



FRANCIS HOWELL HIGH SCHOOL ACTIVITIES

FALL MEET THE COACHES

“It’s a great day to be a Viking!”

I. **Welcome:** Please report to the designated room for your sport/activity

II. **Team Room Assignments**

Cross Country	Football	Golf	Soccer	Softball	Swim Dive	Tennis	Volleyball
A117 Tower	Auditorium	A124 Band	Cafeteria	Multi	A129 Drama	A124 Band	A130 Choir
Cheer	Dance						
Sm Gym	Sm Gym						

III. **Tonight’s Format**

- a. Report to designated room
- b. Submit required and completed paperwork that is verified complete including;
 - FHSD Parent Permission Form
 - MSHSAA Physical (completed after February 1, 2010)
 - FHSD Drug Testing Permission Form
 - Private Transportation Agreement (if required by activity)
- c. Coach provides program information
- d. FAQ discussion with coach
- e. Further questions addressed to Activities Director
- f. Dismissal and have a great evening; GET HYDRATED!!!
- g. Access the on-line Meet the Coaches meeting content and FAQ’s on the school athletics web page (available Monday)

FHHS FALL MEET THE COACHES...2010

- I. Required Paperwork (*a and b MUST BE SUBMITTED PRIOR TO ANY PARTICIPATION*) available online at <http://fhh.fhsd.k12.mo.us/index.html>

- a) FHSD Parent Permission Form (must say 3.0 for credits enrolled and completed)
- b) MSHSAA Physical Form (dated after February 1, 2010)
- c) FHSD Drug Testing Permission Form
- d) Private Transportation Agreement (if required by activity)

II. Student Eligibility

- Academic (Credits Earned)

Beginning Spring Semester of 2008-2009 School Year

Credits earned from the Spring Semester of 2008-09 must equal 3.0 credits in order to meet the Academic Standard for Fall 2009 and beyond.

Academic Schedules	Credits That Must be Passed
Seven period day (.5 each)	Must pass 6 of 7 (3.0)

- Academic (grade point average)
 - 1.5 GPA or higher for the previous semester of attendance (All freshmen are eligible during the first semester of the 9th grade year)
 - A student with a GPA below 1.5 may apply for a ONE TIME EXEMPTION through the Activities office.

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- **Citizenship (Creditable Citizen)**

M.S.H.S.A.A. ELIGIBILITY STANDARDS (from FHSD Parent Permission Form)

1. You must be a creditable school citizen.
2. You cannot be 19 years old before July 1 preceding opening of school.
3. You cannot have graduated from a four-year high school.
4. You cannot have attended eight semesters of high school.
5. You cannot have competed in four seasons of a particular sport.
6. You must have attended school the first 11 days of the semester that you are participating in.
7. You cannot have played under a false number
8. You cannot commit an unsportsmanlike act.
9. Students serving school suspension are not eligible to practice or compete in school activities.

FRANCIS HOWELL DISTRICT ELIGIBILITY STANDARDS (from FHSD Parent Permission Form)

1. You must maintain a minimum 1.5 current G.P.A.
2. You must attend all practices, contests, and other performances unless excused by the coach.
3. You must not wear school equipment at any time except while participating in practice or a school contest.
4. Once you have made a team in a sport, you cannot go out for another sport until the first sport season is over.
5. You must not have any outstanding athletic or school fines.
6. You must attend school the entire day of a game or practice and must attend school on Friday to play on Saturday.
7. Any student who falsifies the physical examination form or any other required participation form is subject to suspension and/or permanent removal from the team or group by the Activities Director and/or building Principal, and may be suspended or removed from additional activities depending upon the nature and magnitude of the offense.
8. You must be a creditable school citizen in accordance with the following standards:
 - a. Students who are serving out-of-school (or in-school) suspensions may not practice for or participate in school activities during the suspension. Multiple and/or serious violations of the Code of Student Conduct may result in long-term suspension and/or permanent removal from current and future school activities.
 - b. You must not use, possess, or distribute tobacco products while on school property or at school activities, whether on or away from District property.
 - c. You must not use, possess or distribute alcohol or controlled substances at any time, whether on or away from school property.
 - d. You must 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.When a student is accused of an offense under either criminal or juvenile law, the charges may be dismissed or the student acquitted due to the high standard of proof required under criminal and juvenile proceedings: guilt beyond a reasonable doubt. However, the District reserves the right to make an independent determination regarding whether the student engaged in the misconduct alleged, and is required only to establish by a preponderance of the evidence (more likely than not) that the student engaged in such misconduct.

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NOTE IMPORTANT RECENT MSHSAA BY-LAW REGARDING LEGAL ISSUES:

If a student has legal issues outside of school, it is his/her responsibility to report to the Activities Director. According to MSHSAA By-Law 212C: "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"

The District does not have the authority to excuse students from the eligibility requirements established by MSHSAA. Additionally, students are uniformly expected to comply with the eligibility requirements established by the District. Accordingly, the procedures below are provided for the sole purpose of preventing suspensions and/or removals based upon inaccurate or incomplete information.

The procedures are not intended to provide standing with an opportunity to (1) avoid suspension or removals imposed for conduct they have actually committed, or (2) ask administrators and/or the Board for leniency when an appropriate consequence has been imposed for conduct that has actually occurred.

1. In most cases, a student should be advised of the reason for the suspension or removal from an activity, and provided with an opportunity to respond, prior to imposing the consequence.
2. When it is necessary in the judgment of the coach, sponsor, or administrator to suspend or remove a student from an activity prior to advising the student of the reason for such suspensions or removal, the student should be advised of the reason and given an opportunity to respond within a reasonably prompt time after the consequence has been imposed.
3. Students may appeal a suspension or removal imposed by a coach or sponsor to the Activities Director.
4. Students may appeal a suspension or removal imposed or affirmed by the Activities Director to the Building Principal.
5. Students may appeal a suspension or removal imposed or affirmed by the Building Principal to the Area Superintendent.
6. Students may request that the Board of Education hear an appeal from a suspension or removal affirmed by the Area Superintendent. However, the Board of Education is not required to hear such an appeal. If the Board declines to hear the appeal, the decision of the Area Superintendent shall be final.

- **ATTENDANCE REQUIREMENTS FOR ELIGIBILITY**

Students must be in attendance a full day to be eligible for participation after school. If a student is absent on Friday, they are not eligible for participation over the weekend. Please call Debbie Faber at 851.4765 to prearrange absences.

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III. Communication Process

All concerns are to be first taken to the activity sponsor /coach. If that conference does not address the issue, the student may request a conference with the coach and Activities Director. It is appropriate to discuss philosophies, coach treatment, calendar issues, and methods of improvement. It is inappropriate to discuss coach tactics/strategies or playing time concerns. Please do not approach a coach prior to, during, or following an event to arrange a conference. If you are unable to schedule a conference, contact the AD who will arrange one.

IV. Further Communication:

- **FHHS Activities Hotline to update cancellations, etc. Please call 636.851.4700 and choose option 1**

V. Specific Information for Fall Heat Issues

Heat Guidelines - Secondary

The Francis Howell School District is committed to providing a safe and secure environment for students at school and while participating in activities and athletics. Consistent with this commitment, the District follows these procedures when a heat advisory is issued:

- If the temperature/heat index is 105 degrees or greater, outside activity is eliminated.
- If the temperature/heat index is 93-105 degrees, a modified practice schedule will be implemented.
 - Modified practice includes scheduled water breaks every 15 minutes, reduced conditioning, and reduction of gear and clothing to allow for sweat evaporation.
- If the temperature/heat index is less than 92 degrees, a normal outdoor activity schedule will followed with water breaks and on demand water.

The District Athletic Directors utilize www.weather.com to determine the current heat index and consult with each other to determine if a heat schedule should be implemented.

Coaches and sponsors are familiar with all heat illness related signs and symptoms. The certified athletic trainer and several coaches have undergone MSHSAA and ASEP Coaching First Aid course work which includes heat-related illness and resulting first aid procedures. A designated member of each coaching staff and athletic trainer carry cell phones in the event that emergency assistance is needed.

Hydration

Students should hydrate themselves before, during, and after practice. Meals should include an appropriate amount of fluid intake in addition to a healthy diet. Recommendations for fluid loss are as follows:

- Before practice, drink at least 16 ounces of water or other fluid 2 hours before an exercise and top off by drinking 8 to 16 ounces of water 15 minutes before exercise.
- During practice, drink 4 to 8 ounces every 15-20 minutes of exercise. Include sports drinks if the practice or contest is longer than 60 minutes.
- Following practice, drink as many fluids as possible with carbohydrate and sodium (sports drinks, chocolate milk) within 15 minutes of the completion of activity to encourage the fastest rate of rehydration. Those students who are heavy sweaters may need to calculate sweat rates and drink to replace fluids lost during exercise. The rule of thumb is 16-24 ounces per pound of fluid lost during exercise.

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- Students are strongly encouraged to avoid energy drinks especially post exercise since they will inhibit the amount of fluids replaced in the muscle during recovery. Carbonate drinks may also cause the student to feel full more quickly and reduce the amount of fluids they can tolerate. Weight scales are available and students are encouraged to weigh in before and after practice to monitor weight loss. Weigh-in monitoring sheets and additional information regarding hydration checks and suggested fluid intake are posted by the scales.

VI. Sportsmanship and Behavioral Expectations

Student athletes, participants, and spectators are expected to adhere to the spirit of fair play and sportsmanship during events and contests. The simplest way to communicate that expectation for spectators is to cheer for your Francis Howell teams and leave the rest to the participants. Please allow the officials to officiate; the coaches to coach; and the players to play. The FHHS Student Handbook provides the following “Fundamentals of Sportsmanship”:

- 1. Show respect for the opponent at all times. The opponent should be treated as a guest. Do not heckle, jeer, or distract members of the opposing team. Good sportsmanship is the Golden Rule in action.**
- 2. Show respect for the officials.**
- 3. Know, understand and appreciate the rules of the contest.**
- 4. Maintain self control at all times.**
- 5. Recognize and appreciate skills in performance regardless of the affiliation.**

Additionally, all students must adhere to the FHSD High School Code of Student Conduct while preparing for, traveling to or from an event, and while participating. Failure to comply with the Code of Conduct may result in consequences for the student as outlined in the code.

VII. Hazing and Harassment: MSHSAA Board Policy states that “...Students directly or indirectly involved in hazing incidents, on or off school grounds, could be considered ineligible by the school administration under the MSHSAA Citizenship standard...”

Hazing: Willful conduct directed at a student that is intended to physically or emotionally intimidate, punish, embarrass, humiliate, ridicule, or place any student in a disconcerting position for the purpose of initiation, affiliation, inclusion or membership in any team or organization.

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Harassment: Unwelcome conduct by a person that is sufficiently serious, persistent or pervasive, so that it affects another person's ability to participate in or benefit from the school program or activity by creating an intimidating, threatening or abusive environment.

VIII. Equipment Use, Care, and Costs

Students receive equipment and uniforms when starting an activity. When the season finishes or a student leaves a program prior to the end of the season, all equipment and uniforms must be returned in good order. Failure to do so will result in detentions and fines for the replacement costs of the missing items. Additionally, students will be ineligible for participation in other activities if outstanding fines exist. Please be diligent in the care of items checked out to you.

IX. Closing: Please contact Dave Witter at 636.851.4784 or david.witter@fhsdschools.org if you have questions, comments, or concerns. Have a great fall season.