

**Farmington High School  
Athletics and Activities  
Parent Information**

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This information is a summary of **SOME** of the information contained in the Farmington R7 Activities Handbook.

The entire Farmington R7 Activities Handbook is accessible online at [fsdknights.com](http://fsdknights.com).

The entire MSHSAA Handbook is accessible online at [www.mshsaa.org](http://www.mshsaa.org).

Or you can get a printed copy from the AD's office at the high school.

**It is the parent and student's responsibility to be aware of, and follow, ALL requirements in the current edition of both the MSHSAA and Farmington R7 Student Activities Handbook.**

We are **proud of our student athletes**. They choose to spend their time in activities that require discipline, effort, teamwork, and mental toughness. They choose to do this because they love to play sports and they love to compete. We are proud of the effort and dedication they show to their teams and their school.

We are very **grateful for our parents**. They devote extensive time, effort, and emotion to supporting their children as they compete in athletics. They choose to do this because they love their children.

We are grateful for the effort and dedication they show to their children, their teams, and their school.

We are **proud of our coaches**. They choose to spend their time working with students to develop their discipline, effort, teamwork, and mental toughness. They choose to do this because they love to teach, they care about kids, and they love to compete. We are proud of the effort and dedication they show to their teams and their school.

We are committed to helping our students grow as young men and women so they can be **positive leaders** in our schools today and **successful adults** tomorrow.

We focus on challenging and encouraging our students to grow in **positive character traits** such as empathy, accountability, perseverance, honesty, respect, humility, courageous leadership, and service.

We encourage those in our program to **live, teach, and expect** these traits for each other and from each other every day.

Administrators, coaches, students, and parents are expected to live these traits themselves, teach these traits to each other, and expect these traits from each other.

While we do strive to be as competitive as possible in game situations, our daily time and attention is devoted to helping students improve in all areas of their lives (physical, mental, social, and emotional) to fulfill their potential as individuals and teams.

**STUDENT SAFETY  
AND  
RISK FACTORS**

When participating in any type of activity, there is always a possibility that an injury or illness can occur. In severe cases of illness, strains, sprains and contusions, the athlete may miss a large amount of time participating in his or her activity. Some severe injuries may need to be surgically repaired and require an extended period of physical therapy. Participants can also experience more serious injuries or illnesses that result in fractures, dislocations, concussions, internal injuries, spinal injuries, hospitalization, or death.

There is a risk to have contact with individuals who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies. It is impossible to eliminate the risk of being exposed to and/or becoming infected through contact with, or close proximity with, an individual with a communicable disease.

It is the parent/guardian's responsibility to screen their child(ren) daily for symptoms of COVID19. Furthermore, if the screening is positive (the answer to any of the screening questions is 'yes', or if the participant has a temperature more than 100.4 fahrenheit) he/she cannot attend or participate in any activity that day. The student will be unable to attend/participate until a subsequent day when they do have a negative screen, have documentation demonstrating the test result related to COVID-19 was negative, or a note from their healthcare provider indicating they do not need to be tested and their symptoms are not due to COVID-19.

## SCREENING

A crucial step in mitigating the spread of the virus is for parents/guardians to keep their children at home if they show symptoms of COVID-19. It is the parents'/guardians' responsibility to screen their child(ren) daily. If the answer to any of the following questions is 'yes', or if the student has a temperature more than 100.4 fahrenheit, he/she should be kept home:

1. Do you have a household or close contact with someone who has been diagnosed with COVID-19 in the past two weeks?
2. Do you have symptoms of lower respiratory illness such as a new or worsening cough, shortness of breath, or difficulty breathing?
3. Have you experienced any chills or repeated shaking with chills?
4. Have you experienced any muscle pain or headache (different than normal exercise-induced pain or your seasonal allergies or other diagnosed condition)?
5. Have you experienced any sore throat (different than your seasonal allergies or other diagnosed condition)?
6. Have you experienced any recent loss of taste or smell?
7. Have you experienced any recent diarrhea or vomiting?

# What is a concussion?

A concussion is a brain injury which results in a temporary disruption of normal brain function. An athlete does not need to lose consciousness (be “knocked-out”) to suffer a concussion, and in fact, **less than ten percent** of concussed athletes suffer loss of consciousness.

# What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately **removed from that activity**. Continuing to play or work out when experiencing concussion symptoms can lead to worsening of symptoms, increased risk for further injury and possibly death.

All student-athletes who sustain a concussion need to be **evaluated by a healthcare professional** who is experienced in concussion management. You should call your child's physician and explain what has happened and follow your physician's instructions. ***If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions, he or she should be immediately taken to the emergency department.***

## Return to Play (RTP) Procedures After a Concussion

If diagnosed with a concussion, an athlete must be cleared for progression to activity by an approved healthcare provider: MD/DO/PAC/LAT/ARNP/Neuropsychologist (Emergency Room physician cannot clear for progression).

Once an athlete no longer has symptoms of a concussion **and is cleared for return to play**, he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average, the athlete will complete a new step each day.

# Exertional Heatstroke

Exertional Heatstroke (EHS) is the leading cause of preventable death in high school athletics.

Students participating in high-intensity, long-duration or repeated same-day sports practices and training activities during the summer months or other hot-weather days are at greatest risk.

Appropriate hydration before, during, and after physical activity is integral to healthy, safe and successful sports participation.

A loss of just 1 to 2% of body weight can negatively impact performance. A loss of 3% or more of body weight during vigorous exercise can also significantly increase the risk for exertional heat-related illness.

Athletes with high body fat percentages can become significantly dehydrated and over-heat faster than athletes with lower body fat percentages, while working out under the same environmental conditions at the same or similar workload.

Athletes have different sweating rates and some lose much more water and salt through their sweat than others.

Poor heat acclimatization/fitness levels can greatly contribute to an athlete's heat intolerance and exertional heat illness risk.

Certain medications or current/recent illness can negatively affect an athlete's hydration status and temperature regulation, increasing the risk for exertional heat illness.

Environmental temperature and humidity each independently contribute to dehydration and exertional heat illness risk.

Clothing that is dark or bulky, as well as protective equipment, can increase body temperature, sweat loss and subsequent dehydration and exertional heat illness risk.

# HEALTH RESOURCES

MSHSAA Physical Exam Form:

<https://www.mshsaa.org/SportsMedicine/prepartPhysEvalForm.aspx>

Concussion Information:

<http://www.mshsaa.org//resources/pdf/2013%20Parent%20Concussion.pdf>

Concussion return to play form:

<http://www.mshsaa.org/resources/pdf/15RTPForm.pdf>

Exertional Heat Illness Information:

<https://www.mshsaa.org/HeatHydrationRecs.aspx>

**At Farmington R7 we believe that our activities and athletics program is an important component of the **total educational structure.** **Participation is a privilege** that carries with it responsibilities to the school, the activity program, the student body, the community, and each individual student.**

All Eligibility Requirements are listed in the MSHSAA Handbook [www.mshsaa.org](http://www.mshsaa.org) (click on “Official Handbook”) and the Farmington R7 Student Activities Handbook [www.fsdknights.com](http://www.fsdknights.com) (scroll to the bottom of the page, click on “Publications”, then click “Activities”). If you need a hard copy of either handbook contact the High School Activities Office.

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- A student who commits an act for which **charges may be or have been filed by law enforcement** authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied.
- Minor moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others.

- Students under **out-of school suspension** are not permitted to attend or participate in extracurricular activities on days in which they are assigned and/or attend the Alternative Placement.
- If a student **misses class(es)** without being excused by the principal or AD, the student shall not be considered eligible on that date and will not regain eligibility until they have attended a full day of classes.
- A student who is **expelled** from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion.
- **Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the MSHSAA Board of Directors.**

## **Grades 9-12 Academic Requirements**

You must have passed 5.0 credits, at least 1.0 credits on the FHS campus, to be eligible the following semester.

You must be currently enrolled in 5.5 credits, at least 1.0 credits on the FHS campus, to be eligible in the current semester.

**Do not drop courses without first consulting with the principal or athletic administrator to determine whether it will affect your eligibility.**

## **Grades 7 and 8 Academic Requirements**

- A student must have been promoted to a higher grade at the close of the previous year. However, any such student who failed more than one scheduled subject, or failed to make standard progress in special education, shall be ineligible the following grading period regardless of promotion to the higher grade
- Semester of Participation: The student shall be currently enrolled in and regularly attending the normal course for that grade.
- Entry into 7th or 9th Grade: This section shall not apply to students promoted for the first time into the 7th or into the 9<sup>th</sup> grade prior to the first day of classes.

## **Grades 9-12 Age Limits**

- If you reach 19 years of age prior to July 1, you will be ineligible the next school year.

## **Grades 7-8 Age Limits**

- To play on the 7th grade team, you must not have reached 14 years of age prior to July 1 preceding the opening of school.
- To play on the 8th grade team, you must not have reached 15 years of age prior to July 1 preceding the opening of school.
- Students might be able participate with the next higher grade team if they no longer meet the age limit for their grade.
- NOTE: Check with your school principal or athletic director for options available to you if you are ineligible for your grade level because of age.

## 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 school sport season.
- 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*.

## **Transferring Schools**

- If you transfer schools, you will be ineligible for 365 days, unless your circumstances meet one of the 10 exceptions listed in the MSHSAA Transfer Rules. Several, but not all, are described below.
- Exception 1: If you move with your entire family to your new school district, you will be eligible at your new school provided you were eligible in all other respects at your former school and provided there are no other issues with the transfer.
- Exception 10: Foreign Exchange Students are eligible for varsity competition for one year only and only if they are seniors.
- Always check with your school principal or athletic director before you transfer to determine whether it will affect your eligibility.
- Discipline follows a student to a new school. Being expelled from a school also causes 365 days of ineligibility for a student.

## **QUITTING A SPORT**

- Any athlete who begins practice and quits a sport before the first contest will be allowed to participate in another sport during that sports season. If an athlete begins practice for a sport and quits after the first contest, they will not be permitted to participate in another sport the same sport season.

## **BUS TRANSPORTATION TO SCHOOL ACTIVITIES**

- All student rules and regulations and penalties apply to school activities.
- Students who ride the bus to an activity must also ride the bus back to school unless the students' parents ask the sponsor or coach for permission to take them home.

## **BULLYING AND HAZING**

- In order to promote a safe learning environment for all students, the Farmington R-7 School District prohibits all forms of hazing, bullying, and student intimidation.
- Students who have been subjected to hazing or bullying are instructed to **promptly report** such incidents to a SRO, Principal, or the Activities Director.
- **Cyberbullying** is sending or posting harmful or cruel text or images using the Internet or other digital communication devices.
- **Cyberthreats** are online materials that threaten or raise concerns about violence against others, suicide or self-harm.

## SCHOOL ATTENDANCE

- Students arriving to school **after 8:05 a.m.** will be counted absent for first hour and will not be able to participate that day.
- Participants **should not leave school during the school day without contacting the attendance secretary or principal.**
- Doctors' appointments, family emergencies, driver's license, etc. can be exceptions if you contact the principal or athletic director prior to being absent.

# TRAINING RULES

Usage or possession of drugs, alcohol, or tobacco, inside or outside of school, in season or out, will result in disciplinary action.

Any athlete or club member using a tobacco product while a member of a team or club will be disciplined.

- Any athlete/club member charged for a criminal offense must **complete all legal obligations** before eligibility is restored.
- Penalty will carry over from sport to sport/activity to activity.
- Athlete/club members **may practice and travel** with team during suspension. Students will not miss class to travel to games/contests. If travel to away games/contests does not require missed class time, the individual coach has the discretion to make a decision on travel.

- Any athlete desiring to participate in athletics at a NCAA school must meet the requirements for acceptance at the college before they can receive a scholarship.
- There are **academic requirements and required courses** that must be completed.
- Athletes are advised to be aware of these requirements and during their **junior year must complete an NCAA Eligibility Center form**.
- More information is available at <http://eligibilitycenter.org>

## **Communication parents should expect from a coach:**

1. Philosophy of the coach.
2. Expectations the coach has for your child
3. Location and times for practices and contests.
4. Team requirements, i.e. Fees, special equipment, off-season conditioning.
5. Procedure followed should your child be injured during practice.
6. Discipline that result in the denial of your child's participation.

## **Communication coaches expect from parents.**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.

- Direct communication between student and coach is often the best way to resolve issues and answer questions.
- Coaches are professionals hired by the Board of Education to make decisions based on what they believe to be the best for all students involved.
- They base their decision on what they believe is in the best interest of the individual student and the entire team.

## **Appropriate concerns to discuss with coaches:**

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

## **Inappropriate concerns to discuss with coaches:**

1. Playing time
2. Team Strategy
3. Play calling
4. Other student-athletes

**Grade 7 Participation** The seventh grade level is an important level to try to play everyone to promote a sport. At times this may be difficult because of the large number of team members and shorter Quarters. Coaches will make every effort to play everyone based on hard work, desire, dedication, and commitment the player has demonstrated. If tournaments are played at the end of the season, the coach will decide on who plays and how much. Efforts to schedule extra games and quarters will be made throughout the season.

**Grade 8 Participation** The eighth grade level is also an important level to promote a sport. More emphasis is placed on winning; however, every effort to play everyone will be made depending on the game situation and the commitment players have made to themselves and teammates. Efforts will be made to schedule extra games and quarters to give those players deserving the opportunity to play.

**9th Grade Participation** Ninth grade level has even more emphasis on winning. Players should realize that skill levels vary, which results in the difference of playing time. Every effort will be made by the coaches to play everyone depending on game situations. Extra quarters or games will be scheduled if possible. The coach will evaluate each athlete's skill level, work attitude and commitment to determine who plays and how much.

**Junior Varsity Participation** This level of competition is for preparing underclassmen for varsity competition. Skill level and commitment to be the best will determine the amount of playing time players will receive. Every effort by coaches will be made to play everyone for some amount of time during each game depending upon game situations; however, it is the coach who determines who plays and how much.

**Varsity Participation** Varsity competition is the highest level of competition. Inter-school athletics at the varsity level are for those students who demonstrate the highest skill level and commitment to improve themselves and their team. Coaches will make the effort to play as many players as possible depending on game situations and who has been willing to prepare to be the best they can be. Coaches are hired by the school district to evaluate the players through practice and game like situations.

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### 3 ways parents can help the athletic program improve this year:

- **Attend an event** that does not include your child. Doing this builds the feeling of support across all teams in the athletic program.
- **Sit together at games.** We encourage our athletes to put aside any differences they may have and come together as one when they are part of a team. As part of the support system for those teams, we should try to do the same.
- Continue to **speak positively** about your child, their teammates, and their coaches. Speaking positively to your child about their efforts and progress will increase their confidence in themselves. Speaking positively to your child about their teammates and coaches will increase your child's confidence in the other members of the team. The more confidence your child has in themselves and those around them, the better they will perform.

# 3 things you can tell your child before a game:

1. “Have fun”
2. “Do your best”
3. “I love you”

# 3 things you can ask/tell your child after a game:

1. “Did you have fun?”
2. “I’m proud of you”
3. “I love you”

Successful college athletes  
were asked what they most liked  
to hear from their parents  
regarding athletics.

Their answer?

“I love to watch you play”

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