

Mountain Home Schools

**2021-2022
Athlete/Parent
Handbook**

Mountain Home Schools Athletic Handbook

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MOUNTAIN HOME SCHOOLS ATHLETE HANDBOOK

I. INTRODUCTION

It is our desire that every student who participates in Mountain Home Athletics has a positive and meaningful experience. The pursuit of excellence is fundamental to athletics and our coaching staffs are encouraged to maintain a high level of expectations for you, the athlete, in your conduct on the field, off the field, and in the classroom. This material is presented to you because you have indicated a desire to participate in interscholastic athletics. We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program meets your need for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and to further each student's educational maturity. A student who elects to participate in athletics is voluntarily making a choice to represent Mountain Home Athletics both on and off the playing surface. **The athletic handbook policy starts with the student athlete in the 7th grade and follows them through graduation.**

II. BEHAVIOR AND CITIZENSHIP

The conduct of an athlete is closely observed by many and it is important that an athlete's behavior be above reproach. Once you have volunteered to be a member of a squad, you have made the choice to uphold certain standards expected of all athletes in this community. Be proud to be an athlete, for it is a privilege, not a right. The way an athlete acts and looks is of great importance; thus proper dress, appearance, grooming and personal cleanliness are expected. Athletes should be leaders and fellow students should respect and follow them. Proper dress and appearance will be established by the coach and is a continual process.

You should never use tobacco, alcohol or drugs; it has been proven that athletes that refrain from the use of these substances have a better performance level than those that use them. Besides being illegal, research clearly states that the use of tobacco, alcohol and any type of mood modifying substance produces harmful effects on the human organism.

We hope your athletic experience will help develop attitudes that must be a part of each individual for success in athletics and life. Some of these attitudes include:

1. Pride in performance.
2. Sacrifice and persevering application.
3. Sportsmanship – the good of the team comes before individual glory and desire.
4. Educational goals – the main reason why you are in school is to receive an education, athletic participation is secondary.

II. BEHAVIOR AND CITIZENSHIP (Cont)

5. Develop an appreciation for optimum health and physical fitness. The importance of proper rest, good eating habits, and cleanliness will be stressed at every opportunity.
6. A desire to represent your school and community in a manner that will make school administrators, teachers, parents, and the community proud of you.
7. A realization that athletic competition is a privilege that carries definite responsibilities with it. These include training, loyalty, eligibility, improvement, courage, and perseverance.
8. Pride in personal appearance.

III. CYBER BULLYING

- A. Cyber Bullying is usually defined as sending or posting “cruel, vicious, and sometimes threatening messages” on the internet.
- B. Act 115, 2007: Cyber bullying is an electronic act whether or not the electronic act is directed specifically at students or school personnel and maliciously intended for the purpose of disrupting school and has a high likelihood of succeeding in that purpose.
- C. Athletes/Parents shall not use any social media venues or mobile devices to reflect in a negative manner on themselves, another player, team or the school.
- D. Should athletes commit cyber bullying, their coaches *will* consider situations on individual basis and assign any consequences deemed necessary.

IV. DRUG TESTING

1. All athletes will be drug tested at some point during their respective sport. Drug testing is defined as urine and/or hair follicle. Multiple sport athletes will be subject to a random drug test for their 2nd and/or 3rd sport season. The random drug testing for the 2nd and/or 3rd sports season athletes will be 5%. This will be done by an outside agency at the school’s expense. If the athlete misses the drug test provided by the school, he/she must submit to a drug test administered by the school when he/she returns before being allowed to participate in an interscholastic event.
2. After the initial drug test, any athlete who participates in extra-curricular activities will be subject to a random drug tests; names of the athletes are selected by an outside agency. In addition, athletes who test positive will be drug tested every testing period for one calendar year – starting with the date of the incident.
3. Refusal to submit to a drug test will be treated as a positive test.
4. Any athlete who tests positive to a drug test will be disciplined according to the Mountain Home School District handbook. (See Drug Testing Policy).

IV. DRUG TESTING (Cont)

5. If the positive test is not prescription drug related (meaning prescribed specifically for that athlete), the athlete must produce a negative drug test at their expense before being allowed to participate in games. The school will provide the drug test at the expense of the athlete/parent (or the parent may provide one from a clinical doctor or trained professional). Parents need to know that if they give their child a prescription medication not specifically prescribed for that child, the child could be at risk of testing positive which could lead to consequences under the drug testing policy. We will adhere strictly to School District handbook regarding drug testing of our athletes.

V. DISCIPLINE POLICY

Under our athletic philosophy, each head coach has the authority to create team rules that are specific to his or her sport; however, there are several rules and policies that are universal. The following is a listing of some important rules and policies of our athletic department that student athletes and their parents should understand.

A. Disciplinary action taken toward students who are involved with controlled substances/drug paraphernalia *at school or while participating in a school activity and are involved in extra-curricular activities:*

1. First Violation:

- a. Determined by administrative recommendation ranging from possible suspension from school, referral to the College and Career Academy, referral to legal authorities for possible prosecution, etc. (per student handbook).
- b. *IF* allowed to return to school, the athlete may be allowed back in the sports' program if they can show documented proof by a trained chemical dependency professional that they are receiving or have received satisfactory treatment, in which case they will be suspended from 20% of their current sports' scheduled games or, if their sports' are in off-season, suspended for the next sport in which they will be in.

2. Second Violation:

- a. Determined by building administrative recommendation ranging from possible suspension from school, referral to the College and Career Academy, referral to legal authorities for possible prosecution, etc. (per student handbook).
- b. *IF* allowed back in school, the student will be automatically removed from ALL extracurricular activities and shall not be allowed to participate in any sport for one calendar year from the date of the second violation.

V. DISCIPLINE POLICY (Cont)

** Note: There will be zero tolerance for selling and/or distributing controlled substances. This also includes passing off anything that is not a controlled substance as a controlled substance. For example, selling and/or distributing over the counter pills, imitation drugs, etc. as a controlled substance will not be allowed. Students will be suspended for one calendar year for this offense.

B. Disciplinary action taken toward students who are involved with (possession/use) controlled substances/drug paraphernalia, but not at school or while participating in a school activity and are involved in extracurricular activities.

1. Alcohol/Drugs/Drug Paraphernalia/Electronic Smoking Devices –

Examples: E-Cigarettes, Juuls, Vapes.

- a. First Violation:
 - i. Suspended from 20% of the games or **competitions** scheduled.
 - ii. Parents will be notified.
 - iii. Counseling Program. The student must agree to an appropriate program. The program must have approval by the Mountain Home School administration and will include a recommendation for parent or guardian participation.
- b. Second Violation:
 - i. Suspended from 50% of scheduled games or **competitions** scheduled.
 - ii. Counseling Program. The student must agree to an appropriate program. The program must have approval by the Mountain Home School administration and will include a recommendation for parent or guardian participation.
 - iii. Parents will be notified.
- c. Third Violation:
 - i. Dismissed from ALL sports and activities for one calendar year – starting with the date of the incident.
 - ii. Parents will be notified.
- d. Fourth Violation:
 - i. Dismissed indefinitely from ALL sports and activities for the remainder of their enrollment in the Mountain Home School District.
 - ii. Parents will be notified.
- e. Any athlete who has violated the handbook policy and faces suspension but moves out of the district prior to serving his/her suspension, must serve that suspension if and when he/she re-enrolls and wishes to participate in athletics.

2. Tobacco

- a. First Violation:
 - i. Suspended from 10% of the games or **competitions** scheduled.
 - ii. Parents will be notified.

V. DISCIPLINE POLICY (Cont)

- b. Second Violation:
 - i. Suspended from 20% of the games or **competitions** scheduled.
 - ii. Required to attend the school-appointed TEG program.
 - iii. Parents will be notified.
- c. Third Violation:
 - i. Suspended from 30% of the games or **competitions** scheduled.
 - ii. Required to attend a more in-depth tobacco awareness program as set up through the A.D.'s office.
 - iii. Parents will be notified.
- d. Fourth Violation:
 - i. Suspended from 40% of the games or **competitions** scheduled.
 - ii. Required to repeat the tobacco awareness program.
 - iii. Parents will be notified.
- e. In All Cases of Suspensions**
 - a. If athletes are participating in sports in-season, the suspension will take place immediately.
 - b. If their sports are not in-season, suspensions will begin at the start of their next sports.
 - c. If suspended athletes participate in more than one sport or activity, they cannot be penalized twice for one offense.
 - i. If the athlete is involved in two sports simultaneously (example soccer and track), the percentage of games suspended is divided between both sports;
 - ii. However, if the number of games remaining is under the percentage of games suspended, the suspension will carry over to the next sport.
 - iii. If another violation occurs during the second sport/activity season, this would count as a second violation.
 - d. If the athlete is unable to serve their suspension due to injury or they are academically ineligible, the suspension will begin when the athlete is physically or academically eligible to serve their suspension.

C. Suspension from school

In-school suspension: Student athletes may not participate in practices or games during the time of suspension; however, they may practice or play with the team after school hours.

Out of school suspension: Student athletes may neither practice nor play games during the time of suspension or after school hours on the day of the suspension.

VI. ATHLETIC INJURIES

Any injury, large or small, should be reported to the coach immediately. Any injury not requiring a doctor's care will be assessed by the coach in charge and/or athletic trainer in order to determine the athlete's ability to play or practice. The hospital generously provides the services of athletic trainer, Callie Hendricks. Mountain Home School District also provides an athletic trainer, Lane Alexander. The trainer will assess an injury and communicate that assessment to the coach. The coach and trainer will then make recommendations to the athlete and/or their parents. Mrs. Hendricks/Mr. Alexander will also work with the rehabilitation of our athletes if we have the appropriate equipment. Parents, when your child does see a doctor for an athletic injury that requires rehabilitation or other treatment that can be performed by the trainer, it would be helpful if you would allow the doctor to share this information regarding your child with them. The more information they can gather from the doctor regarding the injury, treatment, and rehabilitation, the better she should be able to help your child.

VII. ATHLETIC PASSES

All athletes will receive an Athletic Pass for the current school year from their coach provided they are actively participating in the sport. The Athletic Pass will admit that athlete free of charge to all athletic events during the year. If an athlete gets caught giving their Athletic Pass to another student, that athlete loses their pass for the remainder of the school year.

VIII. INSURANCE

The school provides a secondary insurance policy, which will supplement the athlete's family policy. This becomes the primary policy for those students who do not have health insurance coverage. Additionally, the Arkansas Activities Association provides catastrophic insurance coverage. The secondary insurance policy provided by the school may not cover all expenses incurred from a severe injury. *The parent is responsible to file claim forms provided by the school.* The supplemental accident claim form may be picked up in the Athletic Director's office or may be provided by the coach. Parents are encouraged to keep a copy of the supplemental insurance claim form and submit the form, along with their own insurance information, each time they visit the doctor and/or emergency room.

Parents are highly encouraged to look at the insurance forms that are available in your school information packet. Your child will also have the forms. This seems to be very good insurance and you only have 60 days to purchase this through the school.

IX. TRAVEL

The athletic department encourages players travel to and from competitions as a team. The coach, in some circumstances, may release players to travel with their parents, other parents, or school personnel with written documentation. Any other travel arrangements require pre-approval by the athletic director. After their own competition is completed, all athletes are encouraged to stay at the playing site and support any other Bomber teams that might be playing.

X. CARE OF EQUIPMENT

Equipment should be turned in immediately following the end of the season. Athletes are financially responsible for all equipment checked out to them. The cost of destroyed/lost equipment will be at the athlete's expense. Athletes should treat school equipment as though it were their personal property. It should never be abused. If an athlete is involved in the theft of school equipment, he/she could be dismissed from the team.

XI. SUMMER WORKOUTS

All athletes are expected to maintain their physical conditioning throughout the summer. Coaches should inform athletes of any special workout programs to be followed. Weight rooms and gyms will be open as scheduled throughout the summer.

XII. DROPPING/TRANSFERRING SPORTS and MISSING CLASSES

1. If an athlete quits or is dismissed from one sport, he/she cannot start another sport until the end of the sport he/she has quit or has been dismissed from if **30%** of the scheduled games in that sport have already been completed. **The 30% of the scheduled games begin when that athlete starts that sport.** For example, the athlete has the first **30%** of their scheduled games to decide whether or not to stay with that sport **when he/she starts that sport.** The exception would be if a senior, at any time, decided that the sport he/she is participating in is not for them, he/she may choose to leave that sport and participate in the next sport. In other words, if a senior basketball player chooses to leave at any time, he/she could begin baseball, softball, track, or soccer practice. If an athlete is participating in two sports, same season, he/she may drop one sport without affecting participation in the other.
2. As a rule, if a student misses classes and/or lunch the day of a contest or practice, he/she cannot participate in that contest or practice. Any exception would have to be approved by the head coach or the athletic director.
3. If a senior athlete quits or is dismissed from the sport for which a banner photo was taken and wishes to keep the banner, they must reimburse the Athletic Department the cost of the banner.

XIII. MOUNTAIN HOME ATHLETIC DEPARTMENT TRIP GUIDELINES

In as much as the administration and teaching staff of the Mountain Home Schools will be assuming the supervisory responsibility of your son/daughter on a trip away from school, we feel it is important that the student and the parents fully understand the rules which govern such trips. It is our feeling that a trip is a continuation of the school day and as such, students participating on these trips are subject to the rules and regulations that govern our school while they are on campus. Because the students will be representing Mountain Home Schools, and because their conduct, behavior, and safety are our responsibility, we have established the following guidelines that must be adhered to while they are away from home.

1. The luggage and personal effects of the students may be inspected prior to departing and at anytime during the trip.
2. Any student found to be in possession of, or under the influence of alcohol or controlled substances will be left home if this determination is made prior to departure. Students found in possession of controlled substances or alcohol or under the influence after departure are subject to being sent home at their parent's expense and in extreme cases authorities may be called (at coaches discretion) in order to protect the athlete or other athletes.
3. Students must observe all civil laws and regulations. Apprehension by law enforcement agencies leading to a substantiated charge will not be the responsibility of Mountain Home Schools.
4. If the trip requires overnight lodging, students will not disturb other guests at the lodging and will abide by all rules and directives issued by the group advisors or coaches.
5. In the event you are injured or become ill while on the trip, the coach will immediately seek medical attention and contact your parents as soon as possible.
6. Students will be expected to know and observe the time and location of all departures. The group will not be delayed by the tardiness of individuals.
7. The establishment and enforcement of any guidelines not covered in items one through six, guidelines that are necessary to insure the success of the trip, will be left to the discretion of the administrator or his/her representative in charge.

Any student caught in an infraction of the above listed rules may be sent home at the parent's expense and will be subject to further disciplinary action by the school.

Participation in a field trip is an extracurricular activity. It is a privilege that will be denied hereafter for a period of time to be specified by the group advisor and administration if, in their opinion, the group has misrepresented Mountain Home Schools through inappropriate behavior.

XIV. CREDIT FOR ATHLETICS

A half credit of Physical Education is given for participation in athletics per semester based on the following three criteria: 1. Taught by a certified physical education instructor; 2. The sport meets the course outline and curriculum frameworks as set by the State Department of Education; 3. The sport is 18 weeks in length (comparable to a semester timeline).

XV. BOOSTER CLUB

The Mountain Home School District has one Athletic Booster Club for grades 7 – 12. The purpose of this organization is to support all Mountain Home School athletic programs. We need and will solicit parent/athlete help for approved fund-raisers. We encourage you to become a Bomber Booster Club member. For information, please call the Athletic Office at 870-425-1285.

XVI. ATHLETIC PHYSICALS

Student athletes will not be allowed to participate in practice or games without a documented physical examination by a licensed physician. *Baxter Regional Medical Center staff has provided free athletic physicals sometime in late spring. We hope and anticipate this practice to continue.*

XVII. AWARDS & LETTERING POLICIES

- A. The following policies have been established for determining lettering in each individual sport in the Mountain Home School District: (All games refer to varsity only).
1. **Football** – An athlete must participate in 50% of the quarters played or have started two (2) games.
 2. **Basketball** – An athlete must participate in 50% of the quarters played or have started four (4) games.
 3. **Baseball/Softball** – An athlete must play in 50% of the innings or started 20% of the varsity games.
 4. **Golf** – Must be one of the individuals of five who is selected for the District Tournament.
 5. **Volleyball** – Must participate in 50% of matches played.
 6. **Track** – Must average one point per meet or score at least one point at the Conference Meet. Or, must score at least in the top 1/3 at the decathlon or heptathlon.
 7. **Tennis** – Must be one of the individuals who is selected to participate in District Tournament or must have played in half the varsity matches.

XVII. AWARDS & LETTERING POLICIES

8. **Swimming** –Must compete and score in the conference and state meets. Each athlete is expected to compete at all meets during the season unless excused by the coach.
9. **Soccer** – An athlete must participate in 50% of the halves played or have started (5) games. This would be equal to 20 minutes of each 40 minute half.
10. **Cross Country** - Must be in the top 7 on your team at the Conference Meet, or be in the top 7 on your team in the State Meet, or score in five (5) varsity meets.
11. **Bowling** – The individual must have participated in ½ of the total matches and finish in the top 50% at conference or state.
12. **Wrestling** – An athlete must wrestle in 50% of the varsity matches or qualify for state.
13. **Cheer** – Cheerleaders must attend all football games. Cheerleaders must also attend all home basketball games and 60% of all travel basketball games. Cheerleaders must participate in all competition routines. (Exceptions may be made on a case by case basis in regards to family emergencies, injuries, participation in other school related events, etc...)
14. **Dance** – must compete in 33% of the competitive dances.

B. School Awards & Lettering Policy

Students will begin the lettering process in 9th grade and shall receive their letters upon completion of the desired requirements. **Only athletes who complete the season are eligible to letter;* if athletes qualify for state but fail to compete in state competition - which could affect the overall team score - they are *not* eligible to letter. If a player quits or is dismissed and does not complete the season, he/she forfeits his/her right to letter and will not receive any awards for that sport. If athletes letter in a sport, they will receive letters after their sport's respective season.

1. *Beginning with an athlete's freshman year*, if freshmen are moved up after completion of their 9th grade season to participate on high school teams, they may letter as long as they meet the lettering criteria for the remaining high school games.
2. Athletes may receive letter patches in only one sport, in other words; only one letter patch may be earned. Sport inserts will be given to the athlete if they letter in a second sport.
3. **Athletes who have participated for three consecutive years (10-12) and have not lettered, will letter their senior year and be eligible for a letter patch.** We will letter foreign exchange students for their one year of participation.

XVII. AWARDS & LETTERING POLICIES (Cont)

- 4. Second, third, and fourth-year letter winners will receive plaques.**
5. Three-year letter winners (grades 10-12) will be eligible to receive letter blankets.
6. Managers in all sports are entitled the same awards as athletes, provided they participate and fulfill their manager obligations the entire season.
7. Athletes, who lettered in the previous year but, due to injury or illness are unable to participate the next year and remain with the team, will letter.
8. Athletes who make All-District, All-State, or participate on a state-championship team, will receive sleeve patches for these achievements.
9. Any team that wins a conference championship will be honored with their sport and year of championship added to the banner.
10. Any team that wins a state championship will be honored with a giant photo in the gymnasium.

XVIII. ELIGIBILITY GUIDELINES AND SUPPLEMENTAL INSTRUCTIONAL PROGRAM (SIP) INFORMATION

The athletic department encourages the academic excellence of all athletes. The eligibility requirements are those set forth by the Arkansas Activities Association, and the State Department of Education. No student will be allowed to try-out, participate, or be a manager unless they meet all eligibility requirements. Rules are as follows:

1. There are no grade requirements for 7th and 8th grade students; however, 9th grade eligibility is based on 8th grade second semester grades. A student, upon entering the 9th grade and thereafter, must pass (4) courses and have a 2.0 GPA. (A Physical Education grade may be figured into the student's GPA the first time he/she takes the course). In other words, if an athlete participates in sports in 9th grade, that is the **only** year he/she can count Physical Education toward his/her GPA for athletic eligibility purposes. If an athlete, in grades 10 -12, passes (4) courses, but does not have a 2.0 GPA, he/she may attend the Supplemental Instruction Program (S.I.P.)
2. The Supplemental Instruction Program meets for 100 minutes per week. The student and parent will be notified by the coach and given instructions about the dates, time, etc. of the program. If a student has an unexcused absence, he/she will be dismissed from the SIP and become ineligible. Any student who is dismissed from SIP or fails to complete the entire semester will be ineligible to ever attend SIP again.

XVIII. ELIGIBILITY GUIDELINES AND SUPPLEMENTAL INSTRUCTIONAL PROGRAM (SIP) INFORMATION (Cont)

3. If an athlete doesn't obtain a 2.0 grade point average at the end of the semester, they must attend SIP the next semester even if they are not participating in a sport. For example, an athlete who participates in football only and doesn't obtain a 2.0 grade point average for the Fall semester will have to attend SIP during the Spring semester in order to be eligible the next Fall football season.
4. All athletes must be enrolled in at least four classes to remain eligible. **An exception is if a student, in the last semester of their senior year, is enrolled in and attending regularly at least one academic course and is meeting all requirements for graduation.**

XIV. NCAA/NAIA ELIGIBILITY CENTER

This is an essential step in becoming eligible to play college sports. If you want to play NCAA/NAIA college sports and receive a scholarship, you will need to register and be cleared by the NCAA/NAIA. The Eligibility Center is the organization within the NCAA/NAIA that determines the academic eligibility and amateur status for all athletes. It is recommended that athletes begin the Eligibility process at the beginning of their junior year in high school.

The first step in registering for the NCAA/NAIA Eligibility Center is to Create Your Account. This is all done online by going to the NCAA/NAIA Eligibility Center website. After creating an account, the athlete will have several more steps to submit transcripts, test scores, and answer a questionnaire. We encourage each prospective college athlete to communicate with the high school counselors since all transcripts must be sent directly from the counselors' office.

In the past, our counselors have conducted an *NCAA/NAIA Eligibility* workshop for both parents and athletes. We will make every attempt to host that each year – sometime in the fall.

XV. SUMMARY

We hope that the parents and athletes understand and appreciate the rules and regulations covered in this handbook. If a rule or regulation is broken and dismissal from a team is necessary, the parent will be notified why the dismissal took place. All Coaches have additional policies and consequences that pertain to their individual sport. It should be understood that the coach has the final say and is the final authority regarding dismissal from a team.

Any athletes or family member of an athlete that is removed from an athletic event by an official, police or administrator is subject to suspension from all athletic events for the remainder of that season or the year. Any fan that disrupts an athletic event is subject to suspension from all athletic events for the remainder of that season or the year.

We strive and commit ourselves to provide equipment and facilities, qualified coaches, trained officials, transportation and some meals and secondary insurance. We are pleased to share this educational experience with you. It is our goal that every student will develop the skills necessary to become independent, contributory members of society.

We understand that if we are to have a successful athletic program at Mountain Home, we must have your continued support. We hope you will always show good sportsmanship at all events. Though we know sometimes it is difficult to withhold negative comments about coaches, player and officials, we will always have good sportsmanship. Our athletes do look up to us, as adults, and we will conduct ourselves in a manner in which is positive.

We have solicited help from coaches, parents, students and some community personnel in revising this handbook, which is board approved. We will continue to treat all sports and athletes fairly and hire the best available coaches. It is my sincere desire that we maintain an open line of communication regarding any concerns you may have. Please call me any time in my office at (870)425-1285 or on my cell at (870)421-0592. I hope, as parents, you understand and realize how important you are for us to have a successful athletic program. We would not have a first class program with you. You are appreciated.

In Sports,

Mitch Huskey
Athletic Director

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