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Notice of Non-Discrimination
It is the policy of the School District of University City that no person, on the basis of race, sex, creed, color, sexual orientation or disability shall be subject to discrimination in any activity sponsored by the school district. The Activities program will strive to meet all guidelines of the Americans with Disabilities Act (ADA), promote diversity and eliminate discrimination.

Participation in extracurricular activities in the School District of University City is a privilege, not a right. This privilege may be revoked at any time by the coach, Athletic Director or school administration for behavior deemed detrimental to the program.
School District of University City Vision & Mission Statement

Our Mission

The School District of University City is committed to academic excellence for all students. We will transform the life of every student, every day.

Value Statements

The School District of University City values the following:

- Engaging in open communication with our stakeholders.
- Being accountable for student learning and achievement.
- Demonstrating integrity by operating with ethical standards.
- Promoting collaboration that leads to innovation.

Belief Statements

We believe:

- The District is accountable for educating all students.
- Education includes the academic, social, emotional and physical growth of all students.
- High and clear expectations must be insisted upon and supported to facilitate achievement for all.
- Quality instruction is essential to the academic achievement of all students.
- Data-driven decision-making is critical.
- Diversity enriches the educational experience for all. Student, staff, family and community collaborations are essential to the District’s success.
- A safe, orderly and respectful environment is conducive to learning.
- Sufficient resources are necessary to provide high-quality educational programs and services.

Vision Statements:

We strive to be a district that:

- Meets or exceeds local, state and national standards.
- Promotes life-long learning and prepares all students to be responsible citizens and contributing members of society.
- Accepts and embraces diversity and insists upon respect for all.
- Attracts and retains highly qualified personnel.
- Fosters a professional learning community among staff for continuous improvement.
- Provides a safe and secure learning environment.
- Promotes strong parent and school alliances.
- Seeks and utilizes a broad range of partnerships and resources.
● Instills pride in students, staff, community and alumni.

**Overview**

**Organizations**

**Missouri State High School Activities Association (MSHSAA)**
University City High School is a member of MSHSAA, the organization that establishes regulations governing participation in activities in the state. These regulations are adopted by a vote of all member schools. It is the philosophy of the organization to guarantee that the focus of activities programs is educational in nature. The Association, through its member schools, establishes eligibility rules, individual sports rules, non-school competition standards and athletic transfer policies, as well as State Championships.

**The St. Louis Suburban Public High School Athletic Association**
University City High School is a member of the St. Louis Suburban Public High School Athletic Association. UCHS participates in the Central Conference of the Association (commonly referred to as the Suburban Central Conference) in most sports and activities. The Association has been organized to stimulate and promote friendly rivalry and greater interest in local high school activities. The Association recognizes championships and awards recipients in both men’s and women’s sports.

**Athletic Program Offerings**

<table>
<thead>
<tr>
<th>Fall Season</th>
<th>Winter Season</th>
<th>Spring Season</th>
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<tbody>
<tr>
<td>Cross Country (co-ed)</td>
<td>Basketball (Boys)</td>
<td>Baseball</td>
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<tr>
<td>Field Hockey</td>
<td>Basketball (Girls)</td>
<td>Golf (co-ed)</td>
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<tr>
<td>Football</td>
<td>Swimming (Girls)</td>
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<tr>
<td>Soccer (Boys)</td>
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<tr>
<td>Softball</td>
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<td>Track &amp; Field (Boys)</td>
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<tr>
<td>Swimming (Boys)</td>
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<td>Track &amp; Field (Girls)</td>
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<tr>
<td>Tennis (Girls)</td>
<td></td>
<td>Water Polo (co-ed)</td>
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<tr>
<td>Volleyball (Girls)</td>
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</tbody>
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**MSHSAA Sponsored Activities**

Cheerleading
Dance

**Athletic Department Philosophy**

The School District of University City believes that interscholastic activities shall supplement the secondary curricular program and become a vital part of a student’s total educational experience.
These experiences contribute to the development of learning skills and emotional patterns that enable each student to make maximum use of their education. Student participation in any part of our program is a privilege, not a right. This privilege carries with it responsibilities to the school, to the activity, to the student body, to the community and to the student themselves.

The **TEAM-FIRST** concept will be the central theme of the activities program with the personal development of the individual a desired outcome. The team should never be sacrificed at the expense of the welfare of an individual. Rather, the development of both should be facilitated in such a way as to benefit all involved.

Athletics and activities are to be closely coordinated with the general instructional program and properly articulate with other departments of the school. University City’s athletic programs are considered an integral part of the school’s education program that provides experiences that will help to develop participants physically, mentally, socially and emotionally. The goal of the program is to promote positive competition while increasing levels of physical fitness and sports skills, in order to help prepare each individual for various lifetime goals and to promote fitness and the enjoyment of each sport throughout an individual’s life.

**Athletic Department Mission**

The mission of the University City Athletic Program is to provide opportunities and experiences for all students to develop the following skills:

- Respect for self and others
- Ability to take positive risks
- Appreciation of one’s talents and weaknesses
- Recognition of the value of physical, academic and aesthetic pursuits
- Understanding of teamwork and sharing of common goals
- Realization of the importance of life skills
- Positively promote physical fitness
- Decrease negative risk behavior (drugs, alcohol, illegal substances)
- Awareness of the diversity in cultural backgrounds

Participants will also build the self-worth and integrity necessary to be able to cope with future successes and failures. Additionally, participants will gain the qualities of realistic goal setting, positive interdependence and of moral judgment. Activities in the program create an avenue of enrichment, entertainment and proud association for parents and community. A well-directed program will strive to enable students to contribute responsibly and ethically within society, now and in the future.

**Purpose of the Athletic Program**

- Promote academic excellence
- Promote school morale
- Develop a positive school and community relationship
• Provide an activity in which the participant may learn to compete at increasingly higher levels
• Develop fitness and desirable habits of personal hygiene, health and safety
• Develop discipline and teach the importance of self discipline
• Provide opportunities to learn a violation of a rule of the game brings a penalty and that this principle applies to everyday living
• Develop an attitude that participation is a privilege
• Provide the opportunity to make real and lasting friendships
• Contribute to the development of the student's pride in the school community

**Program Goals**

**Instructional Process**
• To teach the students to motivate themselves for excellence
• To teach fundamental, social, emotional and academic skills
• To create opportunities for students to develop self-esteem
• To effectively evaluate performance
• To model appropriate behaviors
• To develop pride in the team, school and community
• To teach fundamental knowledge of activity
• To share effective coaching methods
• To teach responsibility, respect for others and property by developing teamwork and loyalty

**Program Management**
• To promote involvement in activities and communicate effectively with parents, students, community and media
• To create high expectations for achievement in activities programs
• To promote high standards of academic performance
• To offer multi-levels of opportunity
• To encourage student participation
• To utilize staff and resources effectively
• To develop effective practice, rehearsal and schedules to maximize use of time
• To encourage all participants to support other activities
• To develop programs for care of injuries and promote overall well being

**Interpersonal Relationships**
• To promote a positive relationship among team members
• To develop positive leadership qualities in students
• To promote appreciation for and acceptance of the differences of others
• To show respect for the total person on social and emotional levels
• To promote good working relationships with the administrators
• To promote a positive image of our programs
• To develop an attitude of partnership, appreciation and sportsmanship among coaches, parents, students and community
To communicate with parents, community and media regarding student programs

Professional Responsibilities

- To demonstrate a commitment to professional growth
- To follow policies and procedures of MSHSAA, the Conference and the district
- To assume responsibilities outside of activities as related to school
- To demonstrate a professional attitude and act with integrity

Desired Program Outcomes

- Improvement of school spirit
- Projection of a positive image to and for the community
- Physical growth and development of participants
- Development of a TEAM-FIRST concept for participants
- Development of self-discipline for participants
- A coordinated program with a unified purpose for grades 9-12 in each activity
- Development of lower-level programming that is directly associated with the high school program
- Opportunities for coaches to help youth grow and develop in a positive manner
- Promote lifelong activities that are associated with a healthy lifestyle and not associated with the use of drugs and alcohol
- An appreciation for the value of hard work and commitment
- Respect for authority and the rights of others
- Development of the value of fair-play and ethical standards
- Provide an opportunity to compete with and visit other communities

Responsibilities of Participants

As a student-athlete, you are in school to secure the best secondary education you are capable of achieving. Deciding to take advantage of the athletic component plays a significant part in your total educational development. However, with this decision also come certain responsibilities, if the value of activities is to be achieved.

Your responsibilities include:

- Striving to achieve sound citizenship and desirable social traits, including; self-control, honesty, cooperation, dependability, and respect for others and their individual abilities and differences.
- Maintaining academic and eligibility standards as established by the Missouri State High School Activities Association (MSHSAA) and the School District of University City (Pass 3.0 credits per semester).
- Regularly attending all classes and abiding by all school rules and policies.
- Understand and abide by all MSHSAA character and citizenship standards.
- Learning the spirit of hard work and dedication.
- Understanding the commitment you are making to your specific team. You must show this commitment by training out of the season, practicing during the season, and participating in all competitions during the season. Many times this may mean sacrificing time with friends, canceling family trips, and any other conflicts that may get in the way of training and competition. You must be committed.
● Attaining mental and physical fitness through good health habits.
● To train properly and refrain from activities that are potentially harmful to your body (including: drugs, alcohol, and illegal substances)
● Excelling to the limits of your potential.
● Showing respect for both authority and property.
● Willing to accept the leadership role that is instilled through the program.
● Making only positive remarks about the activity, team, coach, and teammates.
● Accepting decisions of others and abiding by them.
● Know, understand, and appreciate the rules of the contest. Respect the official’s judgment and interpretation of the rules. Never argue or make gestures indicating a dislike for a decision.
● Accept both victory and defeat with pride and compassion.
● Realize that behavior, language, and appearance reflects not only on you, but also upon members of the team and the school.
● To be responsible to the younger students in the school system by providing an example to follow. Always remember that you are important role models to younger athletes.

*Athletes need to keep in mind that they are in the public eye and that their personal conduct must be impeccable. Athletes have an obligation to create a favorable image and to gain the respect of their teammates, student body, and community.

**Responsibilities of Parents**

● To give moral support to their son/daughter for their participation in athletics. (This could include verbal encouragement, going to games or meets whenever possible, or participating in the University City Booster Club.)
● To encourage the athlete to attend all practices, games, or meets and not to miss these events other than for illness or circumstances beyond their control.
● To furnish transportation to and from school for practices, games, and meets.
● To furnish the equipment which the school does not furnish.
● To work with the coach in identifying and correcting potential problems.
● To provide a current physical exam report and help in the identification and rehabilitation of injuries.
● To read, sign, and return all necessary forms and permission slips.
● To encourage the athlete to maintain passing grades in all subjects and to attend tutorials when necessary or scheduled due to unsatisfactory grade report.

**Code of Conduct**

Participants are expected to follow the guidelines outlined in the District’s Student Handbook as well as all guidelines in this department handbook. The School District of University City is dedicated to its mission, vision, philosophy, and objectives. Whenever these purposes are threatened by student misconduct, appropriate disciplinary action must be taken.
Eligibility Information
University City High School is a member of the Missouri State High School Activities Association (MSHSAA). University City, and our athletes, must abide by the rules and guidelines set forth by the MSHSAA in order to maintain their eligibility.

Knowing and following all these requirements will enable you to maintain and protect your eligibility. It is important for you to know that you must meet all the essential requirements in order to be eligible.

Bona Fide Student
In order to represent your school, you must be a bona fide student and meet all eligibility requirements. You must be enrolled in and regularly attending classes.

Citizenship
You must be a creditable citizen. Creditable citizens are those students whose conduct - both in school and out of school - will not reflect discredit upon themselves or their school.

Conduct by the student involving law enforcement (with the exception of minor traffic violations) in and out of season, on and off school grounds must be reported to your Athletic Director immediately as your conduct may affect eligibility or contest outcomes.

Academics
- You must have earned a minimum of 3.0 units of credit during the previous semester.
- For your current semester, you must be enrolled in and regularly attending courses that offer 3.0 units (usually six classes).
- Credits earned or completed after the close of the semester will not fulfill this requirement. Summer high school courses for academic eligibility may count provided the course is necessary for graduation or promotion (no electives), and it is placed on the school transcript. No more than one credit in summer school shall be counted toward eligibility. If taking E2020 over the summer to gain credit for eligibility, it must be completed by the end of summer school. If E2020 is completed after the conclusion of summer school, it will not count towards eligibility. Correspondence courses do not count.
- Only courses completed in the regular school day count towards eligibility. Classes before or after the regular day must be approved prior to the start of classes for the semester to possibly be counted towards eligibility.
- Students promoted for the first time into 9th grade are considered academically eligible for the first semester after promotion.
- You must be making satisfactory progress toward graduation as determined by your local school’s policies.
- Do not drop courses without first consulting with your school principal, athletic administrator, or counselor to determine whether it will affect your eligibility.

**Residence Requirements**

- A student may be eligible at the public or nonpublic school located in the district in which the student's parents (as defined in By-Law 238.1-a) reside. In case of a public multiple-school district, a student may be eligible at the school designated for the student to attend by the board of education.

**Transferring Schools**

- If you transfer schools, you will be ineligible for 365 days - unless you meet one of the exceptions listed in the MSHSAA Residence and Transfer Rules. Make an appointment with the school's Athletic Director to review these exceptions.
- If you move with your parents to your new school district, you may be eligible at your new school provided you were eligible in all other respects at your former school. A student shall not be eligible to represent two different schools in the MSHSAA state tournament series in the same sport during the same season.
- You and your parents must move to the new residence at the same time.
- Always check with your school’s Athletic Director or Principal before you transfer to determine whether it will affect your eligibility.
- Discipline follows the student to the new school. Transferring while under suspension will cause you to be ineligible for 365 days.

- A student may be eligible immediately at the school of his or her choice upon first entering when the student is promoted from the eighth grade into the ninth grade, provided the student is eligible in all other respects.

**Participation Limits**

- You are eligible to participate in any sport for a maximum of four seasons. Any part of a contest played during a season counts as a season of participation.
- Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for the next eight consecutive semesters (*four consecutive years*).

**Entering School**

- You must enter school within the first 10 days of the semester in order to be eligible.

**Amateur and Awards Standards**

- After entering a member school, you will become ineligible in the sport concerned if you receive cash or services for participating in an athletic contest or being an athlete. This restriction applies to all sports in which MSHSAA member
schools conduct interscholastic programs (Merchandise received shall not exceed $25 manufacturer's suggested retail price.).

- You may accept awards which are symbolic in nature, such as medals, ribbons, trophies, plaques, etc. for participating in a school athletic program.
- You may accept awards which are merchandise and the value of such award shall not exceed a $25 manufacturer's suggested retail price.
- Awards of cash, gift-certificates or equivalents may not be accepted.
- Awards as described above presented by a person or group other than your school, must be approved in advance by your school principal and the suggested manufacturer's retail price of a merchandise award shall not exceed $25.
- You may accept awards for participating in non-school sponsored athletic competition only if the awards are symbolic in nature or the merchandise item does not exceed $25 in suggested retail value. (See above)

Age Limits

- If you reach 19 years of age prior to July 1, you will be ineligible the next school year.
- Over-aged eighth graders should be moved up to the senior high team to have eight semesters of eligibility.
- In order to participate on or against teams made up of only ninth-graders, you must not have reached 16 years of age prior to July 1 preceding the opening of school. However, you may participate with the next higher grade when you no longer meet the age limit for your grade.

Playing Under a False Name

- If you compete under an assumed or false name, you immediately become ineligible for up to 365 days.

Graduated Students

- You will be ineligible to participate after graduation from a senior high school. Students who are granted an early release after their junior year are ineligible for further participation. (NOTE: You are eligible to participate in state-level events which extend beyond the date of your school’s graduation at the end of the spring semester of your senior year.)

Non-school Competition

- You may not practice for or participate with a non-school team or in any organized non-school athletic competition and for your school team in the same sport during the same season of the school team. Swimming and diving has a special exception. Contact your school's athletic director for specific details.
- You may participate on a school team and a non-school team in different sports during the same season; however, you may not practice for the non-school team or participate in organized non-school athletic competition on the same day that you
practice with or participate for the school team without prior approval of your school administrator.

- You must receive approval in advance from your school principal in order to miss school time to practice for, travel to or compete in organized non-school athletic competition.
- You will become ineligible in any sport in which you play as a member of a junior college, college or university team.
- You may participate in international competition during the school year, however, the competition must meet the established criteria published in the MSHSAA Official Handbook and must be approved in advance by the Board of Directors.
- Before you join a non-school team or enter any non-school competitive athletic event, your school principal or athletic administrator should be consulted to make certain these standards are met.

**College Auditions and Tryouts**

- You may participate in a college tryout, audition or evaluation event for a specific sport outside the school season of the sport concerned (MSHSAA By-Law 242).
- You may not miss school time to travel or participate in the event unless your absence is approved in advance by the school administrator.
- You may not miss an MSHSAA-sponsored postseason athletic event to participate in or travel to and from the event.
- You may only attend one evaluation event by invitation per sport per year. You may attend any number of "open" evaluations (anyone may register) with no limit on college-sponsored tryouts.
- See your Athletic Director before signing up to attend any such events.

**All-Star Games**

- An all-star event is one in which an individual is invited to participate due to his or her high school achievements.
- You may not compete in an all-star game or contest before you complete your eligibility in each high school sport. Participation in an all-star game or contest before ending your high school eligibility will result in you becoming ineligible to participate in any high school sport.
- A senior with no high school eligibility remaining for a specific sport may participate in one All-Star game for that sport prior to summer.

**Recruiting of Athletes**

- You will be ineligible for your career at a school if you are influenced by a person or persons to attend upon promotion or transfer schools for athletic or activities purposes. You may, however, return to your original school and be ineligible for no more than 365 days.

**Transfer for Athletic Reasons**

- You will become ineligible for 365 days if you transfer for athletic reasons.
Sports Camps and Clinics

- You may attend a specialized summer athletic camp where you receive instruction or coaching from a member of your school’s coaching staff for a maximum of two calendar weeks in any one sport. A calendar week for any sports camp is defined as any seven consecutive days and any consecutive grouping of days shall be counted as one calendar week.
- You may attend a non-school sponsored summer specialized sports camp(s) or group instruction for as long as you wish where you do not receive instruction or coaching from a member of your school’s coaching staff.
- Fall Sports: No summer specialized sports camp involving a fall season sport shall be attended after July 31.
- During the school year outside of the school sport season, you may attend a non-school-sponsored specialized sports camp or group instruction, provided: it does not result in any loss of school time, attendance does not occur within 14 days of the start of the school sport season for the sport concerned, it is not a team camp, no competition occurs other than limited scrimmaging, and no member of the coaching staff of the school you attend (or will attend) is involved in any way.
- During the school sport season, you may attend a non-school-sponsored specialized sports camp or group instruction provided a school coach attends with you, camp attendance does not result in any loss of school time, it is not a team camp, there is no competition other than limited scrimmaging, and a school administrator approves your participation.
- If an individual sport skills camp is sponsored by a school, you may attend any camp of your choice up to and including the summer preceding your entry into the 8th grade. After you enter the 8th grade, you may only attend the school-sponsored sports camp at the school you are enrolled.
- You or your parents must pay all fees and other related expenses. A scholarship, waiver of fees or a payment of travel expenses will result in the loss of eligibility.
- You may attend one sport camp per sport per year by special invitation. You may attend any number of "open" sport camps where anyone may register.
- No school-owned uniforms or player equipment shall be used in any camp other than team camps where the school coach is present as one of the two weeks of school camp. Member schools may not rent, sell, lease or loan their uniforms or player equipment for use in non-school sponsored camps.
- Before attending any specialized athletic camp or group sport instruction, you should consult with your athletic administrator to make sure it meets the criteria published in the MSHSAA Official Handbook.

Sportsmanship

- If you should commit an unsportsmanlike act while participating in an event, you could become ineligible.
- If your conduct as a spectator is found to be unsportsmanlike, you could be barred from attending any further high school athletic contests.
- The unsportsmanlike conduct of any spectator (regardless of age) could cause that spectator to be barred from attending school athletic contests.
Foreign Student Eligibility

- You are eligible for varsity competition for one year only (senior year), provided you are participating in an exchange program listed by CSIET
- No person associated with the school may be involved in your selection
- No member of the school’s coaching staff shall serve as a host family
- You must meet the age requirement of not reaching age 19 prior to July 1
- You must possess a current and valid visa
- You must have enrolled within the first 11 days of the semester
- You must meet all other general student-eligibility requirements
- If you meet all standards of eligibility except a CSIET program, you are a transfer student and the school must submit a transfer request for eligibility

Fundraisers

- With the exception of summer camp, any money raised by a fundraiser for a sport remains with that sport. In the event that a student raises money for a fundraiser for one sport but decides to quit that sport to join a different one will not have that money refunded to them.

Conduct and Attendance for Participation

A student must attend school in order to participate in practice, a contest, or an event. If a student is absent at the conclusion of second period, they will be considered absent in regards to participation. The student may not participate in competitions on that day. If an emergency absence occurs (doctor’s appointment, funeral, etc.) advance approval is required by the Athletic Director to be considered for exemption of a full day of attendance policy.

Participants must also attend their academic sessions to be considered eligible to participate in practice or a contest. Skipping tutoring sessions is considered the same as an absence, as it will result in suspension from activity for no less that one day.

A student who receives any discipline referral will be subject to additional discipline by the Athletic Department. Each subsequent discipline referral will result in progressive discipline. Students who are not allowed to participate must attend a home contest or event (not in uniform) without being allowed active participation.

A student suspended (out-of-school) will not be allowed to participate in any practice, contest, or event during the period of suspension. Suspended students will have to be reinstated in school and attend a full day of classes before they will be allowed to participate. A suspension may also be levied for the next scheduled contest or event. An in-school suspension will result in a suspension from a contest on that day, but these students will be allowed to participate in practice or meetings.

Participants not in school on Friday may not participate on Saturday. A full day of attendance is required after an absence in order for a participant to practice or compete.
All participants are required to dress out and participate in their Physical Education classes on a regular basis. Participants who do not participate in their Physical Education classes due to an injury cannot actively participate in practice or competition after school.

All equipment from previous activities or events must be turned in before a student will be allowed to participate in the next activity. All school fines and obligations must be met before a student will be allowed to participate in a practice, contest, or event.

A student who is dismissed or willingly quits an activity or event will not be allowed to participate in any other activity until the conclusion of that season or event without prior approval from the Athletic Director.

**Physical Exams**

The MSHSAA regulations state that anyone wishing to participate in athletics must have a physical examination from a medical doctor that declares them physically fit to participate in athletics before they can try-out, practice or compete. In order for an examination to be valid, it must be administered on or after February 1 of the previous school year. Any exam administered on or after February 1, would be valid for the remainder of the current school year and the entire ensuing school year. The parent permission waiver, student waiver and emergency contact information section on the MSHSAA Pre-Participation Exam Form must also be completed and signed.

**Injuries**

An unfortunate aspect of athletics is that injuries do happen and these injuries can sometimes be serious. The majority of students will suffer no injuries at all, a few will suffer minor injuries, and very few will suffer serious injury. Strict adherence to the rules of the sport and the utilization of proper techniques as taught by the coaches can often prevent injuries.

University City is very fortunate to have the service of a certified Athletic Trainer. All injuries must be reported to the trainer immediately. It is very important to follow the trainer’s instructions on the care and rehabilitation of injuries. The trainer should also be notified of pre-existing conditions, current illnesses or prescription medications that could influence treatment or rehabilitation.

**Hydration and Testing**

The Athletic Department will strive to meet all student safety guidelines set by MSHSAA, the National Athletic Trainer’s Association, and the National Federation. This may require testing in the areas of weight, hydration, and asking sensitive information. The athlete is required to complete these confidential testing requirements to help ensure their safety as it pertains to athletic participation.
Pre-Season Informational Meeting
Any University City student who participates on an athletic team is required to attend a pre-season rules and informational meeting each year. These meetings are also suggested for parents.

Citizenship Requirements
To be eligible to participate in school activities is a privilege, not an inherent right, and therefore requires certain behaviors and attitudes. More specifically, any student who represents their school in athletics must be a credible citizen and be judged so by proper school authority certifying the list of students for participation.

A student whose character or conduct is such as to reflect discredit upon themselves or their school is not considered a creditable citizen. Their conduct shall be satisfactory in accord with the standards of good discipline. Students that participate in athletic programs should remember the rewards, recognition, and notoriety that comes with involvement also carries a high degree of school, civic, and individual discipline and responsibility. The rewards are great! A student has much to gain by participating in athletics, but also has much to lose for behavior which is inappropriate.

Besides the possibility of losing eligibility for inappropriate behavior, students involved in the extracurricular activities programs are also subject to the disciplinary consequences listed in the District’s Student Handbook.

It is understood that citizenship eligibility cases are handled on an individual basis by the coach, athletic director, principal, parents, and student. However, it is also required by MSHSAA that system-wide guidelines assist in the uniform handling of such cases. Cases will be investigated when: police records are available, a district employee has first-hand knowledge, and/or there is student admission.

Students should always remember to conduct themselves in such a manner as to reflect positively upon themselves, family, school, and community. There is not an “in-season” and “out-of-season” for these citizenship guidelines.

To clearly outline and define the disciplinary action, the following guidelines are provided for students.

Citizenship
Students whose character or conduct is such as to reflect discredit upon themselves or their school is NOT considered a “creditable citizen”. This includes violations of public law and/or school policy.

MSHSAA Policy on Legal Infractions
A student who is under arrest and/or found guilty for a municipal ordinance violation, misdemeanor, or felony (excluding minor traffic violations) will be suspended from all competition and will remain ineligible until their judgment is satisfied according to the court system, public law, and school policy. This includes violations that take place
during the season and off-season, including evenings, and weekends. Students are required to report all infractions of this policy to the Athletic Director immediately. Students that do not report violations will be declared ineligible for 365 days by MSHSAA policy.

**Illegal or Banned Substances**

The use of illegal or banned substances, the misuse or abuse of prescription drugs, alcohol, tobacco, or performance enhancing drugs is considered a violation of the Athletic Department’s Code of Conduct. Any violation of this policy will result in the following consequences:

- **First Offense:** Parent will be notified, counseling will be mandatory, and the athlete will be suspended indefinitely (minimum of 10% of the season’s contests.)
- **Second Offense:** Parent will be notified, counseling will be mandatory, and the athlete will be suspended indefinitely (minimum of 30 days.)
- **Third Offense:** Parent will be notified and the athlete will be suspended indefinitely and may be subject to a 365 day disassociation from all athletic programs.

**The Lion’s Golden Rule**

Student-Athletes should never do anything that will have an adverse effect on their ability to perform academically or athletically. Participants must never do anything to embarrass or create an unfavorable impression of themselves, their team, their community, their family, or their school.

Remember that the conduct of all participants is closely observed in many areas of life; on the field, in the classroom and in the community. Take pride in yourself, your team, and your school. You should always project a positive image and always represent your school proudly. Winning or losing is not as important as your reaction to outcomes. Your reaction is what people will associate with your character. You should always be gracious in defeat and modest in victory (this includes participants, spectators, and parents).

**Sportsmanship**

The following policy statement from the National Federation of State High School Associations expresses the concept of sportsmanship as follows:

> "The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. Good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and a genuine concern for others. Participants must have an awareness of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity."

One of the main goals of the University City Athletic Program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes teammates, members of the opposing team, officials, coaches, and spectators.
Contests are judged by the effort of the participants. Winning is exciting, but winning at any cost is not the goal of our program. Negative treatment of any participant is outside the spirit and interest of the contest and will not be acceptable.

All MSHSAA sanctioned events are a reflection of our community and school. The conduct of the team is extended to coaches, participants, parents, and fans before, during, and after athletic events. University City has behavior expectations for all spectators, including students, parents, and community members. Poor behavior and sportsmanship reflects negatively on our school and community. Plus, as adults, we are responsible role models for our students. Consider the following guidelines when attending games or contest:

- Know and demonstrate the fundamentals of good sportsmanship.
- Respect school property and authority.
- Admittance is a privilege to observe a contest.
- Remember that participation on an athletic court or field is an opportunity for learning experiences, similar to a classroom, and mistakes can and will be made. Do NOT be critical or jeer athletes who make mistakes. Mistakes are part of the learning experience.
- Show respect for the officials, opposing players, coaches, spectators and support groups (refrain from booing).
- Respect the integrity and judgment of game officials. Do not question an official’s call. Even if a mistake was made, questioning the official will not help our team.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Respect the judgment and strategy of the coach (even if you disagree.)
- Refrain from being critical of players, coaches, or officials for a loss.
- Respect, cooperate, and respond to cheerleaders.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from heckling, jeering, or distracting opponents.
- Refrain from throwing objects on the playing area or in the bleachers.
- Show respect for players who are injured.
- Do not use profane or abusive language.
- Refrain from the use of controlled substance (alcohol, drugs, etc.) before, during and after school competitions on or near the site of the event.

**Athletes**

Team members who commit an unsportsmanlike act while attending a University City game could be suspended from play or become ineligible.

**Student Spectators**

Any University City student, who as spectators commit unsportsmanlike behavior, will be asked to leave the contest, may receive discipline as per the Student Handbook, and may be barred from attending any future contest.

**Other Spectators**
Any spectator, regardless of age, who is found to be unsportsmanlike, may be asked to leave, and could be barred from attending any future contest. A second offense will be cause for a 365 day ban from all extracurricular activities.

**Unsportsmanlike Conduct**
A display of unsportsmanlike conduct, the use of profanity, insubordination, or other behavior unbecoming an athlete during practice or contest will result in disciplinary action. The coach and athletic director have the responsibility and the authority to take action that will result in what is best for the individual, the team, and the school. Disciplinary action may range from a verbal warning, counseling, various other consequences, or suspension. Dismissal from the team may result after the coach has made a recommendation to the athletic director.

**Hazing**
Student hazing is prohibited by federal, state, district, and department guidelines. Hazing is defined as any activity, on or off school grounds, which a reasonable person believes would negatively impact the mental or physical health or safety of a student. This includes placing the student in a ridiculous, humiliating, stressful or disconcerting position for the purposes of initiation, affiliation, admission, membership or maintenance of membership in any group, class, organization, club or athletic team including, but not limited to, a grade level, student organization or school-sponsored activity.

Students found to have violated this policy will be subject to all legal consequences and suspension/expulsion from school and from athletic participation depending on the severity of the misconduct. Any student reporting an act of hazing to a staff member shall remain anonymous. If hazing occurs, it is the responsibility of the student, parent, and/or coach to report the incident to school administration immediately.

**Student & Parent Communication**
The participant is expected to communicate with their head coach or sponsor. The communication process is essential for successful participation. The participant should give a coach advance warning when there will be a conflict. If a participant will miss a practice or competition due to other circumstances (illness, family emergency, etc.) they must contact the head coach directly as soon as possible. If the participant can not reach the head coach, they should contact the assistant coach or the athletic director.

If a student-athlete or their parent has any issue or problem with their athletic experience, the student-athlete is expected to address the coach in a scheduled meeting. Athletes are also encouraged to talk with the coach about any issue in their personal or academic lives. The district’s expectations of coaches include open communication and positive relations.

**Communication that Coaching Staff Expects from Parents**
1. Concerns should be expressed directly to the head coach.
2. Notification of any schedule conflicts should be shared well in advance.
3. An appointment should be scheduled to discuss any specific concern in regard to a coach’s philosophy and/or expectations if there is ever a question.

Parents and coaches should help their students learn that success is achieved in the development of a skill and should make student-participants feel good about themselves regardless of the outcome of any contest. As students become involved in programs at University City, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your student wish. If you have a concern, take time to talk with coaches in an appropriate manner, including proper time and place, being sure to follow the designated communication ladder. At these times, discussion with the coach is encouraged.

Communication Parents/Athletes Should Expect from the Coach
1. Philosophy of the coach and program.
2. Expectations the coach has for your student as well as for all the students involved in the activity.
3. Location and times of all practices and contests.
4. Team requirements (fees, special equipment, off-season conditioning.)
5. Procedure should your student should follow if injured during participation.
6. Policies for the school and program.

Appropriate Concerns to Discuss with the Coach
1. The treatment of your student mentally and/or physically.
2. Ways to help your student improve, to possibly see more playing time.
3. Concern’s about your student’s behavior.
4. Concerns about academics.

Note: Sometimes it is very difficult to accept your student not playing as much as you may hope. Our coaches are professionals. They make judgment decisions based on what they believe to be best for the team. As you have seen from the list above, certain things can and should be discussed with your student’s head coach. The items below are not negotiable and should not be discussed with the coach.

Issues Not Appropriate to Discuss with Coaches
1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes/participants.

Note: There are situations that may require a conference between the coaching staff and the parent. These conferences are encouraged. It is important that both parties involved have a clear understanding of the other’s position. Everyone involved is expected to be respectful, to recognize and show appreciation of the other’s role, and to reinforce the policies and procedures of the District. When a parent or members of the coaching staff feel a conference is necessary, we ask that both parties keep in mind our communication ladder policy which is stated below.
**Communication Guidelines**

The Communication Guidelines are expected to be followed at all times, starting with the athlete-coach meeting, a mandatory step in the communication process.

1. **Athlete – Coach Meeting (Mandatory first step).**
   If a player or their parent has any issue or problem with their athletic experience, the student-participant is expected to address the coach in a scheduled meeting. Participants are also encouraged to talk with the coach about any issue in their personal or academic lives. The district’s expectations of coaches include open communication and positive relations. Coaches have been trained on communication and counseling skills. The athlete may ask a team member or captain to be an advocate in this meeting.

2. **Athlete – Parent – Coach Meeting (step-two).**
   The parent should schedule an appointment at the coach’s discretion. The appointment should be scheduled and will not be permitted at the conclusion of a practice or competition. Also, the parent or player should define the purpose of the meeting when the appointment is set. If there is a meeting between coaches and parents, the student-participant must be in attendance, unless the coach agrees to meet without the student-participant. The Athletic Director may be present at this meeting to act as a mediator, and all rules of Parent Meetings must be followed.

   *Parents who try to discuss important issues with a coach as they are walking off the game or practice field would be an example of circumvention of this process.

3. **Athlete – Parent – Coach – Athletic Director Meeting (step-three).**
   This step may be initiated by any party. The parent or athlete must make an appointment with the Athletic Director and set a defined purpose in advanced. The student-participant should be in attendance, but there may be cases where it is appropriate an athlete not be present. This is to be discussed and determined prior to the appointment. The meeting will include the student-athlete, parent(s) and/or legal guardian, coaching staff, and Athletic Director. Other advocates will be excluded from this meeting. The Rules of Parent Meetings must also be followed.

4. **Administrator Meeting (step-four).**
   A meeting with a parent and an administrator will be scheduled if there is not a positive resolution after the first three steps of the communication ladder. Step four will only be scheduled at the completion of the first three steps, or if legal or safety considerations are the subject of the meeting. The Athletic Director, an Assistant Principal, Principal, or representative of the Superintendent’s Office may be an appropriate administrator to schedule a meeting with. But, start with the Athletic Director and work through the chain in a systematic matter in an effort to reach a desired positive outcome.
Athlete Expectations at Practices & Competitions
Students are expected to attend every practice, tutoring session, meeting, and competition. Practices are typically Monday through Friday, although practices and games are frequently conducted on weekends, depending on the schedule. Students need to notify coaches in advance if it is absolutely impossible to attend a practice or game.

Excused absences for sickness, emergencies, family obligations, and academic conflicts may occur. However, excessive absences may result in loss of playing time or dismissal from the team. Unexcused absences may result in loss of playing time and dismissal.

Service Learning
All activities participants must complete an approved service learning project (or multiple projects) by their head coach or sponsor each year. The opportunities for service learning are numerous and may include: visits to primary schools, clinic participation for community youth, facility improvement project, volunteering, etc. Participants will have an opportunity to “give back” to the school and community and gain an understanding and sense of community pride and service through these projects.

Levels of Competition
VARSITY LEVEL: Top level of competition. The teams usually consists of upper-classmen (seniors and juniors), but sophomores and freshmen can compete at the varsity level if their skill level allows them to do so.

JV LEVEL: The teams are made up of athletes in a particular sport that are not playing on the varsity team. The teams usually consist of several juniors, mostly sophomores, and some freshmen are eligible to compete if skill level allows them to do so.

FRESHMAN: Teams are made up of freshman and over-aged eligible eighth graders.

Letter Award Policy
The letter award policy at University City is similar to policies practiced by most other high schools locally. Athletes will earn a variety of letters, patches, and pins by completing the entire season for their activity. All athletes earning an award will also receive a certificate. The criteria for earning an award is established by each coach, and as a result may vary considerably from sport to sport. Athletes should ask coaches to define their criteria for earning an award. Athletes that become ineligible, are dismissed, dissociated, or quit a team will not receive an award.

Participants should be honored for their dedication and proudly display their letters and awards. Recipients should properly display their letter awards on letterman jackets and sweaters. These athletic awards symbolize skill, sacrifice, commitment, pride, achievement and dedication.

- Numerals are awarded Freshmen year or first time completing a sports season.
- UC patch is awarded for playing on a JV team (or varsity if there are no lower levels).
- U is awarded for completing the varsity season and meeting criteria established by the coach.
- Pin for first season of the sport, and a bar for each successive season in that sport.

**Awards Ceremony**
There will be a team awards ceremony held after the conclusion of each activity. This ceremony is held to recognize the individual teams, award recipients, and deliver special awards. Team members are highly encouraged to attend. Parents, friends, and special guests will also be invited. Check with the head coach or sponsor for dates, times, and locations of these ceremonies. A Special Awards ceremony will be incorporated in the spring to honor seniors and special award recipients. Awards will be issued after the completion of the season and will be available for pick up for approximately 3 months. No awards will be issued after that period.

**Signing Day Ceremony**
Throughout the school year, there will be three signing day ceremonies for athletes who are planning to sign with colleges or universities for athletics. Two of the ceremonies will be held based on NCAA standards, the third will be held during the last week of school before final exams. It is the athlete’s responsibility to notify the athletic office of their intent to sign with a college or university.

**Scholar Athlete**
Students being recognized as a scholar athlete need to earn a cumulative grade point average of 3.0 from the last semester closest to the end of the specific sports season. Each year, a Post-Dispatch scholar athlete will be determined by a selection committee headed by the Athletic Director or designee. This is a senior who shows outstanding commitment to athletics throughout their career at University City High School.

**Care of Equipment**
In order to give athletes a sense of responsibility and an appreciation of their equipment, squad members are to be held accountable for the abuse or loss of it. Participants must always store and check in their equipment after games and practices. Do not exchange any equipment (practice or game); if it is necessary to make an adjustment, this must be done through the head coach. Uniforms must not be worn in Physical Education class or outside of the practice or game field without approval from the coaching staff.

Participants must understand that any member of the coaching staff, teaching staff, principals, or the athletic director has the prerogative to command proper use of school equipment and/or facilities at any time.

Any equipment lost by an athlete must be paid for by the athlete. Any loss of equipment should be immediately reported to the head coach, rather than waiting until the end of the season.

*All equipment from a sport must be turned in and all debts or fines must be paid before an athlete is permitted to practice or compete in another sport.*
Weight Room and Facilities
The weight room and facilities are available to athletes. Participants are offered a wide variety of strength and conditioning equipment to meet the demands of athletic competition, as well as treatment options for injuries.

The following are guidelines to be followed when using the facilities:
- Students are not permitted without a coach or trainer.
- Only student-athletes using the facility are allowed in this area.
- Wear appropriate clothing, must have shirt and tennis shoes on in the facility.
- Use equipment properly, following all safety and spotting regulations.
- Return equipment to its proper storage area (rack weights.)
- No horseplay, act like a professional.

Locker Room
- Students must provide their own lock.
- Lockers assigned for athletics may be used during the current season only. Use of the locker beyond the season is not permitted.
- Avoid keeping valuables (such as money, cell phones, iPods, jewelry) in your locker if at all possible. The school is not responsible for stolen, lost, or missing personal items.
- Cameras and cell phones with cameras or video-cameras must not be used or be in plain sight in the locker room.
- Students found violating locker procedures and expectations, will lose privileges.
- If you have a problem with a locker, notify your coach immediately.

Transportation
All students will be transported to and from extracurricular activities using district transportation. It is expected that all participants ride to and home from all away games, except in emergency or approved advanced situations.

If a student-athlete has a special circumstance requiring them to be transported to or from a contest by a parent, they should obtain approval. The participant and parent must sign a Travel Release Form and return to the coach for approval.

In the case of overnight travel all participants must complete and have a parent sign an overnight travel waiver and have on file in the Athletic Director’s Office before they will be able to attend the event.

The following bus policies will be enforced by the coaching staff:
- No food or drink on the bus
- Remain seated with arms inside windows at all times
- Maintain order and ensure proper conduct (especially language)
- Keep feet off seats
- Ensure windows are up and bus is clean when exiting
- Athletes should be picked up within 10 minutes of the bus arriving at school

**Training/Team Rules**
Each coach will determine their program’s specific training rules. Training rules may include consequences for inappropriate behavior or breaking team policies. Team policies, such as curfew, game dress, attitude, training habits, attendance at private parties, and citizenship may be addressed in the program’s training rules. Coaches will discuss these rules in the early season, throughout the season, and may have a team handbook in addition to the department handbook.

**Changing/Quitting Teams**
A student who begins a sport (is on the team at the time of the first competition) but who does not finish the season in that sport will not be eligible to start practicing for another sport before the end of the competition in the sport that was dropped, unless the coaches of both sports and the Athletic Director gives their approval.

**Participating in Multiple Concurrent Activities**
A student that would like to participate in multiple concurrent activities (activities that occur at the same time or overlap) should meet with their coach and sponsor to discuss this opportunity. This is encouraged for athletes, but requires advanced planning, dedication, and solid time-management skills. All parties should be in agreement on priorities when conflict occurs before the start of the season and the Athletic Director should be notified of the results of this meeting. Athletes missing practice or competitions may be subject to additional meeting time with the coaching staff to make up for the lost instructional time.

**Photographing & Videotaping**
By participating in athletics at University City, the participant and parents/guardians give the district implied consent to photograph, permit other persons to photograph, videotape, film, or use photographs or negatives provided of the student-athlete for the intent of promoting University City Athletics. The name and a likeness of the participant may also be used by the Athletic Department.

**Cheerleaders**
The Cheerleading squads are a very important part of the overall program. They provide enthusiasm, promote school spirit and sportsmanship. They cheer at contests, assemblies, and pep rallies. Cheerleading tryouts are held every spring. To be eligible to try out, you must meet MSHSAA eligibility, sportsmanship, and citizenship requirements, as well as have a current physical on file. Participants, parents, and fans should participate and applaud the Cheerleaders as they perform.

**Dance**
The Pom-Pom/Dance Squad provides a great deal of entertainment for many of our contests and assemblies. Tryouts are held every spring. To be eligible to try out, you must
meet MSHSAA eligibility, sportsmanship, and citizenship requirements, as well as have a current physical on file. Participants, parents, and fans should applaud as they perform.

**Band/Choir**
The members of the Band and Choir must meet all MSHSAA eligibility requirements to participate in competitions. These groups practice, compete, and provide entertainment for various contests and assemblies. Any student wishing to participate should meet with the sponsor and their counselor immediately to enroll in the appropriate course for credit. Participants, parents, and fans should applaud as they perform.

**Activity Review Board**
The Activity Review Board is established as needed for the purpose of allowing a student the right to a hearing due to a suspension or dismissal. If the coach, athletic director, or principal removes the student from the team, and the student feels the punishment to be unfair or improper, then they may present a request in writing within 24 hours to the Athletic Director requesting a hearing. The Activity Review Board will meet to review all information pertaining to the case and render a judgment as to whether or not the action taken was appropriate and consider further action.

The Board will consist of five people: the Athletic Director (Chairman), a building-level administrator, head coach of the sport where the review is occurring, and two other high school coaches (to be chosen by the chairman from different sports other than the sport in question).
Why Should I Participate in Athletics?

Participation in Athletics and Extracurricular Activities extends educational opportunities so students can compete in a manner that promotes personal development, fosters teamwork, and teaches important life skills necessary for becoming a valued member of society.

**Personal Development**
- Physical development prep, conditioning, strength.
- Develop individual skills in their sport.
- Promote a healthy lifestyle.
- Drive to your personal best.
- Personal discipline and accepting responsibility for actions.

**Teamwork**
- Promote sense of community.
- Being a part of big picture / commitment to a cause.
- Promote learning of team.
- Responsibility to the team.
- Teach cooperation.
- Promote the importance of team winning versus individual scoring.

**Life Skills**
- Teach young people how to compete.
- Reinforce classroom learning and academic achievement directly.
- Develop character.
- Teach life skills of hard work, dealing with success and failure.
- Coach as counselor.
- Tolerating others faults and shortcomings while appreciating their strengths.
- Leadership and following.
- Teaching tolerance.
- Teach sportsmanship.
- Social growth.
- Handling conflict.
Understanding the Risks of Participation in Athletics

It is very important that everyone involved in both individual and team sports understand the risks that are involved in participating in athletics. Participation in competitive athletics brings a potential of physical injury. At all times coaches and sponsors must take reasonable precautions to prevent injury. Student-athletes and parents should read the following information and understand the inherent risks associated with participation.

Athletics and extracurricular activities have multiple risks associated with participation. You should understand the dangers and risks that may occur when playing or practicing a contact or non-contact sport.

Injuries in these sports are as follows, but not limited to:

- Death
- Serious neck and spinal injuries which may result in complete or partial paralysis
- Brain damage
- Injury to all internal organs, bones, joints, ligaments, muscles, and tendons
- Other serious injury

When participating in sports, the student-athlete needs to recognize the importance of following the coach’s instructions in playing technique, training, and other team rules to limit the risks involved in the activity.

All injuries that occur as a result of participation in athletics at University City must be reported to the trainer or coach immediately. If an injury requires medical attention by a medical professional, it will be necessary to have a medical note to release the athlete to play the sport.
10 Commandments for Parents of Athletes

1. Make sure your children know that win or lose, you appreciate their efforts and are not disappointed in them.

2. Be honest about your child’s athletic capability, competitive attitude, sportsmanship and actual skill level.

3. Be helpful, but don’t coach them. It is tough not to, but it is tougher for the child to be inundated with advice, pep talks and critical instruction.

4. Try not to live your athletic life through your children in a way that creates pressure. Don’t pressure them because of your pride.

5. Don’t compete with the coach. They are the head of the program, support the coach.

6. Don’t compare the skills, courage, or attitudes of your child with other team members.

7. Get to know the coach so you can be assured the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under their leadership.

8. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.

9. Understand courage, and that it is relative. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.

10. Always remember “It’s just a game” and try to encourage your child to have FUN!
College-Bound Student-Athlete Information

High school student-athletes have a dream to continue competing in athletics at the intercollegiate level. Earning an athletic scholarship is a very competitive process that includes the evaluation of a student-athlete’s athletic ability, skill, academic history, citizenship, and sportsmanship. We encourage our student-athletes to strive for athletic scholarships at the college level. Student-athletes should consider the college initial academic requirements upon entering high school to ensure they meet college freshman eligibility standards. Your grades as a high school freshman can determine if you are eligible to compete as a college freshman.

Most organizations require an ACT or SAT score. Student-athletes are encouraged to sign up for these tests as a freshman and take them at least once a year while in high school. You can register for the ACT at [www.actstudent.org/regist/nextdates.html](http://www.actstudent.org/regist/nextdates.html). Please contact your guidance counselor at the beginning of your freshman year to declare you are in pursuit of qualifying for NCAA eligibility to ensure you are on the right academic path. All seniors should consult their head coach to determine the need to register with the NCAA Clearinghouse.

A brief list of eligibility requirements are listed below for various organizations.

**NCAA ELIGIBILITY REGULATIONS** ([www.ncaa.org](http://www.ncaa.org))

To practice and play as a freshman at an NCAA Division I or II college or university, the student-athlete must satisfy the requirements of NCAA by law 14.3, commonly known as Proposition 48. In order to be eligible, a student-athlete must:

- Graduate from high school.
- Attain a GPA (grade point average) of 2.0 in a successfully completed core curriculum of at least 16 core courses for D I and 14 core courses for D II.
- Achieve a minimum S.A.T. (Scholastic Aptitude Test) combined score of 700 or a minimum of 18 composite on the A.C.T. (American College Test).
- File a release form with the NCAA clearing house at the beginning of the senior year. (information on the web at [www.ncaaclearinghouse.net/ncaa/NCAA](http://www.ncaaclearinghouse.net/ncaa/NCAA))

**NAIA ELIGIBILITY REGULATIONS** ([www.naia.org](http://www.naia.org))

To be eligible to participate at an NAIA college, a freshman must meet two of the following three entry-level requirements:

- Score 18 on the ACT or 700 on the SAT, or
- Achieve an overall high school G.P.A. of 2.0, or
- Graduate in the top half of their high school’s graduating class.

**JUNIOR COLLEGE ELIGIBILITY** ([www.njcaa.org](http://www.njcaa.org))

Junior Colleges vary widely on their requirements. Contact the school’s registrar for specific requirements. Most junior colleges require that a student-athlete graduates from high school and earns a minimum GPA to be eligible to participate as a freshman.
NCAA FRESHMAN-ELIGIBILITY STANDARDS

KNOW THE RULES

Core Courses
NCAA Division I requires 16 core courses, a minimum GPA of 2.300 and the student must graduate from high school. This rule applies to any student first entering any Division I college or university on or after August 1, 2016.

NCAA Division II requires 14 core courses. See the breakdown of core-course requirements below. Please note that Division II will require 16 core courses beginning August 1, 2013.

Test Scores
Division I has a sliding scale for test score and grade-point average. The sliding scale for those requirements is on the NCAA website.

Division II has a minimum ACT sum score of 68 or an SAT score requirement of 820.
  ● The ACT score used for NCAA purposes is a sum of the four sections on the ACT: English, mathematics, reading and science.
  ● The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.

Grade-Point Average
Only core courses are used in the calculation of the grade-point average.

Be sure to look at your high school’s list of NCAA-approved core courses on the Eligibility Center's website to make certain that courses being taken have been approved as core courses. The Web site is www.eligibilitycenter.org.

  ● Division I grade-point-average requirements are on a sliding scale with test score.
  ● The Division II grade-point-average requirement is a minimum of 2.0.

For more information on NCAA initial freshman eligibility get a free download of the NCAA Guide for the College Bound Student Athlete