

# CENTRAL ACTIVITIES' MEETING 2021-2022

Central High School  
Virtual Meeting

# PURPOSE OF THIS MEETING

- Safety of our athletes
- Expectations of our student-athletes
  - Academic Eligibility
  - Citizenship Eligibility (at school and in community)
- Parent/Guardian/Fan issues
  - Conduct at contests
  - “I have a concern.”

# AGENDA FOR TONIGHT

- District COVID Information
- Athletic Trainers
  - Melanie Noskowiak
  - Mitchell Wilhoit
- Activities & Athletic Director
  - Steve Spence

# DISTRICT COVID INFORMATION

- If a student tests positive for COVID, they will need to quarantine for 10 days.
- If the student is still showing symptoms after 10 days, they must continue to quarantine until they are symptom free for 24 hours – without the use of medications.
- MSHSAA Return to Play Form: Any athlete who tests positive must undergo the Return to Play Protocol.
  - Five stage Process that can return the athlete to full activity on day #7.
  - They go through this with our athletic trainer.

# COVID CONTRACT TRACING

- Any athlete or coach in close contact (contact within 6 feet for 15 minutes or longer during the previous 48 hours) will have to quarantine for 10 days from the last day of exposure to the COVID+ individual.
  - Athlete may take COVID test on day 5, 6 or 7 of quarantine and may return to school on day 8 if test is negative, but cannot return to sports until full quarantine is complete.
  - If an athlete or staff is fully vaccinated AND not showing symptoms, they will not have to quarantine. Proof of vaccine needs to be sent to [immunizations@spsmail.org](mailto:immunizations@spsmail.org).

# OTHER COVID INFO

- Masking
  - Will be required for participants, coaches/directors and officials any time they are not doing strenuous activity.
  - Will be required of spectators for indoor and outdoor sports.
- Trips
  - As of now, there are no restrictions on locations or overnight trips.
  - Meals should be avoided on busses.
- Hydration
  - Athletes will need to provide own water at practices and games.
  - Coolers will not be provided.

**MELANIE NOSKOWIAK, LAT, ATC**

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**MITCHELL WILHOIT, LAT, ATC**

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Central High School Athletic Trainers  
Mercy Sports Medicine

# MERCY HOSPITAL

- Melanie and Mitchell are Mercy coworkers, so they have connections available to help schedule student athletes within 24-48 hours.
- As community outreach athletic trainers, they also have connections to other entities.
- Please communicate injuries to coaches and trainers – they are here to help!



# COVERAGE MATRIX

- With two trainers and multiple events happening, you may not always see them on the sideline, but they are on call to be available the best they can.
- Below is the matrix (created by Mercy) used to determine coverage, based on injury rates/risks:

Fall Coverage Matrix	Winter Coverage Matrix	Spring Coverage Matrix
Football	Basketball/Wrestling	Soccer
Middle School (MS) Football	MS Basketball/Wrestling	Baseball
Soccer	Swimming/Cheer	Track and Field
Softball		Golf/Tennis
Volleyball		
Cross Country		
Tennis/Swimming/Golf/Cheer		

# HEAT

- Modifications, if necessary, will be made to practices based on the wet bulb globe temp (WBGT).
- It takes into account: ambient temperature, humidity, wind and sunlight radiation.

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 82.0	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
82.0 – 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of 4 minutes duration each.
87.0 – 89.9	Maximum practice time is 2 hours. <u>For Football</u> : players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : provide at least four separate rest breaks each hour of a minimum of 4 minutes each.
90.0 – 92.0	Maximum length of practice is 1 hour. <u>For Football</u> : no protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : there must be 20 minutes of rest breaks distributed throughout the hour of practice.
OVER 92	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

# CONCUSSIONS

- Once an athlete has been diagnosed with a concussion, they must follow the return-to-sport protocols (see below).
- Our trainers can (and will) diagnose, treat and clear athletes.
- If you go to the doctor, please bring back a note. Without this, we cannot proceed with any return to play protocol.

**Table 1** Graduated return-to-sport (RTS) strategy

Stage	Aim	Activity	Goal of each step
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate
3	Sport-specific exercise	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills, eg, passing drills. May start progressive resistance training	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

NOTE: An initial period of 24–48 hours of both relative physical rest and cognitive rest is recommended before beginning the RTS progression.

There should be at least 24 hours (or longer) for each step of the progression. If any symptoms worsen during exercise, the athlete should go back to the previous step.

Resistance training should be added only in the later stages (stage 3 or 4 at the earliest). If symptoms are persistent (eg, more than 10–14 days in adults or more than 1 month in children), the athlete should be referred to a healthcare professional who is an expert in the management of concussion.

# TRAINING ROOM HOURS

- Athletes need an appointment to see the Athletic Trainer
- ATs will see athletes between 1:00-2:15
  - Appointments may be made through a parent email and/or communication from the coach
- 2:15-3:15 is reserved for pre-practice care (band-aids, tape, stretching...)

# HEALTHY ROSTER APP

- Our ATs use the app, Healthy Roster, to document injuries and rehab
- Please download the app
- They will send an invitation to join via the email that was provided to the school
- It may go to Spam/Junk, so be sure to check there too
- The app also allows you to communicate with the ATs and stay up to date on any treatment provided

# PERSONAL CARE

- Keys to a healthy athlete:

- DIET: 50% of dietary intake should be from **fruits and veggies**

**Healthy proteins** will help maintain energy and hydration – peanut butter, avocados, eggs, PB&J, PB & banana are quick easy snacks to help get students through the day and practice.

**Teens should not be on the same diet as their parents;** they are still grown and need all the nutrients they can get!

- SLEEP: 8-10 hours/night needed for metabolic/physiologic changes, thry to let them get as much as possible.

- HYDRATE: 1 plastic water bottle = 1 lb. Post practice, a students needs one bottle for each pound lost.

Adding crystal light to water is still water! Do what you can to drink as much as possible throughout the day.

**Gatorade/Powerade is not a substitute for water!**

# STEVE SPENCE, CAA

Central High School Athletic Director

[sspence@spsmail.org](mailto:sspence@spsmail.org)

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# HIGH SCHOOL ATHLETICS

## TOP 5 REASONS KIDS PLAY SPORTS

1. To have fun
2. To do something I'm good at
3. To stay in shape
4. To improve & learn new skills
5. To be part of a team

\*Our purpose is to develop kids, not athletes\*

Estimated Probability of Competing in College Athletics

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
<b>Men</b>						
Baseball	482,740	36,011	7.5%	2.2%	2.3%	2.9%
Basketball	540,769	18,816	3.5%	1.0%	1.0%	1.4%
Cross Country	269,295	14,303	5.3%	1.8%	1.4%	2.1%
Football	1,006,013	73,712	7.3%	2.9%	1.9%	2.5%
Golf	143,200	8,485	5.9%	2.0%	1.6%	2.2%
Ice Hockey	35,283	4,323	12.3%	4.8%	0.6%	6.8%
Lacrosse	113,702	14,603	12.8%	3.1%	2.5%	7.3%
Soccer	459,077	25,499	5.6%	1.3%	1.5%	2.7%
Swimming	136,638	9,799	7.2%	2.8%	1.2%	3.2%
Tennis	159,314	7,785	4.9%	1.6%	1.0%	2.3%
Track & Field	605,354	28,914	4.8%	1.9%	1.2%	1.7%
Volleyball	63,563	2,355	3.7%	0.7%	0.7%	2.3%
Water Polo	22,475	1,072	4.8%	2.7%	0.8%	1.3%
Wrestling	247,441	7,300	3.0%	1.0%	0.8%	1.2%
<b>Women</b>						
Basketball	399,067	16,509	4.1%	1.3%	1.2%	1.7%
Cross Country	219,345	15,624	7.1%	2.7%	1.7%	2.7%
Field Hockey	60,824	6,119	10.1%	2.9%	1.4%	5.8%
Golf	79,821	5,436	6.8%	2.8%	1.9%	2.1%
Ice Hockey	9,650	2,531	26.2%	8.9%	1.1%	16.2%
Lacrosse	99,750	12,452	12.5%	3.7%	2.6%	6.2%
Soccer	394,105	28,310	7.2%	2.4%	1.9%	2.9%
Softball	362,038	20,419	5.6%	1.8%	1.7%	2.2%
Swimming	173,088	12,980	7.5%	3.3%	1.2%	3.0%
Tennis	189,436	8,596	4.5%	1.5%	1.0%	2.0%
Track & Field	488,267	30,326	6.2%	2.8%	1.5%	1.9%
Volleyball	452,808	17,780	3.9%	1.2%	1.1%	1.6%
Water Polo	21,735	1,217	5.6%	3.3%	1.1%	1.2%



# MSHSAA –

## MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

- Central High School is a member school
- Therefore we comply with the constitution and by-laws as voted on by the member schools.



# BONA FIDE STUDENT

- To represent Central High School in interscholastic activities:
  - You must be a student at Central High School
  - You must meet the eligibility standards at Central
  - You must meet the academic standard at Central

# AGING OUT OF ATHLETICS (BY-LAW 3.5)

## Overage for 9<sup>th</sup> Grade Team

- Born on or before June 30, 2005

## Overage for High School

- Born on or before June 30, 2002

- Your eligibility to participate in high school activities begins when you first enter the 9<sup>th</sup> grade and lasts for the next 8 consecutive semesters
- You may place in any sport for a maximum of four seasons. Any part of a contest played counts as a season of participation
- If you graduate early, you are ineligible
  - Exception for MSHSAA Spring Championships

# REQUIREMENTS FOR 1<sup>ST</sup> DAY OF PRACTICE

## Physical (by-law 3.8.1)

- If you do not have a physical, completed by a doctor, you cannot participate until you have one (now good for 720 days)

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- KT Health Clinic, \$25 cash  
2032 E Kearney  
832-8675  
8:30 AM – 4:00 PM

## Insurance (by-law 3.8.2)

- A student shall not be permitted to practice or compete for a school until it has verification that he or she has basic insurance coverage
- Insurance can be purchased through the district (info on next slide)

# NATIONWIDE INSURANCE

- 24-hour: \$105 (low), \$154 (high)
  - Does NOT cover football
- At-School: \$29 (low), \$37 (high)
  - Does NOT cover football
- Football: \$171 (low), \$284 (high)
  - ONLY covers football

\*\*\*Combo Plans also available to cover both\*\*\*

# STUDENT-ATHLETE INFORMATION

Academics  
Citizenship Cards  
Community Infractions  
Amateur Status  
Hazing

# ACADEMICS (BY-LAW 2.3.2)

- 9<sup>th</sup> graders: If you are promoted from 8<sup>th</sup> grade to 9<sup>th</sup> grade for the first time, you are academically eligible for FIRST semester
- 10<sup>th</sup> – 12<sup>th</sup> graders:
  - Must have passed 80% of the maximum allowable classes in the Spring Semester of last year
  - One credit of summer school can count towards eligibility (graduation requirements only)
- Everyone (9<sup>th</sup> – 12<sup>th</sup> grade):
  - Must be enrolled and regularly attending course that offer 80% of the maximum allowable credits

# WHAT DOES ALL OF THAT MEAN?

- Here at Central High School:
  - Students will have to pass 6 out of 7 classes (6 classes = 3.0 credits) in the second semester of last school year in order to be eligible for the Fall 2021 Sports Season
  - Students must be enrolled in 6 credit bearing classes during the sports season
  - Do NOT drop a class without checking with a coach, counselor or me...it may make you academically ineligible!
  - **Fulltime Virtual Students are ineligible to participate in MSHSAA events. You must be enrolled in 1.0 seated credits.**



# MANDATORY TUTORING

- Any athlete with an F will be required to attend after-school tutoring on Tuesdays & Thursdays
- Report will be run on Monday
- List of failing students will be sent to coaches
- Coaches will communicate to failing students to attend tutoring
- Students will receive “ticket” from tutoring to practice
- **We may suspend this for first semester, depending on how return to school goes with COVID**

# ATTENDANCE

- A student must be in attendance at school the entire day of an athletic event. A student who is not at school by 7:45 will not be eligible for that day's athletic event.
- If you know you will need to miss school (medical, family emergencies, etc...), please contact the athletic department as soon as possible and we can excuse it.
- If you are absent on a Friday, you are ineligible for Saturday competitions.

# CITIZENSHIP CARD VIOLATIONS

- “A minimum fourteen calendar day suspension from participation in the activities program will be assessed for a violation of district standards which result in an **out-of-school suspension**; and/or for a serious breach of good conduct away from school which is verified to the satisfaction of the Administration.”
- “A second violation of the citizenship standard will result in expulsion from the activity for the remainder of the season year.”

# CITIZENSHIP CARD VIOLATIONS

“A minimum twenty-eight calendar day suspension from participation in the activities program will be assessed for a violation of the Student Alcohol/Drug Abuse Policy, JFCH, and/or for conduct similar to that prohibited in Policy JFCH that occurs away from school and results in a summons being issued to the student, or charges being filed in court against the student or conduct which is verified to the satisfaction of the Administration.”

# COMMUNITY INFRACTIONS/LAW ENFORCEMENT – BY-LAW 2.2.2

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

# COMMUNITY INFRACTIONS/LAW ENFORCEMENT – BY-LAW 2.2.5

- **STUDENT RESPONSIBILITY**: each student is responsible to notify the school of any and all situations that would affect their eligibility
- If the student does not notify the school (and the school finds out about it), the student is ineligible for 365 days – pending a review by MSHSAA Board

# AMATEUR STATUS

- An athlete must maintain “amateur status” for 365 days per year in the sport concerned
- Amateur Status =
  - Do NOT take cash, gift certificates or gift cards...any award that is the equivalent of cash is PROHIBITED.
    - The school/program may accept cash prizes, if put into school account

# WHAT ABOUT GIFTS?

- Symbolic Gifts: Medals, trophies, ribbons, plaques, championship rings
  - These are OKAY!
- You may also take merchandise (bags, warm-ups, shirts...)
  - BUT, the total cannot exceed the retail price (MSRP) of \$250



# HAZING

Subtle Hazing – Behaviors that emphasize a power imbalance between students or groups in a negative manner

EX: Freshman carrying varsity equipment off field, the “fumbler,” forcing students to do pushups and not others

Harrassment Hazing – Behaviors that confuse, frustrate and/or cause undue stress to some members

EX: Humiliating attire, stunt/skit with humiliating acts, verbal abuse

Violent Hazing – Behaviors that have the potential to cause physical and/or emotional harm

EX: forced food, water, alcohol or drug consumption; paddling

- **Zero tolerance** policy taken by SPS and CHS
- **If it is happening, please report it!**

# PARENT/GUARDIAN/FAN INFORMATION

Activity Passes  
Sportsmanship  
“I have a concern”

# ACTIVITY AND PARENT PASSES

- Student Activity Pass: \$50 (Green Stadium, any SPS), \$10 (Red Stadium, CHS only)
- Parent Activity Pass: \$25/season (CHS only) or \$50/year (any SPS MS or HS event – no tournaments)

\*\*These can be purchased in the financial office or through My School Bucks website\*\*

# SPORTSMANSHIP

## FOUR PARTS TO A CONTEST:

1. Players
2. Coaches
3. Officials
4. Parents/Fans

Issues occur when we have crossover of these!

Purchasing a ticket to a high school athletic event does not give you the right to be rude, disrespectful or verbally abusive. Cheer loud and be proud, but be responsible and respectful.

# SPORTSMANSHIP

- SPECTATORS: Conduct determined to be unsportsmanlike can get you removed from an event and potentially barred from future events
- Camdenton Soccer Captain
- ATHLETES: if you commit an unsportsmanlike act while participating in an event, you could become ineligible
  - If you are kicked out/ejected from a game, you are ineligible for the remainder of that game AND the following game

## I HAVE A CONCERN...

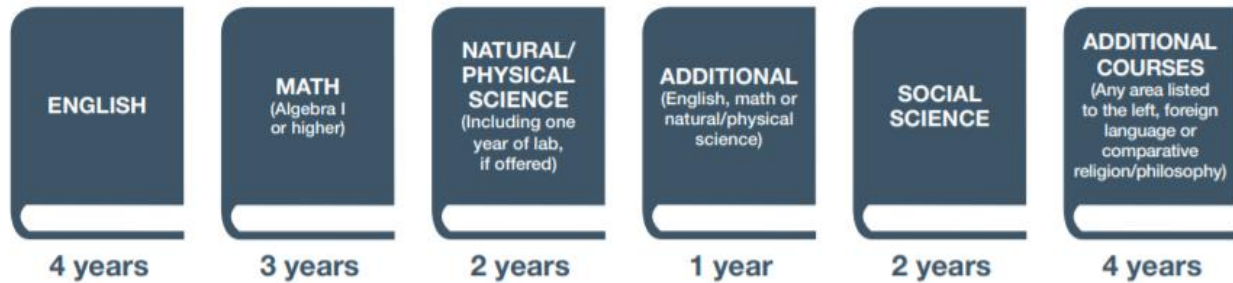
- Always, always, always start with the coach in question
  - Student should meet with coach first.
  - Parent, student and coach should then meet, if not resolved.
  - Once the above steps have been taken and the issue is still not resolved, then I will get involved.
  - 24-hour rule: wait 24 hours to make contact with the coach

# NCAA CLEARINGHOUSE

## DIVISION I ACADEMIC REQUIREMENTS

### CORE-COURSE REQUIREMENTS

Complete 16 core courses in the following areas:

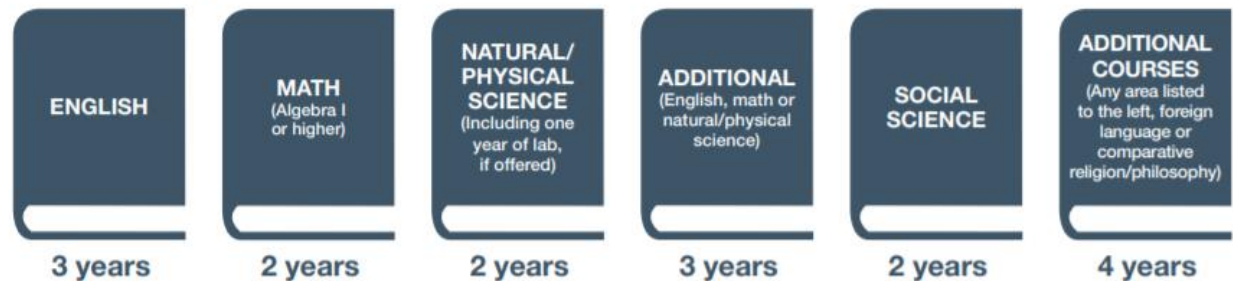


Min GPA of 2.3; SAT or ACT score matching GPA on sliding scale

## DIVISION II ACADEMIC REQUIREMENTS

### CORE-COURSE REQUIREMENTS

Complete 16 core courses in the following areas:



Min GPA of 2.2; SAT or ACT score matching GPA on sliding scale



Scan QR Code for NCAA PowerPoint

# CONTACT INFORMATION

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