

ROLLA PUBLIC SCHOOLS

# ACTIVITY HANDBOOK

2023 – 2024

WE BUILD  
CHAMPIONS  
*4 Life*

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## 2023-2024 Rolla Public Schools Activity Handbook

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## **INTRODUCTION**

### **BULLDOG PRIDE**

At Rolla Public Schools, teachers and administrators encourage all students to become actively involved in the extra-curricular activities we have to offer. Why? Because we realize that through these activities' personalities emerge, talents are uncovered, friendships are made, and leaders are realized.

We also realize that students who get involved in activities do better overall in the classroom and attend school on a more regular basis than students who do not participate. In addition, being involved in our activity program allows participants to develop self-confidence and helps students enjoy their experience in school at Rolla.

We want you, as a student, to receive a well-rounded education, which allows you the chance to excel in the classroom as well as in programs and activities offered outside the classroom.

This handbook provides information about the activity program of Rolla Public Schools. It is not intended to replace, but rather to supplement the guidelines and regulations pertaining to the activity program as contained in the Rolla Board of Education Policy, the Missouri State High School Activities Association (MSHSAA) Official Handbook, and the Student Handbooks of Rolla High School and Rolla Junior High School. If you have questions, please contact your head coach, director, activity sponsor, or Mark Caballero, Activities Director, at 458-0149.

Rolla Public Schools also want parents and members of the community to be involved with student activities. To help facilitate their involvement, the Activities Office provides information regarding athletic events and activities on the [bulldogs.rolla31.org](http://bulldogs.rolla31.org) website as well as the Rolla Bulldog Athletic Facebook page. These locations will be updated daily with the day's athletic event schedules, cancellations, and directions.

## **PHILOSOPHY**

Interscholastic activities are an integral component of Rolla Public Schools. Contests are for the benefit of student participants and complement the secondary curriculum. Interscholastic activities provide worthwhile educational and social experiences for students, resulting in positive learner outcomes that contribute to the development of good citizenship, sportsmanship, and equitable competition.

## **ACTIVITY PROGRAM**

Rolla Public Schools maintain a broad activity program designed to appeal to the needs and interests of all students. Students are strongly encouraged to participate in the activity program. Interscholastic activities at Rolla are governed by the Rolla Board of Education and the Missouri State High School Activities Association (MSHSAA). The activity program includes athletics (which includes cheerleading), music (band, choir, and colorguard), speech/debate, drama, and the academic team. To be eligible to participate, students must follow the co-curricular participation standards of Rolla Public Schools as well as meet the following eligibility criteria, which have been established by MSHSAA for its member schools.

## **ELIGIBILITY STANDARDS**

### **ACADEMICS**

#### **A. FOR GRADES 9-12**

1. You must be currently enrolled in and regularly attending courses at Rolla High School or enrolled in an RPS approved virtual program that offers a minimum of 3.0 units of credit. *(This normally is six courses.)* **You must have also earned 3.0 units of credit the preceding semester.**
2. MSHSAA By-Law 213.0 allows 1 credit earned during summer school to be used for the fall semester to establish or maintain academic eligibility for activities/athletics. This credit must be placed on the school transcript and count toward meeting graduation/promotion requirements.
3. Homeschool students must be enrolled in two seated classes at RPS that count towards graduation.
4. If you are a ninth-grade student, you must have been promoted at the close of the previous school year. You must be making satisfactory progress toward graduation as determined by Rolla Public School policies.
5. **Do not drop courses without first consulting with your school principal or Activities Director to determine whether it will affect your eligibility.**

#### **B. FOR GRADE 7-8**

1. You must be enrolled in a normal course load for your grade at Rolla Junior High, St Patrick Catholic School in Rolla, or an RPS virtual program.
2. You must have been promoted to a higher grade at the end of the previous year; however, even though you may have been promoted, you will be ineligible if you failed more than one course during the previous grading period.

### **AGE LIMITS**

#### **A. FOR GRADES 9-12**

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

#### **B. FOR GRADES 8-9**

In order to participate on or against teams made up of only eighth-graders, you must not have reached fifteen (15) years of age prior to July 1 preceding the opening of school.

In order to participate on or against teams made up of only ninth-graders, you must not have reached sixteen (16) years of age prior to July 1 preceding the opening of school.

#### **C. FOR GRADE 7**

In order to participate on or against teams made up of only seventh-graders, you must not have reached fourteen (14) years of age prior to July 1 preceding the opening of school.

**NOTE:** Check with the Activities Director for options available to you if you are ineligible for your grade level because of age.

## **ALL-STAR GAMES**

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 an all-star game for that sport during the school year. **Contact the Activities Director before agreeing to play.**

## **AMATEUR AND AWARDS STANDARDS**

You may accept awards—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 such awards shall not exceed \$250.00 in the suggested manufacturer's retail price.

Awards as described above, presented by a person or group other than your school, must be approved in advance by the Activities Director and the suggested manufacturer's retail price of a merchandise award shall not exceed \$250.00.

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 \$250.00 in suggested retail value. (See items above).

## **ATTENDANCE**

**In order to participate in an extracurricular activity, a student must be in school a full day on the day of the activity, unless prior notification and approval have been made with the Activities Director.** MSHSAA guidelines dictate that a student who is truant or is suspended out of school cannot participate in an interscholastic contest/event until he/she has attended a full day of classes.

In addition, the coach or sponsor of respective programs will be notified if a student on his/her squad is habitually absent either the day prior to, or the day after an activity, or who is late to school the day after a contest/event. The coach and/or the Activities Director will counsel the student regarding eligibility to participate. Students who are absent from the classroom for misbehavior on the day of a MSHSAA activity may be ineligible to participate in the scheduled event. The rules and regulations contained in the Student Handbook apply to all home and away school sanctioned extracurricular activities.

## **CITIZENSHIP**

You must be a credible school citizen. Credible school citizens are those students whose conduct—both in school and out of school—will not discredit themselves or their school. In general, if you're found to be in violation of school policy, local laws, or state laws, you (for activities purposes) will not be considered a credible citizen.

## **SOCIAL MEDIA**

Participant/Parents are to understand that social media outlets such as Twitter, Facebook, Snapchat, Instagram, TikTok, etc., are powerful tools, which may be either positive or negative depending on how they are used. Participants are expected to be respectful and responsible when using these tools. Derogatory or negative language directed at teammates, coaches, other students, or any district employee will not be tolerated. Posting of pictures or statements depicting violations of policies or indicating knowledge of violations subjects participants/parents to potential consequences.

1<sup>st</sup> Offense: Student/Parent Conference to determine discipline status based on the severity of the post. A suspension of one contest or performance in the regular or post-season may be determined.

2<sup>nd</sup> Offense: Student/Parent Conference to determine discipline status based on severity of post. Suspension of 50% of the remaining contests or performances in the regular and/or post-season schedule may be determined.

3<sup>rd</sup> Offense: Student/Parent Conference to determine discipline status based on post. A suspension for the entirety of the remaining contests or performances in the regular and postseason schedule may be determined.

## **COLLEGE AUDITIONS/TRYOUTS**

You may participate in a college tryout, audition, or evaluation event outside of the school sport season of the sport concerned. Any absence from school or absence from practice in another school sport must have prior approval from the Activities Director.

## **ENTERING SCHOOL**

You must enter school within the first 11 days of the semester in order to be eligible.

## **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 future participation. *(NOTE: You are eligible to participate in the state 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**

An athletic competition shall be considered "organized" if any of the following conditions exist: competition is scheduled and publicized in advance, official score is kept, individual or team standings are maintained, official timer or game officials are used, admission is charged, teams are regularly formed or team rosters are predetermined, team members are dressed in team uniforms or a team is privately or commercially-sponsored. Further, competition which is either directly or indirectly sponsored or administered by an individual, organization, or any other agency shall be considered organized.

a. Same Season / Same Sport: A student shall neither practice nor compete as a member of a non-school team or as an individual participant in organized non-school competition in that same sport, except as provided for specifically below.

1. Fall Non-School Competition Exception: for fall sports, non-school competition may continue until the Tuesday following Labor Day, with prior approval by a school administrator. In order to remain eligible under this exception to the non-school competition rule, the student must join the team at the start of the season and attend all scheduled school practices and contests, unless attending a non-school competition with prior approval by a school administrator. Absences not related to non-school competition will be handled locally.

2. Cross Country, Golf, Tennis, Track and Field, and Wrestling: during the school sport season, a student may, after fulfilling all requirements, practices, and competitions of

the school team, compete as an individual participant in two (2) organized non-school competitions under the conditions below:

(a) Priority shall be given to all school team practices and competition. Should a non-school competition be in direct conflict with the school scheduled practice/competition the school practice/competition shall take priority. Prior approval by the school administrator may grant an exception to a student to participate in the non-school competition if in direct conflict with the school program.

(b) No school time shall be missed to compete, practice, or travel to the site of such non-school competitions unless the absence is approved in advance by the school administrator.

(c) The student shall not miss any MSHSAA sponsored postseason event that involves either the student or his/her school team to participate in such non-school competition.

(d) In order to remain eligible under this exception to the non-school competition rule, the student must join the team at the start of the season and attend all scheduled practices and contests, unless attending a non-school competition with prior approval by a school administrator. Absences not related to non-school competition will be handled locally.

(e) After Labor Day, no school coach of the applicable sport in season may provide any coaching or instruction to any student while that student is participating in a non-school competition during the school sport season.

3. Non-School Team Try-Out: With prior approval by a school administrator, a student may participate in a one-day, one-time non-school team tryout provided the tryouts are held on a day the students do not practice or play for the school team and provided the tryout is exclusively an experience in which a student is tested and screened for ability and placement on a roster and does not include any instruction, coaching, practice, workout, etc. Students may not participate in any game competition or scrimmages for the non-school team until after the high school team has completed its season by playing its last contest. Any non-school team tryout is limited to one day.

b. Same Season/Different Sport: A student may practice or compete as a member of a non-school team or as an individual participant in organized non-school competition in a different sport than the school sport in season under the following conditions:

1. No school time is missed to compete, practice for, or travel to the site of such non-school competition unless the absence is approved in advance by the school administrator.

2. The student shall not practice for or compete in the non-school competition on the same date the school team practices or competes, without approval of the school administrator.

3. School Coaches: If held during the school year but outside the designated school season for the sport:

(a) A high school coach of any sport may not provide any coaching or instruction to any student who currently attends or will attend the member high school (grades 9 – 12) the following year.

(b) A junior high school coach of any sport may not provide any coaching or instruction to any student who currently attends or will attend the member junior high school (grades 7 - 8) the following year.

(c) No coach may play on a non-school team on which members of his/her school team will be participating nor may he/she be directly involved in the actual administration of such games, including officiating.



## **PARTICIPATION LIMITS**

### **A. FOR GRADES 9-12**

1. You are eligible to participate in any interscholastic activity for a maximum of four seasons. Any part of a contest in which you participate during a season counts as a season of participation.
2. Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for the next eight consecutive semesters.

### **B. FOR GRADE 8**

You are eligible for only your first two semesters of attendance in the eighth grade.

### **C. FOR GRADE 7**

You are eligible for only your first two semesters of attendance in the seventh grade.

**NOTE:** Check with the Activities Director for exceptions to this rule if you are ineligible for your grade level because of age.

## **SPORTS CAMPS/CLINICS**

You may attend a specialized summer athletic camp(s)/clinic(s) where you receive instruction or coaching from a member of your school's coaching staff for a maximum of 20 days in any one sport. A contact day is any date, in which coaching/instruction in the skills or technique of any sport takes place, regardless of whether activity specific equipment is used.

You may attend a non-school sponsored 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.

You may attend a non-school specialized sports camp(s) or group instruction during the school year 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; and no member of the coaching staff of the school you attend or will attend the following year is involved in any way. If the camp occurs, during that specific sport season, please contact the activities office prior to attending.

Before attending any specialized athletic camp(s)/clinic(s) or group sport instruction, you should consult with the Activities Director to make sure it meets the criteria published in the MSHSAA Official Handbook.

## **TRANSFERRING SCHOOLS/UNDUE INFLUENCE**

A student who has transferred to the Rolla School District from another school within the last 365 days must notify the Activities Office and complete the transfer of eligibility form.

You will be ineligible for 365 days if you transfer schools for interscholastic activities purposes because of being influenced to do so by another person or group. If you transfer schools and your parents do not move into the district of your new school, you will be ineligible for 365 days unless you meet one of the exceptions listed in the MSHSAA Residence and Transfer Rules.

If you move with your parents 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. 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 shall become ineligible for 365 days if you transfer for athletic reasons defined in MSHSAA By-Law 328.

Always check with the Activities Director before you transfer to determine whether it will affect your eligibility. You will be ineligible for 365 days if you are influenced by a person or persons to attend upon promotion or transfer schools for athletic or activities purposes.

## **CO-CURRICULAR PARTICIPATION**

The Rolla Public Schools' co-curricular programs are intended to supplement the educational experience. Participation in co-curricular activities is a privilege, not a right. Participants are expected to conform to a higher standard of conduct than is applicable to non-participants. They serve as representatives of the school and should set a positive example for other students. Therefore, every participant must abide by the following rules:

1. A participant must meet the eligibility requirements set out by the Missouri State High School Activities Association (MSHSAA) and must conform to all applicable MSHSAA rules and regulations.
2. A participant must meet any additional eligibility requirements as determined by the local area athletic conference and must conform to all applicable conference rules and regulations.
3. A participant must conform to district eligibility requirements, rules, regulations, and standards for participation as set forth below and as set forth in the Activities Handbook. **The rules, regulations, and standards are not limited to the academic year. They are in effect 365 days a year.**
4. A participant must be a credible school citizen as set forth below and as set forth in the Activities Handbook.
5. Rules, Regulations, and Standards

- a. All policies that apply to the regular school day apply also to co-curricular activities. Coaches and sponsors may establish policies for their groups in addition to those stated herein.
- b. Prior to a student being allowed to participate during a school calendar year in any school event or performance falling under the umbrella of MSHSAA activities, including academic team, athletics, cheerleading, colorguard, instrumental music, speech & debate, drama, vocal music and winter guard, the student, along with his/her parent or guardian, must meet one (1) of the appropriate requirements listed below:

- i. Parent Responsibility

The parent or guardian of a first-time participant must accompany that participant to a co-curricular meeting held by activities director or head coach/director regarding rules, regulations, and consequences for violations of the policy prior to the student participating in a formal contest or performance that school year. As a part of the meeting directed by the activities director, the parent or guardian must sign a Participation Policy & Code of Conduct Form that states he/she is aware of, understands, and agrees to abide by the rules of conduct set forth by the Board of Education and/or MSHSAA.

In each subsequent year, the parent or guardian of that same participating student must do one (1) of the following:

1. Complete the Participation Policy Acceptance Form available at the Co-Curricular Meeting (if available).
2. Complete the Participation Policy Acceptance Form available at the sport or activity's parent meeting.
3. With prior permission from the Activities Director, you may request a copy of the Co-Curricular Meeting information along with the Participation Policy and return the signed and completed Acceptance Form to the Activities Office located at RHS.

**This co-curricular requirement must be completed at least 24 hours prior to the date of the first contest or performance.**

## ii. Student Responsibility

A student who is participating in one (1) of the programs on Page 7 (5b) in grades 7-12 must attend a co-curricular meeting accompanied by his/her parent or guardian. The meeting will provide information pertaining to rules, regulations, and consequences for violations of the policy. As a part of the meeting directed by the activities director or coach the student must sign paperwork that states he/she is aware of, understands, and agrees to abide by the rules of conduct set forth by the Board of Education and/or MSHSAA. This must occur prior to the student participating in a formal contest or performance that school year.

In each subsequent year the student must do one (1) of the following:

1. Complete the Participation Policy Acceptance Form available at the Co-Curricular Meeting.
2. Complete the Participation Policy Acceptance Form available at the sport or activity's parent meeting.
3. With prior permission from the Activities Director, you may request a copy of the Co-Curricular Meeting information along with the Participation Policy and return the signed and completed Acceptance Form to the Activities Office located at RHS.

**The co-curricular requirement must be completed at least 24 hours prior to the date of the first contest or performance.**

- c. A participant who drops out of an athletic activity cannot participate in another athletic activity until the season for the first activity has **ended unless approved by the coaches of both activities and the Activities Director.**
- d. The district's junior high school and high school are members of MSHSAA. In all interscholastic competition matters, this district will adhere to the rules and regulations of MSHSAA.
- e. A participant must demonstrate good citizenship in the school and community. Participants must conform to all general school rules and regulations, rules established by the coach/sponsor for the activity in which he/she is participating, and the laws of the community. In addition, participants must conform to the following rules:
  - i. A participant shall not be eligible to participate in any co-curricular activity while under out-of-school suspension.
  - ii. A participant who has been expelled or who withdraws from school following the administration's recommendation for suspension or expulsion shall not be eligible for 365 days from the date of expulsion or withdrawal.
  - iii. A participant/parent removed from any activity for disciplinary reasons will be brought under advisement of the Activities Director, sponsor in charge, and building principal; and appropriate action will be taken which may result in exclusion from other activities. A participant removed from class for misbehavior on the day of a scheduled event may be ineligible to participate in the event and will be counseled by the assistant principal or Activities Director as to their eligibility if other violations occur.

**Terms of all violations of the Co-Curricular policy will begin the date the Activities Director or administration becomes aware of the violation.**

- iv. A participant may not use or possess tobacco or unauthorized inhalants (vaping). The consequences set forth below will be assessed against participants who (1) use or possess tobacco or inhalants whether on or away from school property; (2) use or possess tobacco or inhalants while participating or attending a school-sponsored activity, whether on or away from school property; (3) are observed by school personnel using or possessing tobacco or inhalants, whether on or away from school property, or (4) self-reports the use of tobacco or inhalants whether on or away from school property.

**1st Offense:** A participant will be suspended for 30 days from the reporting date from all scheduled contests/performance that are played in all MSHSAA-recognized activities and all other team/group performances.

**2nd Offense:** A participant will be suspended for 90 days from the reporting date from all MSHSAA-recognized activities and all other team/group performances.

**3rd Offense:** A participant will be suspended for 180 days from the reporting date from all MSHSAA-recognized activities and all other team/group performances.

- v. **A participant may not use, possess or distribute drugs, look-alike drugs, alcoholic beverages, look-alike alcoholic beverages, controlled substances or look-alike controlled substances, drug paraphernalia, or items represented to be such.** A participant will be in violation of this policy if the use, possession, or distribution (1) occurs on or away from school property or at a school-sponsored event (whether on or away from school property); (2) is reported or confirmed by a law enforcement agency; or (3) is observed by school personnel (whether on or away from school property), or (4) self-reports the use, possession or distribution of look-alike drugs, alcoholic beverages, look-alike alcoholic beverages, or controlled substances whether on or away from school property.

**A participant in violation of this rule will be suspended from MSHSAA-recognized activities and all other team/group performances for:**

**1st Offense:** A participant will be suspended for 90 days from the reporting date from all scheduled contests/performance that are played in all MSHSAA-recognized activities and all other team/group performances 90 days from the date of the report.

**2nd Offense:** A participant will be suspended for 365 days from the reporting date from all scheduled contests/performance that are played in MSHSAA-recognized activities and all other team/group performances 365 days from the date of the report.

- vi. A participant may not steal. A participant will be in violation of this policy if (1) the theft is reported or confirmed by a law enforcement agency or by school personnel, or (2) the theft occurs on school property or at a school-sponsored activity.

**1st Offense:** Theft of items valued at less than \$100.00 will result in a suspension for 30 days from the reporting date from all scheduled contests/performance that are played in all MSHSAA-recognized activities and all other team/group performances. Theft of items valued at \$100.00 or more will result in a suspension from all MSHSAA-recognized activities and all other team/group performances for 90 days from the reporting date from the date of the report.

**2nd Offense:** Regardless of the value of the items stolen, a second offense will result in a 365-day suspension from reporting date from all MSHSAA-recognized activities and all other team/group performances.

- vii. A participant may not cause or attempt to cause physical harm to another person. A participant will be in violation of this policy if this incident is reported or confirmed by a law enforcement agency. A participant who attempts to cause or causes physical harm to another person will be suspended from all MSHSAA-recognized activities and all other team/group performances for 90 days from the date the incident was reported.

- viii. A participant who is found to be in possession of a weapon as defined by the Safe Schools Act will be suspended from all MSHSAA-recognized activities and all other team/group performances for 365 days from the date of the report.

- ix. A participant must conform to the school discipline policy. Failure to abide by the school discipline policy, except as otherwise provided above, may result in a suspension for up to 365 days from all MHSAA-recognized activities and all other team/group performances.
  - x. A participant may not be arrested for, charged with, or convicted of a felony or misdemeanor under either criminal or juvenile law, whether the offense occurs on or away from school property. Violations of this subparagraph (x) may result in a suspension for up to 365 days from all MHSAA-recognized activities and all other team/group performances, as well as additional discipline under the school discipline policy.
- f. Notwithstanding any provision of this policy or any other district policy, the district reserves the right to enhance or reduce the penalties associated with a violation of the co-curricular policy based upon the nature, severity, and frequency of the offense(s).
  - g. There will be no penalty to a participant who requests help from school personnel in the form of assessment or treatment for chemical abuse prior to being charged with a violation of this policy. A participant who engages in conduct that constitutes a violation of this subparagraph (v) after requesting assessment or treatment will be suspended from all MSHSAA-recognized activities and all other team/group performances for 365 days from the date of the incident.
- 6. A participant who engages in additional violations of this policy while under a co-curricular suspension may be expelled from all MHSAA-recognized activities and all other team/group performances.
  - 7. The management of a co-curricular activity is the responsibility of the coach or sponsor, who is in charge of the selection of participants and the extent of their participation. Each coach/sponsor may also establish additional written guidelines for their activities. These guidelines shall be presented orally and in written format. A copy of such guidelines shall be kept on file with the building principal and Activities Director.
  - 8. Participants who hold elective positions on any campus or are candidates for school “royalty” positions must adhere to the same rules of conduct listed in this policy as student participants in recognized MSHSAA activities. Disciplinary action for violation of these rules of conduct will be applied to those students who hold elective positions or are candidates for school “royalty” positions in the same manner.
  - 9. The Activities Director, coach, sponsor and building principal will be informed of a participant’s removal from any activity for disciplinary reasons. This may result in exclusion from other activities, as well as additional consequences under the student discipline policy.
  - 10. If a student was already on a team during the current season, he/she may be allowed to practice with the team/group during a co-curricular suspension with the approval of the coach/sponsor and Activities Director. Participants may not travel to games or events with the team or participate or dress in team/group uniform.
  - 11. A student who is currently under a co-curricular suspension may be allowed to try out for a sport in the season in which the co-curricular suspension will expire.

12. Review Procedures - The district does not have the authority to excuse participants from the eligibility requirements established by MSHSAA. Additionally, participants are uniformly expected to comply with the eligibility requirements established by the district. Accordingly, the procedures below are provided for the sole purpose of minimizing suspensions and/or removals based upon inaccurate or incomplete information. The procedures are not intended to provide participants with an opportunity to (1) avoid suspensions or removals imposed for conduct they have actually committed, or (2) ask administrators for leniency when an appropriate consequence has been imposed for conduct that has occurred. Nor are they intended to suggest that participation in school activities is an entitlement rather than a privilege.

- a. In all cases, a participant should be advised of the reason for the suspension or removal from an activity, and provided an opportunity to respond, prior to imposing the consequence.
- b. Participants may request a review of the suspension or removal imposed by a coach or sponsor to the Activities Director.
- c. Participants may request a review of the suspension or removal imposed or affirmed by the Activities Director to the building principal.
- d. Participants may request a review of the suspension or removal imposed or affirmed by the superintendent to the Board of Education. The Board, in its sole discretion, will decide which requests for review will be granted based on the facts and circumstances of each situation.
- e. During the pendency of an appeal, a co-curricular suspension or removal will remain in full force and effect.

13. Hazing—Student hazing is inconsistent with the educational goals of the district and poses a significant risk to the physical and mental welfare of district students. Hazing of students, on or off district property, is prohibited and may result in suspension from school and from activity/athletic participation.

For purposes of this policy, hazing is defined as willful conduct directed at another student, whether occurring on or off school property, for purposes of initiation or admission to any school-related activity or athletic team. Conduct prohibited by this policy includes, but is not limited to, exposure or contact of genitals, buttocks, or breasts (female students), directly through contact with undergarments; threats of physical harm; and infliction of physical or mental harm or humiliation.

Students found to have violated this policy will be subject to suspension/expulsion from school and suspension and exclusion from activities/athletic participation depending on the severity of the misconduct.

Non-students who participate or enable the hazing of students may be excluded from attendance at school activities and school athletic events. District employees, including sponsors and coaches who have knowledge of school hazing, but fail to take corrective action, will be subject to discipline up to and including termination.

Participation in school activities is a privilege and not a right. All participants are required to comply with all of the above-listed requirements to be eligible for participation in school activities.

Violation of one or more of the above rules may result in suspension and/or permanent dismissal from the current team or activity and from additional school activities, depending upon the nature, frequency and severity of the violation(s).

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***Note: The reader is encouraged to review the Board of Education policies and/or forms found online for more information.***

## **ATHLETIC PROGRAM OBJECTIVES**

1. **PARTICIPATION**: To provide a variety of athletic opportunities that encourage and allow interested students to participate in valuable physical activities.
2. **SKILLS & RULES**: To provide emphasis in development of fundamental skills and knowledge of each sport.
3. **CITIZENSHIP AND SPORTSMANSHIP**: To cause students to achieve success fairly by demonstrating and teaching the following:
  - a) Respect for rules of each sport
  - b) Desirable traits of citizenship and sportsmanship
  - c) Rules of society
4. **SCHOOL SPIRIT**: To provide activities with which all students can identify.
5. **COMPETITION**: To build competitive teams throughout the program.
6. **AMBASSADORS**: To develop teams that will act as ambassadors of goodwill and public relations within and outside the Rolla community.
7. **STUDENT CONFIDENCE**: To provide a program that develops students' sense of appreciation and enjoyment of athletics, while building individual self-confidence and group rapport.

## **ATHLETICS**

1. **EQUIPMENT**: An athlete must pay for lost or stolen uniforms and equipment. All equipment/uniforms should be cleaned and turned in immediately at the conclusion of the season.
2. **LANGUAGE**: The use of profane or abusive language at practice or during contests will not be tolerated.
3. **LETTERING**: Each sport may have different guidelines for varsity letters, but generally they include participation, attitude, and work habits. Your coach will answer specific questions. Students that quit or are dismissed before the conclusion of the season are ineligible to letter.
4. **SPORTSMANSHIP**: If you should commit an unsportsmanlike act while participating in a school event, you could become ineligible. If your conduct as a spectator is found to be unsportsmanlike, you could be barred from attending any school athletic contests. The unsportsmanlike conduct of any spectator regardless of age, could cause that spectator to be barred from attending school athletic contests.
5. **SPORTS AWARDS NIGHTS**: Awards nights are held at the end of the Fall, Winter, and Spring sports seasons to honor the high school athletes.
6. **TRANSPORTATION FROM GAMES AND TO PRACTICES**: Athletes must ride the bus with the team to contests. Coaches may allow an athlete to ride home from a contest with his/her parent or guardian upon request due to special circumstances. The parent/guardian must sign the student out after the event.

Athletes that drive to practice sites must complete a permission form, requiring a parent/guardian signature, and have this form on file with their coach. Athletes are not allowed to ride from school to practice sites with other students. An athlete without a permission form must ride the shuttle bus. The bus will pick up junior high students, followed by high school students, and then will follow a circuit to practice sites. An athlete's parent/guardian is responsible for providing transportation after practice.

## 7. PARTICIPATION REQUIREMENTS

In order for a student to participate, you must:

1. All students, participating in athletics as well as all MSHSAA related activities, must have a current physical examination provided by a licensed medical professional (MD, DO, PA, FNP, or chiropractor) along with an annual physical packet to include medical insurance, on file in the Activities Office prior to participation in any event or competition.
2. Pay the athletic participation fee of \$55.
3. Fulfill the Co-curricular policy requirements pertaining to the review of policy meeting with the Activities Director and/or coach as stated in Board Policy and on pages 7 - 9 of this handbook.
4. Complete a transfer of eligibility form (if required by MSHSAA)

## 8. SPORTS SEASONS

### FALL SPORTS

<b>First Possible Practice:</b>	<b>August 7th (High School) August 14th (Junior High)</b>
Cross Country - HS	Rhett Cook
Cross County – JH	Jesse Hulett
High School Football	Derick Heflin, Connor Barnes, Joshua Corbid, Nathan Kemp, Shane Pitts, Joe Schuchardt, Bill Schuchardt, Cody Sneed
8 <sup>th</sup> Grade Football	Bryce Swafford, Ryan Hickerson, Brandan Sparks
7 <sup>th</sup> Grade Football	Brian Owens, Danny Lambeth, James Trusler
Girls Golf	Zack Nixon
Boys Soccer	Matt Calvert, Don Luna, Mike Howard
Girls Softball	Kenny Hohe, Andrew Lott
Girls Tennis	Cody Martin
High School Volleyball	Nick Zink, Angie Smith
Freshman Volleyball	Brittany Kinder
8 <sup>th</sup> Grade Volleyball	Erica Yarger
7 <sup>th</sup> Grade Volleyball	Kayla Capps
Cheerleading	
High School Football	Hollee Ulbrich & Holly Meyers
Junior High Football	Kaylee Crain & Erin Wilson

### WINTER SPORTS

<b>First Possible Practice:</b>	<b>October 30th</b>
HS Boys Basketball:	Mark Miller, Josh Vinyard
FR Boys Basketball:	Shannon Snitker
8 <sup>th</sup> Grade Boys Basketball:	Joe Schuchardt
7 <sup>th</sup> Grade Boys Basketball:	Zach Studdard
HS Girls Basketball:	Charley Parker, Chance Allen
FR Girls Basketball:	Madalyn Franks
8 <sup>th</sup> Grade Girls Basketball:	Peter Bryant
7 <sup>th</sup> Grade Girls Basketball:	Christy Franks
Wrestling	Marty Hauck, Brendon Fox, Jesse Hulett, Kyle Meyer, Sean Sax, Angie Smith
JH Wrestling	Jesse Hulett, Loyde Braidlow
Cheerleading	
Boys Basketball	Hollee Ulbrich
Girls Basketball	Holly Myers
JH Grade Basketball	Kaylee Crain & Erin Wilson



## **SPRING SPORTS**

### **First Possible Practice:**

**February 26th**

Baseball	Kenny Hohe, Aaron Noellsch,
Freshman Baseball	Brian Owens, Andrew Lott
Boys Golf	Zack Nixon
Girls Soccer	Matt Calvert, Melissa Perkins
Boys Tennis	Josh Vinyard
HS Track--Boys	Cody Sneed, Josh Corbid, Nick Zink
HS Track--Girls	Cody Sneed, Christy Franks, Logan MacCash
JH Grade Track--Boys	Josh Terranova, Chance Allen
JH Grade Track--Girls	Bryce Swafford, Erica Yarger

## **SEASON PASSES**

Student Athletic Passes are available to all students for \$20.00.

Adult Athletic Passes are available to the public for \$30.00.

Senior Citizens 62 and older enter FREE.

Cheerleaders in uniform are admitted free.

**PASSES DO NOT INCLUDE TOURNAMENTS**  
**AND ARE NON-TRANSFERABLE/NON-REPLACEABLE.**

## **ATHLETIC PARTICIPATION FEE**

A \$55.00 participation fee is required for all students who make a team, and must be paid prior to the first contest. This fee is paid only one time per school year. When the fee is paid, the athlete will receive a season pass to all home athletic events (excluding tournaments and post season events). This fee must be paid at or mailed to: Rolla High School, Activities Office, 900 Bulldog Run, Rolla, MO 65401 or online at <https://rollabulldogs.org/main/ticketing/>. Being on a team after one contest in any sport nullifies the refund.

If you cannot afford to pay the participation fee, contact the Activities Office to request a scholarship. Scholarships are provided by the Rolla Athletic Booster Club for students that qualify.

## **MUSIC/SPEECH/DEBATE/ACADEMICS/DRAMA**

The following eligibility requirements apply specifically to participants in music, speech/debate, academics, and drama. The previously outlined eligibility requirements beginning on page 2 must also be met.

You may not miss school time because of participating in or traveling to an unapproved contest unless the absence is approved in advance by the Activities Director or school principal. Violating this rule will cause you to be ineligible for a period not to exceed 365 days.

## **DIRECTORS/COACHES**

Academics Team: Keith Peterson

Band: John Slowensky, Michael Goldschmidt, David Shatz

Color Guard/Winter Guard: Katy Park

Drama: Kelli McNeven

Speech & Debate: Patrick Brooks

Vocal Music: Jason Bartelsmeyer

## **ACADEMIC TEAM**

The Rolla High School academic team is open to students who meet the eligibility requirements of the RHS Activity Program. Tryouts are typically held in late fall. The squad consists of 10-15 individuals and participates in several interscholastic competitions throughout the year. Competition is generally college quiz bowl format and involves questions from all of the primary academic disciplines (math, science, literature, fine arts, social studies, etc.).

## **INSTRUMENTAL MUSIC**

Students at Rolla are offered opportunities to participate in marching band, symphonic band, concert band, jazz ensemble, and pep band, along with solos and ensembles.

## **INSTRUMENT RENTAL**

There is a student fee for instrument rental for use of school owned equipment to include winds and percussion. This fee must be paid prior to the issue of the instrument and are collected by the instructor.

## **UNIFORMS and additional items**

Band members will be issued a uniform which will be stored by the band department. There is an annual uniform user fee that must be paid prior to the issue of the uniform and are collected by the instructor. The total band fee is \$150. Students in marching band and color guard are also responsible for paying for their own shoes, gloves, and band t-shirt.

## **LETTERING OPPORTUNITIES**

Band students have many extra-curricular activities in which they may choose to participate. Students fulfilling extra-curricular criteria set forth by the director have the opportunity to earn a letter in band.

## **AWARDS**

Band members compete each year for the John Phillip Sousa Award, the Louis Armstrong Jazz Award, and the RHS Director's Award. The director determines specific criteria for each of these awards.

Further details pertaining to Rolla's instrumental music programs are available from the music department at Rolla High School.

## **SPEECH/DEBATE AND DRAMA**

RHS Speech/Debate teams and drama activities are open to all students who meet the eligibility of the RHS Activity Program. Students in these interscholastic activities have the opportunity to engage in MSHSAA contests, as well as being involved with community presentations, plays and civic club contests.

## **VOCAL MUSIC**

Vocal music programs include concert choir, chamber choir, and mixed chorus at the high school along with choral programs at the junior high school. Further details pertaining to Rolla's vocal music programs are available from the music department at Rolla High School.

## CONCUSSION INFORMATION



### Heads Up to Schools: KNOW YOUR CONCUSSION ABCs

Assess  
the  
situation

Be alert for  
signs and  
symptoms

Contact a  
health care  
professional

### A Fact Sheet for Parents

#### What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

#### What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports **one or more** of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

#### SIGNS AND SYMPTOMS OF A CONCUSSION

##### SIGNS OBSERVED BY PARENTS OR GUARDIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to the hit, bump, or fall
- Can't recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

##### SYMPTOMS REPORTED BY YOUR CHILD OR TEEN

###### Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

###### Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

###### Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

###### Sleep\*:

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual
- Has trouble falling asleep

*\*Only ask about sleep symptoms if the injury occurred on a prior day.*

To download this fact sheet in Spanish, please visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion). Para obtener una copia electrónica de esta hoja de información en español, por favor visite: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

## DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a concussion should **NEVER** return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion says they are symptom-free and it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports practices or games, or
- Physical activity at recess.

## What should I do if my child or teen has a concussion?

1. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).
2. **Help them take time to get better.** If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen may need to limit activities while s/he is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities—such as concentration and learning—should be carefully managed and monitored by a health care professional.
3. **Together with your child or teen, learn more about concussions.** Talk about the potential long-term effects of concussion and the dangers of returning too soon to normal activities (especially physical activity and learning/concentration). For more information about concussion and free resources, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

## How can I help my child return to school safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because s/he cannot return to recreation and sports right away, or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent reading, writing, or on the computer.



\*To learn more about concussion and to order materials **FREE-OF-CHARGE**, go to: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion) or call 1.800.CDC.INFO.



# HEADS\*UP

## CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

### What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

### What are the symptoms of a concussion?

You can't see a concussion, but you might notice **one or more** of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

### What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

### How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and the correct size and fit
  - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

**If you think you have a concussion:**  
Don't hide it. Report it. Take time to recover.

**It's better to miss one game than the whole season.**

For more information and to order additional materials *free-of-charge*, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



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

1. Return to activity and play is a medical decision. The athlete must meet all of the following criteria in order to progress to activity:

Asymptomatic at rest and with exertion (including mental exertion in school) AND have written clearance from their primary care provider or concussion specialist (athlete must be cleared for progression to activity by a physician other than an Emergency Room physician, if diagnosed with a concussion).

2. Once the above criteria are met, the athlete will be progressed back to full activity following the step-wise process detailed below. (This progression must be closely supervised by a Certified Athletic Trainer. If your school does not have an athletic trainer, then the coach must have a very specific plan to follow as directed by the athlete's physician).
3. Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly.
4. Stepwise progression as described below:

**Step 1:** Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

**Step 2:** Return to school full-time.

**Step 3:** Light exercise. This step cannot begin until the athlete is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin walking or riding an exercise bike. No weight-lifting.

**Step 4:** Running in the gym or on the field. No helmet or other equipment.

**Step 5:** Non-contact training drills in full equipment. Weight-training can begin.

**Step 6:** Full contact practice or training.

**Step 7:** Play in game. Must be cleared by physician before returning to play.

- The athlete should spend 1 to 2 days at each step before advancing to the next. If post-concussion symptoms occur at any step, the athlete must stop the activity and the treating physician must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms occurred.

# MSHSAA Concussion Return to Play Form

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).

Athletes Names: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Injury: \_\_\_\_\_

## THIS RETURN TO PLAY BASED ON TODAY'S EVALUATION

Date of Evaluation: \_\_\_\_\_ Return to School On (Date): \_\_\_\_\_

### The following are the return to physical activities recommendations at the present time:

- ☐ **Diagnosed** with a concussion: Cannot return to physical activity, sport, or competition (must be re-evaluated).
- ☐ Diagnosed with a concussion: May return to sports participation under the supervision of your school's administration after completing the return to play protocol (see below).
- ☐ **Not** diagnosed with a concussion. Patient has diagnosis of \_\_\_\_\_  
And MAY/MAY NOT return to play at this time.

### Medical Office Information (Please Print/Stamp):

Evaluator's Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

Evaluator's Address: \_\_\_\_\_

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

Return to activity and play is a medical decision. Progression is individualized, must be closely supervised according to the school's policies and procedures, and will be determined on a case-by-case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly as determined by the healthcare provider who has evaluated the athlete.

After the student has not experienced symptoms attributable to the concussion for a minimum of 24 hours and has returned to school on a full-time basis (if school is in session), the stepwise progression below shall be followed:

- Step 1:** Light cardiovascular exercise.
- Step 2:** Running in the gym or on the field. No helmet or other equipment.
- Step 3:** Non-contact training drills in full equipment. Weight training can begin.
- Step 4:** Full, normal practice or training (a walk-through practice does not count as a full, normal practice).
- Step 5: Full participation.** Must be cleared by MD/DO/PAC/LAT/ARNP/Neuropsychologist before returning to play.

The athlete should spend a minimum of one day at each step before advancing to the next. If concussion symptoms return with any step, the athlete must stop the activities and the treating healthcare provider must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms returned.

Return to Play Protocol (Steps 1-4) Completed (Date/Signature): \_\_\_\_\_

Cleared for Return to Play (Step 5) by: \_\_\_\_\_ Date: \_\_\_\_\_

May be advanced back to competition after phone conversation with the healthcare professional that evaluated the athlete (MD/DO/PAC/LAT/ARNP/Neuropsychologist) and documented above.

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC website ([www.cdc.gov/injury](http://www.cdc.gov/injury)). All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury.

## **CLOSING REMARKS**

Success is a journey, not a destination. It requires an intense amount of dedication, enthusiasm, and hard work. This outlook prevails in successful individuals, teams, and organizations. As part of this journey, our desire is that you have positive thoughts, and constantly strive to bring out the best in yourself and others.

The teachers and administrators at Rolla are excited to have you as part of our activity program. As a participant you represent yourself, Rolla Public Schools, your team/organization, your director, sponsor, or coach, and our community. We are proud that you have chosen this responsibility and trust that you will take it seriously. We are anticipating a successful school year and hope you discover participation in our activities to be a rewarding part of your education.

### **Student Activities Handbook Changes from 2022-2023**

<u>Page #</u>	<u>Section/paragraph/sub-paragraph</u>	<u>Brief Description</u>
1	Heading	date changed to current year
1	Table of Contents	page # changes
4	Eligibility Standards/Academics/3	added homeschool requirements
15 - 16	Coaches	updated names
16	Directors	updated names
17	Instrument Rental	fee information
17	Uniforms	fee information



# Resources:

Big Team for Schedules & Events:



<https://rollabulldogs.org/>

RPS Athletics Website:



<https://bulldogs.rolla31.org/>

Online Purchases  
(participation fee, passes, event admission):



<https://bulldogs.rolla31.org/cms/One.aspx?portalId=19985794&pageId=25214038>

Facebook: Rolla Bulldog Athletics



<https://www.facebook.com/rollabulldogathletics/>