



# **ACTIVITIES & ATHLETICS HANDBOOK 2021 - 2022**

**Dr. Tim Dilg, Superintendent  
Dr. Ryan Luhning, High School Principal  
Mr. Adam Hamilton, Dean of Student Activities**

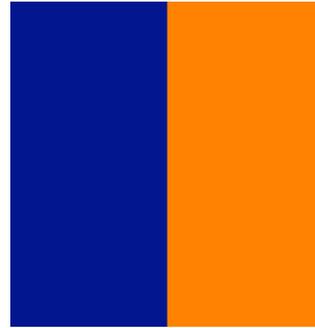
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## Our Mascot



## Our Colors



## Our Mission

The Valley Park School District is dedicated to providing a safe and supportive environment of belonging where personalized learning experiences prepare our students holistically for limitless opportunities, empowering them to make the world a better place.

## Our Vision



## Our Values

The Valley Park School District is committed to:

- Engaging students and staff to follow their passion and maximize their potential.
- Working together as a collaborative community with a purpose.
- Taking risks while exploring, learning and solving problems without fear of failing.
- Serving the individual needs of each student to ensure success.
- Developing productive members of our community who demonstrate integrity, empathy, responsibility and kindness to make the world a better place

## Our Alma Mater

Fair upon the high school campus  
Challenging the eyes,  
Stands the school we all love dearly  
Stands ole Valley Park High.

Lift the chorus ever upward  
Upward to the skies,  
Proudly hail the blue and orange  
Hail to Valley Park High.

## **Philosophy**

The Valley Park School District believes that interscholastic activities supplement the secondary curricular program by engaging students to follow their passion, teaching students to work as part of a group toward a common cause, and developing integrity, empathy, responsibility, and kindness to make the world a better place.

Student participation in activities 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 students themselves.

## **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. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. Further, awareness is expected 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 activities/athletics program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. Winning is exciting but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and purpose of interscholastic activities. This includes members of the opposing team, officials, coaches, and spectators.

## **Student Expectations**

As a student participant, you are in school to secure the best secondary education you are capable of achieving. Deciding to take advantage of the privilege of participating in an interscholastic activity 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, namely:

- Striving to achieve sound citizenship and desirable social traits, including; control, honesty, cooperation, dependability, and respect for others and their abilities.
- Maintaining academic and eligibility standards as established by the Missouri State High School Activities Association and the Valley Park School District.
- Learning the spirit of hard work and dedication.
- Attaining mental and physical fitness through good health habits.
- 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 activity program.

Students who fail to meet these expectations and/or fail to follow the policies and procedures of the Valley Park School District could face discipline for their actions ranging from suspensions to removal from the team.

## **Parent/Guardian Expectations**

Your enthusiasm as a participant or spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon the Valley Park School District and community. Parent(s)/guardian(s) are expected to:

- Know and demonstrate the fundamentals of good sportsmanship.
- Respect school property and administration.
- Show respect for our players, coaches, and fans.
- Show respect for opponents, opposing coaches, and fans.
- Respect the judgment and strategy of the coach (even if you disagree).
- Respect the judgment of game officials (even if you disagree).
- Avoid profane language and inappropriate behavior at all times.
- Refrain from throwing objects on the playing area or in the bleachers.

## **Spectator Expectations**

- Conform to accepted standards of good sportsmanship and behavior.
- Respect officials, coaches and players and extend all courtesies to them.
- Refrain from disrespectful remarks at players from both schools.
- Obey the regulations of the school, whether at home or away. Those who do not conform will be brought to the attention of the school administration.
- Refrain from shouting disapproval of calls made by officials.

Parents, guardians, and/or spectators who fail to meet these expectations and/or fail to follow the policies and procedures of the Valley Park School District could face discipline for their actions ranging from a conference with the school administration to prohibition from future contests/events.

## **Communication Process**

Communication is the cornerstone to all successful relationships. This is especially true in the coach/sponsor-student relationship. At times within this relationship, difficult issues must be dealt with. Should the need to discuss these Appropriate topics to discuss with a coach or sponsor are:

- The mental and physical treatment of a student.
- Ways that a student can improve at his/her chosen activity.
- Concerns about a student's behavior.

Topics not appropriate to discuss with a coach or sponsor are:

- Playing/performance time.
- Overall team/group strategy.
- Other students.

Effective communication leads to the best resolution of issues, strengthens the coach/sponsor-student relationship, as well as teaches student how to solve problems. Outside of rare exceptions where the student's immediate health or safety is at issue, the following process will be used to address any concerns.

### ***Step One: Mandatory Coach/Sponsor-Student Session.***

If a player or his/her parent has any issue or problem with his/her sport experience, the student-athlete is expected to address the coach. Athletes are also encouraged to talk with the coach about any issue in their personal or academic lives. Often, most issues that arise can be solved with an open, honest, and direct conversation between a student and his or her coach/sponsor.

### ***Step Two: Coach/Sponsor-Parent-Student Session.***

If a resolution is not accomplished during the meeting between a student and his or her coach/sponsor, the next step is to set up a meeting between the coach/sponsor, parent(s)/guardian(s), and the student. In an effort to be respectful of everyone's time, this meeting must be scheduled at a time when all parties can be present. Additionally, these meetings will not be scheduled on the day of a contest so that our coaches and students can focus on putting the team or club in the best possible position for success. Issues will not be discussed in the 24 hours immediately following a contest.

### ***Step Three: Administrator-Coach/Sponsor-Parent-Student Session.***

If step two does not resolve the issue, this is the next step in the chain of communication. This step may be initiated by any party. Using the same process as above, an appointment is set and all parties define the purpose of the meeting.

### ***Additional Guidelines for Communication:***

1. b. Email is not a great communicative tool as it leaves a lot to be interpreted. Phone calls or in-person meetings are the best mode of communication in these cases.
2. All sessions should contain key elements for success
  - a. Issues should be well defined. Solutions should be offered by all parties and then the best solution selected. Thus, a decision is made and a problem is solved.
  - b. Tone and volume of voice, respect, and appropriate behavior are other common elements.
  - c. All sessions should be student-centered. In other words, it is assumed all parties have the best interest of the student-athlete held as top priority. It is also assumed all parties can recognize the difficulty in balancing the good of the individual v. the good of the team/club/group.
3. Exceptions may be appropriate in extreme cases. For instance, a coach/sponsor may have to notify an administrator immediately if a school discipline rule has been broken by an athlete. Likewise, a student or parent would want to notify an administrator if a coach/sponsor is placing a player in harm's way. In both of these examples, the situation is extreme and relatively rare.

## **Protect Your Eligibility**

The MSHSAA, of which the Valley Park School District is a member, is a voluntary, nonprofit, educational association of junior and senior high schools established for the purpose of working cooperatively in adopting standards for supervising and regulating interscholastic activities and contests.

One of the primary functions of the MSHSAA is to establish eligibility standards that must be met by all students to attain the privilege of representing their school in interscholastic activities. Eligibility is a PRIVILEGE to be granted by the school to a student, which allows that student to participate in interscholastic activities. Eligibility is NOT A STUDENT'S RIGHT BY LAW. Precedents setting legal cases have determined that eligibility is a privilege to be granted only if the student meets all standards adopted by the school, which enables the school to grant the student such a privilege.

Listed below is information to acquaint you with the major rules and regulations you must follow in order to protect your eligibility.

1. You must be a creditable school citizen. Creditable school citizens are those students whose conduct, both in and out of school, will not reflect discredit upon themselves or their schools.
2. Academics
  - a. You must be enrolled in courses offering 3.0 units of credit. (This is normally six courses).
  - b. You must have earned a minimum of 3.0 units of credit in the semester prior to participation. If you are attempting more than 3.5 credits, you must have earned credit in 80% of the classes you attempted in the semester prior to participation.
  - c. Summer school credits may apply to state eligibility standards.
    - i. No more than 1.0 credit in summer school shall be counted towards fall semester eligibility.
3. Transferring schools
  - a. If you transfer schools and your parents do not move to your new school district, you will be ineligible for 365 days, unless you meet one of the exceptions to the transfer or promotion rules. (See your principal or activities director regarding non-traditional households).
  - b. If you move with your parents to your new school district, you will be eligible immediately upon completion of the MSHSAA transfer process.
4. Participation limits
  - a. You are eligible to participate in any sport for a maximum of four seasons. Any part of a game played during a season counts as a season of participation.
  - b. Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for the first eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.
  - c. If you reach the age of 19 prior to July 1, you will be ineligible for interscholastic competition the next school year.
  - d. You must enter school within the first 11 days of the semester to be eligible.
5. Awards standards
  - a. In the case of awards being accepted for participating in events, this should be cleared through the Activities Director to make sure students maintain their eligibility.

- b. Students may receive awards in the form of medals, trophies, ribbons, plaques, etc.
  - c. Students may receive merchandise items as long as they do not exceed a total retail value of \$250.
  - d. Students may not receive awards in the form of services, cash, or gift certificates.
6. Non-school competition
- a. When entering a competition as an individual that is similar to a school event during the season, please see the Activities Director to ensure eligibility (i.e. fun runs, entering tournaments as an individual).
  - b. You may not participate in any organized non-school athletic competition and your school team **IN THE SAME SPORT** during the same season with the exception of swimming, golf, tennis, cross country, track and wrestling (please see the activities director with these circumstances).
7. Students may attend College/University sponsored camps as long as they are “Evaluation Only” with limited modified scrimmaging (no complete games). School time missed has to be approved by an administrator prior to the event.
8. You may participate on a school team and a non-school team in different sports during the same season; however, you may not practice or compete in non-school organized athletic competition **ON THE SAME DAY** that you practice or compete with your school team without approval of the school administration.
9. Before you join any non-school team or enter any non-school competition involving athletics, check with the activities director to make certain these standards are being met.
10. You may participate in an “audition” or “tryout” for a college team only after you have completed your last season of eligibility in the sport for which you wish to tryout.
11. Any information concerning colleges for scholarship opportunities will be distributed by the specific coaches.

### **Citizenship Requirement (MSHSAA By-Law 2.2)**

In addition to academic eligibility standards, MSHSAA also requires students who represent a school in interscholastic activities to be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered “creditible citizens.” Conduct shall be satisfactory in accord with the standards of good discipline.

#### **2.2.2 Law Enforcement:**

- a. 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. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies.
- b. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.
- c. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. (Editor’s Note: If a traffic offense is accompanied by an act covered in

letter a above, such as property damage, bench warrant, etc., eligibility will be delayed per letter a.)

### **2.2.3 Local School:**

- a. A student who violates a local school policy is ineligible until completion of the prescribed school penalties.
- b. The eligibility of a student who is serving detention or in-school suspension shall be determined by local school authorities.
- c. A student shall not be considered eligible while serving an out-of-school suspension.
- d. If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes.
- e. Each individual school has the authority to set more restrictive citizenship standards and shall have the authority and responsibility to judge its students under those standards.
- f. Each school shall diligently and completely investigate any issue that could affect student eligibility.

### **2.2.4 Expulsion:**

A student who is expelled from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion. An expulsion is prompt removal of a student from school following the conduct for which the student is under discipline, whereby the student is not allowed to return to school until either an appeals process reinstates the student or the duration is fulfilled. However, this period of ineligibility shall not apply to any student expulsion for conduct otherwise protected by law which does not materially and substantially interfere with the requirements of appropriate discipline in the operation of a school.

### **2.2.5 Student Responsibility:**

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 Board of Directors.

## **Activity & Athletics Buses**

Activity buses leave campus at 4:30 pm for our city-resident and middle school resident students who have been involved in curricular and non-athletic activities. In addition, a late activity bus for our city-resident student athletes leaves campus at 5:30 pm. Students must be under the supervision of a member of the faculty in order to be eligible to ride our activity buses. Typically, there is not a resident activity bus on Friday afternoons.

## **Attendance**

Students must attend school the entire school day on the day of a practice and/or a game. If a game is played on Saturday, they must attend school on Friday. Any exception to this rule must have the prior approval of the Dean of Student Activities and/or the principal.

Students who are serving in the In-School Suspension Program (ISS) are not allowed to practice or participate until their suspension is served. Students who are serving an Out- of-School Suspension (OSS) will not be allowed to practice or compete until their suspension has been

served and they have re-established themselves as a student in good standing by attending a full day of school the following day.

### **Electronic Communication:**

Board policy allows coaches to use text, cell or email to communicate with students. The coaches may use these forms of communication to let their athletes know of any changes in practice times, cancellations, etc. Communications of a personal nature are strictly prohibited. All student information will be kept confidential.

### **Hazing**

Student hazing is expressly prohibited by Board of Education policy (Policy JFCG). For purposes of this policy, hazing is defined as any activity, on or off school grounds, that a reasonable person believes would negatively impact the mental or physical health or safety of a student or put 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 district-sponsored activity.

Hazing may include those actions that subject a student to extreme mental stress including, but not limited to, sleep deprivation, physical confinement, forced conduct that could result in extreme embarrassment or criminal activity, or other stress-inducing activities. Hazing may also include, but is not limited to, acts of physical brutality; whipping; beating; branding; exposing to the elements; forcing inhalation or consumption of any food, liquor, drug, tobacco product, or other substance; or any other forced physical activity that could adversely affect the physical health or safety of an individual.

Hazing can occur even when all students involved are willing participants. Hazing does not occur when a student is required to audition or try out for an organization when the criteria are reasonable, approved by the district and legitimately related to the purpose of the organization. District staff, coaches, sponsors and volunteers will not permit, condone or tolerate any form of hazing or plan, direct, encourage, assist in, engage in or participate in any activity that involves hazing. District staff will report incidents of hazing to the building principal or Dean of Student Activities immediately.

### **Insurance Policy & Pre-Participation Form**

All athletes are required to have medical insurance in order to compete in interscholastic competition. The school district does not carry individual insurance on its athletes. It is the responsibility of each athlete to carry medical insurance. If you do not have medical insurance coverage, you may purchase a policy through Health Special Risk, Inc.. Information about HSR policies can be found on the "Parent Resources" tab on the Athletics Department website.

Insurance policy information is provided to the school district through MSHSAA's Pre-Participation Form, which must be completed each year and signed by both the student-athlete and a parent or guardian. This form also contains important information about the student-athlete's medical history as well as provides permission for treatment by a physician and/or hospital when a parent or guardian is not available.

## **Physical Examination**

A valid, up-to-date physical is required for participation in athletics at Valley Park. The physical form must be completed by a physician and submitted to the Activities Department prior to participation. **One physical is good for all sports for 2 years from the date it is issued.**

## **Student Alcohol/Drug Use (Board Policy JFCH)**

The Valley Park School District is concerned with the health, welfare, and safety of its students. Therefore, use, sale, transfer, distribution, possession or being under the influence of unauthorized prescription drugs, alcohol, narcotic substances, unauthorized inhalants, controlled substances, illegal drugs, counterfeit substances and imitation controlled substances is prohibited on any district property, in any district-owned vehicle or in any other district-approved vehicle used to transport students to and from school or district activities. This prohibition also applies to any district-sponsored or district-approved activity, event or function, such as a field trip or athletic event, where students are under the supervision of the school district. The use, sale, transfer or possession of drug-related paraphernalia is also prohibited.

Any student who is found by the administration to be in violation of this policy shall be referred for prosecution and subject to disciplinary action up to and including suspension, expulsion or other discipline in accordance with the district's discipline policy. Strict compliance is mandatory. The school principal shall immediately report all incidents involving a controlled substance to the appropriate local law enforcement agency and the superintendent. All controlled substances shall be turned over to local law enforcement.

## **Activities Programs and Sponsors**

### **Chess**

Tristan Wood  
[twood@vp.k12.mo.us](mailto:twood@vp.k12.mo.us)

### **Chick-Fil-A Leadership Academy**

Gerrie Robards  
[robards@vp.k12.mo.us](mailto:robards@vp.k12.mo.us)

### **Choir**

Allison Hungate-Wood  
[ahaungatewood@vp.k12.mo.us](mailto:ahaungatewood@vp.k12.mo.us)

### **Drama**

Sara Magalli, Co-Coordinator  
[smagalli@vp.k12.mo.us](mailto:smagalli@vp.k12.mo.us)  
Allison Hungate-Wood  
[ahungatewood@vp.k12.mo.us](mailto:ahungatewood@vp.k12.mo.us)

### **Dungeons & Dragons**

Dr. Ryan, Luhning  
[rluhning@vp.k12.mo.us](mailto:rluhning@vp.k12.mo.us)

### **Equality Club**

Sara Magalli  
[smagalli@vp.k12.mo.us](mailto:smagalli@vp.k12.mo.us)  
Jocelyn Puett  
[jpuett@vp.k12.mo.us](mailto:jpuett@vp.k12.mo.us)

### **Epsilon Beta Library Club**

Tricia Ottens,  
[tottens@vp.k12.mo.us](mailto:tottens@vp.k12.mo.us)

### **Future Business Leaders of America**

Dr. Kathryn Libby  
[klibby@vp.k12.mo.us](mailto:klibby@vp.k12.mo.us)

### **International Club**

Emily Krumm  
[ekrumm@vp.k12.mo.us](mailto:ekrumm@vp.k12.mo.us)  
Alexis Mathews  
[amathews@vp.k12.mo.us](mailto:amathews@vp.k12.mo.us)

### **Jazz Band**

Laura Porter  
[lporter@vp.k12.mo.us](mailto:lporter@vp.k12.mo.us)

### **National Business Honor Society**

Dr. Kathryn Libby  
[klibby@vp.k12.mo.us](mailto:klibby@vp.k12.mo.us)

### **National Honor Society**

Tim Siebe  
[tsiebe@vp.k12.mo.us](mailto:tsiebe@vp.k12.mo.us)

### **Student Council**

Cassie Pinney  
[cpinney@vp.k12.mo.us](mailto:cpinney@vp.k12.mo.us)  
Jocelyn Puett  
[jpuett@vp.k12.mo.us](mailto:jpuett@vp.k12.mo.us)

### **Yearbook**

Rick Neal, Sponsor  
[rneal@vp.k12.mo.us](mailto:rneal@vp.k12.mo.us)

## **Athletic Programs and Head Coaches**

### **Fall Sports**

Cross Country	Alexis Mathews, Head Coach <a href="mailto:amathews@vp.k12.mo.us">amathews@vp.k12.mo.us</a>
Men's Soccer	Tom Probst, Head Coach <a href="mailto:tprobst@vp.k12.mo.us">tprobst@vp.k12.mo.us</a>
Softball	Katie Alexander, Head Coach <a href="mailto:kalexander@vp.k12.mo.us">kalexander@vp.k12.mo.us</a>
Volleyball	Angie Buckman, Head Coach <a href="mailto:abuckman@vp.k12.mo.us">abuckman@vp.k12.mo.us</a>

### **Winter Sports**

Cheerleading	Sara Facchin, Head Coach <a href="mailto:sfacchin@vp.k12.mo.us">sfacchin@vp.k12.mo.us</a>
Men's Basketball	Steve Jarvis, Head Coach <a href="mailto:sjarvis@vp.k12.mo.us">sjarvis@vp.k12.mo.us</a>
Women's Basketball	Thomas Rauls, Head Coach <a href="mailto:trauls@vp.k12.mo.us">trauls@vp.k12.mo.us</a>

### **Spring Sports**

Baseball	Mike Menley, Head Coach <a href="mailto:mmenley@vp.k12.mo.us">mmenley@vp.k12.mo.us</a>
Golf	Rick Neal, Head Coach <a href="mailto:meal@vp.k12.mo.us">meal@vp.k12.mo.us</a>
Women's Soccer	Tom Probst, Head Coach <a href="mailto:tprobst@vp.k12.mo.us">tprobst@vp.k12.mo.us</a>
Track	Alicia Wilson, Head Coach <a href="mailto:awilson@vp.k12.mo.us">awilson@vp.k12.mo.us</a>

**CITIZENSHIP AND ELIGIBILITY GUIDELINES  
VALLEY PARK SCHOOL DISTRICT**

I acknowledge receipt of and understand the Citizenship and Eligibility Guidelines for Participation in Activities and Athletics of the Valley Park School District.

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

\_\_\_\_\_  
Signature of Parent(s)/Guardian(s)

\_\_\_\_\_  
Date

\* This sheet must be signed by the parties indicated and returned to the head coach of the appropriate sport before an athlete will be allowed to participate.