- 365 day suspension of activities-student may appeal in 6 months

3rd Offense- Permanent Removal from all extra-curricular programs

## **Drug Violations Summary:**

Drug violations govern all years of participation. For example, a student receiving a violation during his/her freshman year, a second violation during his/her sophomore year, a third violation during his/her junior or senior year would constitute a suspension from activities the remainder of his/her years of enrollment.

If a student violates the drug policy, they must be drug tested by the school's contracted drug testing service within 30 days from the date that the consequence was given to be reinstated into the extra-curricular program. If such a test is positive, then it will be considered a subsequent offense. If he/she refuses to be retested, the student will be ineligible for the next 365 days.

If a student, at his or her own expense participates in an approved substance abuse counseling or rehabilitation program they may have the suspension reduced pending approval by the Superintendent. Counseling program must be approved by the Missouri Department of Mental Health, Division of Alcohol and Drug Abuse. The parents/guardians must provide written verification. If a student does not attend counseling as promised, then the original consequences will be immediately implemented.

All Students who participate in activities must submit a drug testing consent form. We do random drug testing once a month through Tomo Drug Testing out of Springfield.

## **Theft**

Theft of \$200 (or worth) or less will be treated as a Tobacco offense

Theft of more than \$200 (or worth) will be treated as an Alcohol violation.

## **Law Enforcement**

Any student who is arrested for a felony or gross misdemeanor may be denied the privilege of participation in all extra-curricular activities for a period determined by the Principal and/or Athletic Director. Students who violate the law will have consequences even if they are not arrested or no charges are filed.

## **Suspension or Removal from a Team**

A student may be removed from the team or suspended from participation by the Diamond R-IV District if it is determined by the district administrative team, or a member thereof (including the Athletic Director) that the student:

1. Engaged in any activity that was contrary to any part of these policies, including the references in these policies to sportsmanship and citizenship;
2. Engaged in any activity detrimental to the team and/or the positive educational environment sought for the program;
3. Grossly disrespected any coach, player, fan, official, or any administrator.

## **Social Media**

As a condition of being a student-athlete at Diamond, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

1. Any posting or communication via social networking websites which disrupt either the educational or athletic environment or which advocates the violation of any school or team policy would be unacceptable.
2. Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the campus. (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
3. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning, or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school)
4. Student-athletes may not post any content online that would constitute a violation of Diamond School District Citizenship Code. Student-athletes at Diamond are required to abide by rules set forth in these guidelines. The failure to do so will be considered a violation of the Diamond Citizenship Code. The violation may result in disciplinary action by the athletic department.

**1st Offense-** Warning and parent meeting with the head coach. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities

**2nd Offense-** Parent meeting with the head coach and the Activities Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

**3rd Offense-** Restriction from participation in all Diamond School District Activities duration to be determined on severity of the infraction.

Any other issues that arise that are not specifically outlined in this handbook will be dealt with on a case by case basis. In any case, the severity of the infraction can result in disciplinary action skipping steps as outlined. Most infractions will be dealt with by using the policy we feel is most closely related to the incident.

## **Parent Code of Conduct**

1. Be positive with your child. Let them know you are proud they are part of the team no matter how well they play, whether we win or lose.
2. Encourage your child to follow the training and practice guidelines set by the coaches. Help us build a commitment to the team.
3. Allow your athlete to perform and progress at a level consistent with his or her ability. Be honest with yourself and your child about what their ability level is. Understand that very few high school players receive college scholarships for athletics.
4. Always support the coaching staff when controversial decisions are made. If there is a problem please follow the chain of command and allow us the opportunity to resolve the issue. Be careful with social media.
5. Insist on positive behavior in school and a high level of performance in the classroom.
6. Cheer for our team and players; be respectful to opponents and officials. Understand that players, coaches, and officials will make mistakes and things will not always go our way. Your support is needed especially during tough times.
7. Promote having fun, being a team player, and enjoying being around their teammates.
8. An athlete's self-confidence and self-image will be improved by support at home. Comparison to other athletes is discouraged.
9. Winning is great, we love to win, we want to win, but building positive team values and helping make good young men or women is the most important thing to our programs.
10. Find the time to be an avid booster of school activities. Help build a solid support system for ALL coaches and ALL athletes.
11. Athletes must attend all practices and contests. Stress the necessity of being committed to our programs. Summer workouts, off season, and practice are all vital to having successful programs.

12. Emphasize the importance of well balanced meals and regular sleep patterns. Proper nutrition and rest are crucial for having high levels of athletic performance.
13. Encourage your athletes to participate in multiple sports. We believe that playing multiple sports makes you a more well rounded athlete and teaches you to adapt to different people and situations.
14. Persistence and being able to accept a role is extremely important for the team to be successful. Not everyone can be a starter, but everyone is important to the team. Some players develop and mature later than others so encourage them to be persistent and stick with their teammates.

## **Diamond School District Athletics & Activities**

### **- Six Step Parent Protocol**

**All concerns regarding your student in the sport/activity in which your student is involved in can be addressed by following steps:**

**Step 1** – Contact the Head Coach via phone, e-mail, or in person to arrange a meeting time. Please do not make this initial contact immediately after a game or practice.

**Step 2** – Attend meeting on set date to discuss concerns and come to a resolution. Concerns are limited to your student-athlete only. Discussion of any other student athletes is means for meeting termination. Playing time is not an appropriate discussion topic, but discussion about how your athlete can improve is appropriate. The athlete will be present at this meeting.

**Step 3** – Contact the Activities Director, Matt McKee, via phone, e-mail, or in person to arrange a meeting time if a satisfactory resolution to the concern is not reached through Step 2.

**Step 4** – Attend meeting on set date and discuss concerns and the proposed resolution to the concern by the Head Coach. The Head Coach and Athlete will be present at this meeting.

**Step 5** – Contact the Superintendent, Keith White, via phone, e-mail, or in person to arrange a meeting time if a satisfactory resolution to the concern is not reached through Step 6. Head Coach, Athletic Director, and Secondary Principal will be invited to this meeting.

**Step 6** – Attend meeting on set date and discuss the concern and the proposed resolution(s) to the concern by the Head Coach, Athletic Director, and Principal. The athlete will be present at this meeting



# Acknowledgement of Activity Rules and Guidelines

## Activities Covered Under This Handbook

All MSHSAA Athletics and Activities

All School Sponsored Clubs and Organizations

1. I understand that participation in District sponsored activities and the District athletic teams is a privilege and not a legally protected right.
2. I agree that I will refrain from participating in student hazing or harassing activities as a participant or observer. I understand that violation of the District's hazing policy may result in suspension or removal from participation in all activities.
3. I acknowledge that any violation of the rules of the District or Activities Handbook may result in suspension or removal from any and all activities depending on the nature of the violation. I further agree that, subject to an opportunity to present the student's version of the alleged violation, the decision of the District concerning suspension and duration of suspension is final.
4. I acknowledge and agree that my son or daughter will participate in the random drug testing program for the duration of the school year in which they participate in any activity. Tomo Drug Testing in Springfield is the company used by the district. If a student is withdrawn from the drug testing program, they will no longer be eligible to participate in any school sponsored sport or activity.
5. I acknowledge and agree that I, the parent, will abide by the parent code of conduct and follow the six step parent protocol when needed.

Student Name \_\_\_\_\_

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_