

WHAT WEST HIGH CAN DO FOR YOU

I. CLUBS AND ACTIVITIES

Art Club	Future Educators	Pep Club
Band	Future Homemakers	PPI
Chess	Future Medical Students	SADD/TREND
Choir	Foreign Language	Scholar Quiz
Computer	Key Club	Science & Health
Creative Writing	Math Club	Speech Club
DECA	Mock Trial	Stream Team
Drama	NHS	Student Council
Flag Corps	NYCL	Yearbook
FBLA	Newspaper	Youth In Gov't
	Orchestra	Weight Lifting

II. CHEERLEADERS AND DANCE

FALL CHEERLEADERS	WINTER CHEERLEADERS
Varsity	Varsity
Jr. Varsity	Jr. Varsity
Freshman	Freshman
	DANCE
	Varsity
	Jr. Varsity
	Freshman

III. ATHLETICS

FALL SPORTS	SPRING SPORTS
Cross Country	Baseball
Football	Golf-Boys
Golf-Girls	Soccer-Girls
Soccer-Boys	Tennis-Boys
Softball	Track-Boys
Swimming-Boys	Track-Girls
Tennis-Girls	Volleyball-Boys
Volleyball-Girls	
WINTER SPORTS	
Basketball-Boys	
Basketball-Girls	
Swimming-Girls	
Wrestling	

2006-2007 IMPORTANT DATES

All fall sports practices begin.....	Aug. 6, 2007
Homecoming Dance.....	Sept. 29, 2007
Winter sports practice begins.....	Oct. 29, 2007
Booster Club Craft Fair.....	Nov. 17, 2007
Christmas Break begins.....	Dec. 24, 2007
Classes Resume.....	Jan. 7, 2008
Coronation Dance.....	Feb. 1, 2008
Spring sports practice begins.....	Feb. 25, 2008
Spring Break begins.....	March 21, 2008
Classes Resume.....	March 31, 2008
Prom.....	April 26, 2008
Graduation	May 24, 2008

WHO IS ELIGIBLE FOR ACTIVITIES

In order for a student to participate in activities, he/she must fulfill completely, all the requirements and regulations set forth by the Missouri State High School Activities Association (MSHSAA) and the Fort Zumwalt School District.

MSHSAA REGULATIONS AND REQUIREMENTS:

1. Must have a signed parent permission form, have insurance carrier listed, and have passed a physical exam to tryout or practice for participation in interscholastic activities.
2. Shall not have reached 19th birthday prior to July 1 preceding the school year opening.
3. Are ineligible for varsity competition for one calendar year, if you transfer to Fort Zumwalt from either a public or parochial high school without a corresponding change of residence of parent or guardian.
4. Must be enrolled in courses offering 2.5 units of credit or more.
5. Must have earned 2.5 units of credit the preceding semester.
6. Ninth grade students are eligible the first semester as long as they are promoted.
7. Are ineligible after the class in which they entered 9th grade has graduated.
8. Must be a creditable school citizen. Behavior unbecoming a participant could result in the Principal revoking the privilege of a student to participate in an activity temporarily or permanently.
9. Must be amateurs:
 - a) Cannot play under an assumed name.
 - b) Cannot sign a contract to play for a professional team.
10. Cannot receive money or any valuable awards for playing. (Award cannot exceed \$20.00)

FORT ZUMWALT DISTRICT ELIGIBILITY STANDARDS

The student eligibility standards shall comply with the current MSHSAA Handbook, which no one standard is more important than others. The MSHSAA suggests before you drop any classes, for whatever reasons, or enroll for classes in the upcoming semester, your Coach, Athletic Director or Principal should be consulted to verify that you will meet the eligibility standards.

ADDITIONAL STANDARDS OF ELIGIBILITY

1. Smoking or the use of tobacco (to include chewing tobacco), or the sale/use/possession/under the influence of alcohol/drugs during the season will result in removal from that particular athletic squad or team.
2. A student having a suspension (in school or out-of-school) for disciplinary action while a member of a particular athletic sport will be reviewed by the Principal and the Activities Director to determine whether or not the student has violated the intent of the MSHSAA, citizenship standards and a decision will be made whether or not the student should be removed from that particular athletic squad or sport.
3. If a student misses class without being excused by the Principal, he/she shall not be considered eligible for that date.

AWARDS POLICY

Awards to be given for achievement in activities program.

1. Freshman Award: A 3" set of numerals will be awarded to those students recommended by the head coach.
2. Sophomore and Jr. Varsity Award: A 3" letter will be awarded to those students recommended by the head coach.
3. Varsity Award: A 6" letter will be awarded to those who meet the requirements of the individual sports.

A pin will signify the sport lettered in.

4. Chevrons will be awarded to designate additional years that an athlete has lettered.
5. Senior Awards: A plaque will be awarded to all Seniors who meet the lettering requirements.
6. Student Managers: A 6", 3" letter or 3" numerals will be awarded to the manager of his/her particular sport.
7. Academic letters will be awarded to Honor Roll students in accordance with the Awards policy.

****Athletes may receive only one Varsity/JV letter and one set of numerals regardless of the number of sports in which they earn a letter.***

PHILOSOPHY OF ACTIVITIES

Ft. Zumwalt students are provided with numerous opportunities to participate in a wide range of student activities. These activities are considered to be an important aspect of a student's educational experience. It is not the winning-losing aspect of participation that is totally emphasized but participation, where each student has the opportunity to achieve a sense of individual, group and school responsibility. This type of participation provides the student with desirable learning opportunities.

Ft. Zumwalt student activities should be considered an integral part of the total education program which provides opportunities to help each boy/girl develop mentally, physically, socially and emotionally.

Participation in activities, both as a player and as a spectator, is a privilege and honor that carries with it certain

responsibilities to the students themselves, their school, their team and the community. You must be aware that at all times you are under the watchful eye of many people who are evaluating you and making judgments about what you do. Hopefully you can always walk away with the feeling that you gave your best and more than anything, you conducted yourself with class and dignity, displaying what true sportsmanship really is.

RESPONSIBILITIES OF SPORTSMANSHIP

THE PLAYER

- 1) Treats opponents with respect.
- 2) Plays hard, but plays within the rules.
- 3) Exercises self-control at all times, setting the example for others to follow.
- 4) Respects officials and accepts their decisions without gesture or argument.
- 5) Wins without boasting, loses without excuses, and never quits.
- 6) Always remembers that it is a privilege to represent the school and community.

THE COACH

- 1) Treats own players, and opponents with respect.
- 2) Inspires in the athletes a love for the game and the desire to compete fairly.
- 3) Is the type of person he/she wants the athlete to be.
- 4) Disciplines those on the team who display unsportsmanlike behavior.
- 5) Respects the judgment and interpretation of the rules by the officials.
- 6) Knows he/she is a teacher, and understands the athletic arena is a classroom.

THE SPECTATOR

- 1) Attempts to understand and be informed of the playing rules.
- 2) Appreciates a good play no matter who makes it.
- 3) Cooperates with and responds enthusiastically to cheerleaders.
- 4) Shows compassion for an injured player; applauds positive performances; does not heckle.
- 5) Respects the judgment and strategy of the coach and does not criticize players or coaches for loss of the game.
- 6) Respects property of others and authority of those who administer the competition.
- 7) Censures those whose behavior is unbecoming.

COMMON QUESTIONS

1. WHAT ABOUT INSURANCE?

MSHSAA requires athletes to have insurance coverage while participating in sports. The Fort Zumwalt School District provides students with minimum coverage that meets MSHSAA standards.

2. WHAT TO DO ABOUT PHYSICAL EXAMS?

A physical exam form is required by the MSHSAA before a student can participate for any activity. The form used for this exam is available from the Activities Office or Main Office. All physicals for athletics must be dated as of February 1, of the previous school year. You may get physicals from your family doctor, Urgent Care, or any chiropractic doctor.

3. WHAT ABOUT TRANSPORTATION?

Athletic teams or cheerleaders will not be transported in private vehicles unless authorized. Permission may be granted by the Principal, Coach or Sponsor for a student to ride home with their parents only.

CONDITIONING STANDARDS

Each squad must have 14 days of practice and each individual must have participated in 14 school practices on 14 different days prior to the first interscholastic contest in all sports except golf, fall softball and tennis. For the sports of golf, fall softball and tennis, each squad must have a minimum of 10 days practice and each individual must have participated in 10 school practices on 10 different days prior to the first interscholastic contest. This requirement shall be waived if a student has been a member of another school sports squad immediately preceding the sport season and has had 14 days conditioning.

NCAA Eligibility Regulations

To practice and play as a freshman at an NCAA Division I or II College, the student athlete must satisfy the requirements of NCAA Bylaw 14.3, commonly known as Proposition 48. Bylaw 14.3 requires the student-athlete to:

1. Graduate from High School
 2. Attain a grade-point average of 2.00 (based on a maximum of 4.00) in a successfully completed core curriculum of at least 11 academic courses.
 3. The NCAA will use a sum of the four parts of the ACT Test for the standardized test score rather than the average as in the past. Students will be required to achieve an 18 or above and corresponding grade point average (sliding scale) in the core courses to play sports their freshman year in college.
 4. Complete NCAA Clearinghouse Forms through counselor's office.
- A core course is defined as "a recognized academic course designed to prepare a student for college level work."

SPORTING EVENTS TICKET INFORMATION

1. All Varsity Games - Adults - \$4.00 (Children under six free with parents)
-Students - \$2.00
2. All Lower Level Games - Adults - \$2.00
-Students - \$1.00

Exception: when lower level game is played before a varsity contest adults and students are charged varsity game prices.

3. Ticket Plans: (Excludes all tournament games)
 - A) District Family Pass -\$50.00 (covers all three schools)
 - B) 10 Punch Family Pass -\$15.00 (covers all three schools)
 - C) Pep Club Student Pass—\$10.00

Passes will be on sale at all paying sporting events or purchased from the Activities Office.

FOR ADDITIONAL INFORMATION, PLEASE CONTACT:

Activities Director
Paul Boschert
379-0300 Ext. 1401
Neil Berry, Principal
Ext. 1101