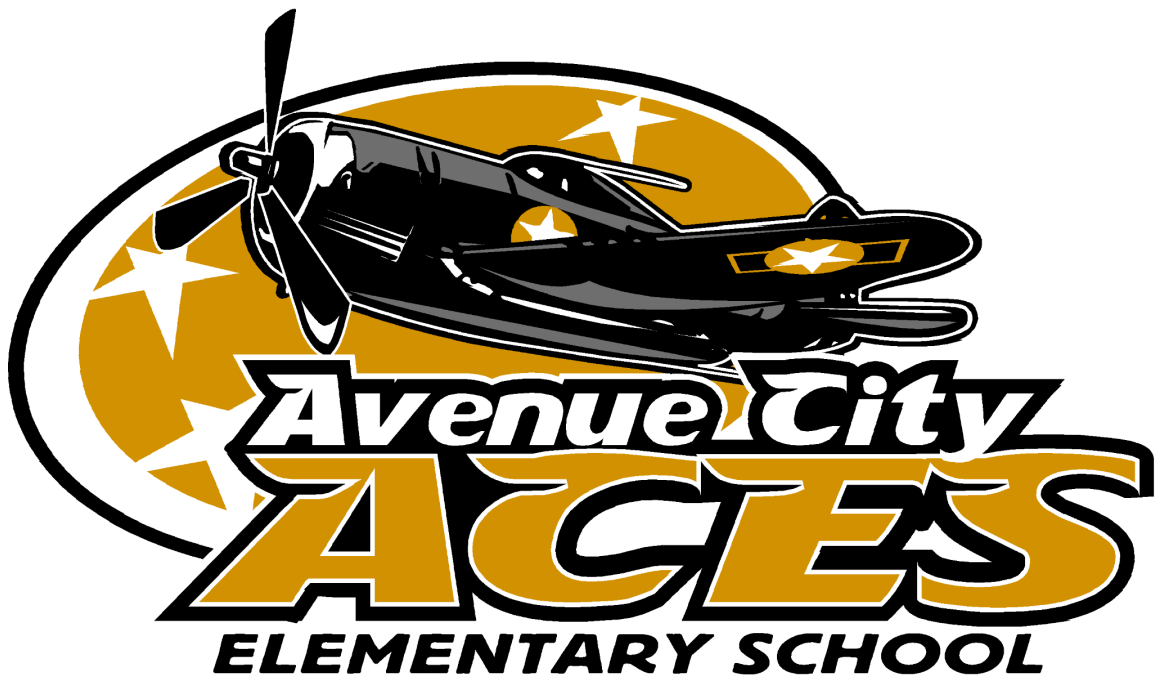


# Avenue City School District Activity Handbook 2024-2025



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## Introduction

Welcome to the Avenue City School Activity Program. Hopefully your decision to take advantage of this portion of our co-curricular program will be educational, rewarding, and challenging. This handbook is given to you so that you might be more aware of the programs that are available and their inter-relationships. The district encourages you to take part in as many activities as your time and talent will permit.

## Philosophy

We believe that school activities shall supplement the elementary and middle school curriculum and become a vital part of a student's total educational experience. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his/her education. The extracurricular program is an important part of the total school program and contributes to the scope of the learning experience. A variety of activities are offered to appeal to as many students as possible. Those who choose to participate are provided opportunities to:

- Compete and associate with students from other schools.
- Develop social skills difficult to duplicate in the classroom.
- Gain recognition, satisfaction, and a more positive self-concept.
- Develop behaviors that foster good citizenship and sportsmanship.
- Learn to contribute as a group member and become part of a team.

The opportunity to participate in extracurricular activities may benefit individuals in many ways other than listed. Emphasis is placed on the word opportunity; only the student can change this to a reality. The school can make the program available, but the students must provide the desire, enthusiasm, and effort, which make them valuable.

While encouraging participation, the student must understand that extracurricular activities are a privilege, not a right; and therefore the school expects that certain standards of conduct and behavior will be observed. Student participation in any part of our activity program is a privilege which carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the student himself. Students must realize that they represent themselves, their community, their peers, and the school; that is, a student must meet expectations of all concerned and has broad obligations to meet as an individual preparing to be an adult. This participation will help develop the student physically, mentally, socially, and emotionally.

## Programs Offered

The Avenue City School offers the following extracurricular programs:

- Girls Basketball for grades 7 & 8
- Boys Basketball for grades 7 & 8
- Girls Track for grades 7 & 8
- Boys Track for grades 7 & 8
- Archery for grades, 4, 5, 6, 7, & 8
- Academic Competitions for grades 4, 5, 6, 7, & 8
- Book Club for grades K, 1, 2, 3, 4, 5, 6, 7, & 8
- Student Council for grades 6, 7, & 8
- 7th & 8<sup>th</sup> Grade Cooperative Boys Football – Administrator is the Savannah School District
- 7th & 8<sup>th</sup> Grade Cooperative Girls Volleyball – Administrator is the Savannah School District



## Responsibilities

If a student chooses to participate in the extracurricular program, they are representing the Avenue City School District. You are in school to secure the best education you are capable of achieving. Participation in the program can help your education process; but participation also has certain responsibilities.

- You must strive to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their ability.
- You must maintain academic and eligibility standards as established by the Missouri State High School Association and the Avenue City School District.
- You will learn the spirit of hard work and sacrifice.
- You must desire to excel to the limits of your potential, physically, emotionally, and academically.
- You must show respect for both authority and property.
- You must be willing to accept the leadership role that is instilled through the extracurricular program.
- You must have a lifestyle free of tobacco products, illicit drugs, and alcoholic beverages.
- You must adhere to all public laws and school policies.

Participants must keep in mind that they are in the public eye and that their personal conduct must always be above approach. You have an obligation to create a favorable image and gain the respect of your schoolmates, parents, and community.

As a participant in extracurricular activities such as athletic events, academic competitions, school clubs and organizations; transportation to and from such events is the responsibility of the student's parent(s). The school district has no obligations with regard to transportation to and from these types of events.

## Local Academic Requirements for Extracurricular Activities

Along with meeting current MSHSAA academic standards, students shall meet local academic requirements set forth by the Avenue City School District Board of Education. To remain eligible, a student must maintain satisfactory work in the classroom. Students who receive more than one "D" or any "F" on a grade card or progress report will be declared ineligible. The ineligible students have the option of remaining ineligible the entire grading period or they can place themselves on a two-week progress report program. Once a student becomes ineligible, they are responsible for coming to the Principal at the end of the two weeks to review a progress report for eligibility. If the student does not do this on the Friday at the end of the two-weeks, then the student shall remain ineligible for another week. The Principal will only review the progress reports to look at eligibility on Fridays (or the end of the school week). If the two-week reports are satisfactory, then they shall be declared eligible for the next week. Eligibility of IEP students will be determined by their IEP.

Students declared ineligible for any reason are not to:

- Attend events open only to the student body.
- Represent the school in a contest or event.
- Attend organizational or meetings while ineligible.
- Participate in field trips unless the teacher requires attendance.

If a student becomes ineligible by the Missouri State High School Athletic Association rules, the MSHAA rules supersede the board of education policy.



## Sportsmanship

As a student representing the Avenue City School, you have the responsibility for exhibiting good sportsmanship at all times. The moment you decide to participate in the activity, you become a representative of your student body, your school, and your community. You will receive the ingredients of good sportsmanship through the teaching, coaching, and examples by the staff. So, be sure to exhibit what you learn.

A very important lesson we learn through extracurricular activities is that by hard work and dedication we can improve. Attitude is one of the principle requests in becoming successful in any activity and of course this is best defined by how you act, how you feel, and how you think in showing your disposition. The desire to excel, to win, to pay the price, are all positive points or attributes of attitude that contribute to a winning philosophy.

Winning philosophy is important, but realize the importance of how the game is played as well as viewed. Simple gestures of respect such as: displaying good conduct, cooperating with officials, shaking hands with opponents before and after the contest, showing self-control at all times, accepting decisions and abiding by them, accepting both victory and defeat with pride and compassion, and never be boastful or bitter, will aid you and your team. These gestures will help you portray the standards of sportsmanship expected of students at Avenue City School.

## Care of Equipment

In order to give the student a sense of responsibility and an appreciation of their equipment, each will be held accountable for the abuse or loss of it. The student in whose name it was checked out must pay for any equipment lost or stolen. The following guidelines, if adhered to, will reduce the chances for lost or stolen equipment.

- Do not exchange or loan any of the equipment checked out to you to another teammate. If exchange is warranted, clear it with the coach.
- Any loss of equipment should be reported immediately to the head coach, rather than waiting until the end of the season.
- It is against MSHSAA regulations to sell or rent any equipment to individuals. Therefore, any equipment you may see out of the school environment does not belong to the individual.

## Physical Exams and Insurance Requirements

Athletic By-Law 309 (a) in the Missouri State High School Activities Association handbook states: The school shall require each student participating in athletics a physician's certificate stating that he or she is physically able to participate in athletic contests of her or his school. The medical certificate is valid for the purpose of this rule if issued after February 1 of the previous year. This certificate must be on file before the student will be allowed to practice with any of the Avenue City School athletic teams.

A student shall not be permitted to practice or compete for a school until it has verification that he or she has basic athletic insurance coverage. This verification must also be kept on file. Parents can obtain physical forms from the coach. The Physical Form is valid for two years.



## Basic Guidelines for Participation

1. Students are free to make their own selections as to which extracurricular activities in which they wish to participate. It is the Avenue City School District policy that students facing a conflict between two ACES-sponsored activities will be given a choice of which to attend. Certain activities (to be determined by administration) will have priority. If a participant decides to not attend an ACES activity to take part in another activity not sponsored by ACES, the coach of the ACES activity may punish the participant.
2. A student, who goes out for an extracurricular activity and then quits of his or her own accord, will not be eligible for the activity for the rest of the season.
3. As a participant in extracurricular activities such as athletic events, academic competitions, school clubs and organizations; transportation to and from such events is the responsibility of the student's parent(s). The school district has no obligations with regard to transportation to and from these types of events.
4. If it is necessary to be absent from a practice, the student is expected to obtain permission from the coach prior to the scheduled practice.
5. A student who is absent from school on the day of an interscholastic contest or on a Friday before an interscholastic contest on Saturday will not be permitted to participate in the contest without written release from the Principal. This policy is enforced by the policy set forth by the Board of Education. This policy will also be enforced for extra curricular activities after school, such as practices or student council dances. Students must be in attendance at least half of the school day in order to participate in the extracurricular activities. Exceptions are granted with administrative approval only. If a student comes to the school and during the day visits the health office and is sent home, they may not return to participate that day.
6. In the event of truancy or suspension by a student takes place, the student will not be eligible for competition until he has fulfilled the disciplinary requirements established by the administration.
7. In the event that a student is assigned an afternoon detention or a "Saturday School" as the result of a classroom problem, he is not allowed to use the excuse of "I have practice/game, so I can't stay." The classroom obligation comes first.
8. The use of alcohol, tobacco, or nonprescription drugs is known to be detrimental to the individual as well as the team he/she represents. Therefore, disciplinary action will be taken, which may result in the removal from the team, should you choose to use any of the above mentioned. The discipline for such an issue will be dictated by administration and/or board of education policy.
9. Each coach/sponsor will establish team rules. The student is expected to comply with team rules and might forfeit his/her eligibility through non-compliance.
10. A student assigned detention by teachers and/or administration must report the detention to the coach/sponsor. The coach/sponsor will determine any additional action to be taken.
11. A student suspended from school, in-house or out of school, will not be permitted to participate in extracurricular or co-curricular activities while on suspension. He/She may become eligible following his/her first day back in regular classes.
12. A student who is expelled or who withdraws from school because of disciplinary action shall not be considered eligible for extracurricular activities for 365 days from the day of expulsion.
13. A student ejected from an activity because of un-sportsman-like conduct shall, at a minimum, be prohibited from participating in the next interscholastic contest or activity at the same level. The student could become ineligible.
14. If you compete under an assumed or false name, you immediately become ineligible.
15. You may not practice for or participate with a non-school team or in any organized non-school athletic competition and for your school team in the same sport during the same season. You may participate on a school team and a non-school team in different sports during the same season; however, you may not practice for the non-school team or participate in organized non-school athletic competition on the same day that you practice with or participate for the school team without prior approval of your school administrator.



16. You may not play at any time on an organized non-school basketball, football, or volleyball team made up only of members of your school team unless: (a) the teams are nontraditional as defined in 235.2-b with limits to out of season; or (b) during the summer months when there is not limit on team rosters/line-ups (235.2-b).
17. In order to participate on or against teams made up of only 7<sup>th</sup> graders, you must not have reached 14 years of age prior to July 1 preceding the opening of school. In order to participate on or against teams made up of only eighth graders, you must not have reached 15 years of age prior to July 1 preceding the opening of school. However, you may participate with the next higher grade when you no longer meet the age limit for your grade.
18. You will be ineligible for 365 days if a person or persons to attend upon promotion or transfer schools for athletic or activities purposes influence you.
19. You shall become ineligible for 365 days if you transfer for athletic reasons defined in MSHSAA By-Law 238.
20. If your conduct as a spectator is found to be un-sportsman-like, you could be barred from attending any extra-curricular contest for that season. The un-sportsman-like conduct of any spectator – regardless of age- could cause that spectator to be barred from attending school contests.



## Board Policies and Regulations

### **STUDENTS**

### ***Policy 2920 (Regulation 2920)***

### **Activities and Athletics**

## Interscholastic Activities and Athletics

The District provides opportunities for students to participate in interscholastic activities and athletics. The interscholastic programs should encourage participation by as many students as possible and should be carried on with the best interests of the students as the primary consideration. The programs are expected to be well organized and well conducted and to have a positive influence on the students and the community.

Participation in interscholastic and extracurricular activities is a privilege and not a right. Interscholastic competition may be withheld from any student as a condition of discipline. Furthermore, all policies that apply to the regular school day apply also to interscholastic competition. Coaches and sponsors may establish policies for their groups in addition to those set out by the Missouri State High School Activities Association.

### ***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 or expulsion from school and from activity/athletic participation.



## **STUDENTS**

## **Policy 2840**

### **Student Services**

#### **Student Accident Insurance**

The Board of Education will provide the opportunity for parents/guardians, students and others to purchase student accident insurance on an annual basis. Each year the Administration will choose a provider offering group rates and will make the information available to District families.

Participation in any group plan is optional and arrangements for participation are the responsibility of the parents/guardians or students. However, all students are required to have insurance coverage before they are allowed to practice or compete in interscholastic athletics, cheerleading, pompon squads and similar groups.





## **STUDENTS**

## ***Regulation 2920***

### **Activities and Athletics**

#### **Interscholastic Activities and Athletics**

Interscholastic competition for secondary school students shall be provided through a variety of activities and athletics. Students are allowed to attain the privilege of representing their school by meeting the standards of eligibility as set forth by the Missouri State High School Activities Association (MSHSAA). These standards may include academic requirements, citizenship, age maximums, passing medical examinations and other items that are posted in the school and discussed by the coaches and sponsors with their students as well as mailed home to the parents/guardians of all student participants.

Interscholastic competition may be withheld from any student as a condition of discipline. Furthermore, all policies that apply to the regular school day apply also to interscholastic competition. Coaches and sponsors may establish policies for their groups in addition to those stated herein.

A student must be in attendance for the full day on days of extracurricular participation. Failure to do so will eliminate the student from practice or participation that day. Exceptions may be granted in special cases.

The following criteria will be followed:

1. Students will meet the eligibility requirements set out by MSHSAA.
2. Any student failing a class may be required to attend study sessions after school.
3. Any student receiving an incomplete grade because of failure to promptly complete work will be placed on the ineligibility list. Incomplete grades resulting from illness or other special circumstances during the last week or two of a grade period may be exempted.
4. Students displaying unacceptable citizenship behaviors may be suspended from participation.
5. Each coach and sponsor will establish written guidelines for their groups. These guidelines shall be presented orally and in written format. A copy of such guidelines will be on file with the principal.

The interscholastic competition program is an integral part of the secondary schools and shall supplement the curriculum program by providing worthwhile experiences to



students that will enable them to develop the attributes of good citizenship. These programs will be administered by the principal/designee.

Participation in interscholastic competition is for students in grades nine through twelve (9 - 12) as determined by the local area athletic conference and the MSHSAA.

Programs of interscholastic competition will be planned in accordance with MSHSAA regulations and conference rules, and will include programs reflective of student interest. All student members should participate insofar as feasible. Access shall be provided contingent on budgetary limitations and in accordance with District guidelines for the following:

1. School facilities.
2. Sponsors and coaches.
3. Scheduling of meetings, practice times and games.
4. Number of events at each level of competition.
5. Equipment, supplies and services.

All faculty sponsors and coaches must hold a valid Missouri State Teacher's Certificate. Non-faculty head coaches must have as a minimum a four-year college degree and a valid Missouri Substitute Teaching Certificate. Non-faculty assistant coaches must have as a minimum a valid Missouri Substitute Teaching Certificate. Non-faculty head and assistant coaches must successfully complete the MSHSAA/NFHS Coaching Principles and Sports First Aid courses. Sponsors and coaches are required to follow all District regulations.

A student engaged in interscholastic competition must portray good citizenship in the school and community. He/she shall be required to be in conformance with all general school rules and regulations, rules established by the sponsors and coaching staff for the program in which he/she is participating, and conformance with the laws of the community.

The District's High School is a member of the MSHSAA. In all interscholastic competition matters, this school will adhere firmly to the rules and regulations of MSHSAA. The MSHSAA handbook will be considered a part of this regulation.



## ***Regulations Governing Student Participation***

A student must be under nineteen (19) years of age on or before July 1 preceding the opening of school, pass a medical examination and have parent/guardian permission. Ninth grade students must not be older than sixteen (16) years of age prior to July 1.

A student shall not be considered eligible while under out-of-school suspension. A student expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal.

A student who is absent from school on the day of an interscholastic contest or on a Friday before an interscholastic contest on a Saturday will not be permitted to participate in said contest without a written release from the school principal.

Credit earned or completed after the close of the semester shall not count as having been earned that semester, except in case of a delayed final examination because of illness certified by a physician. Credit earned in summer school may count for or against the student's record for eligibility purposes if the classes are required for graduation from the local school. Students may count up to one (1) unit of credit for summer school toward establishing their eligibility for the fall semester. Summer school electives will not count toward eligibility.

A student shall not accept a cash or merchandise award in any competition in which MSHSAA member schools compete interscholastically. Awards for participation in nonschool competitions during the summer shall meet the same standards as awards given by schools during the school year.

The student must meet all other eligibility requirements of MSHSAA and the local area high school athletic conference.

Competition by students in organized nonschool-sponsored competition must meet the following conditions:

1. During the season, a student who represents his/her school by competing in an interscholastic contest shall not compete as a member of a nonschool team or as an individual participant in an organized nonschool competition in that same contest.
2. A student may compete in organized nonschool competition in other events in which MSHSAA member schools compete interscholastically if no school time is missed to compete, practice for, or travel to the site of nonschool competition; and if the student does not practice for or compete in the nonschool competition on the same date he/she practices or competes for the school.



District participation in interscholastic competition will be subject to approval by the Board.

Budgeting for the interscholastic competition program will include gate receipts and be incorporated into the general District budget. No expenditures for interscholastic competitions may be made in excess of those listed in the budget without approval by the Superintendent.

### ***Hazing***

Student hazing is expressly prohibited by Board of Education policy. 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 or indirectly 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.

Nonstudents 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 student hazing but fail to take corrective action will be subject to discipline up to and including termination.



## Avenue City School District Activity Participation Rules As Governed by MSHSAA

Student's Name: \_\_\_\_\_

As a participant in the extracurricular activities program in the Avenue City School District, I realize it is a privilege to represent my school. I understand that I am expected to remain free of alcohol, tobacco, and illegal drugs and am expected to exhibit good citizenship at all times. I understand that violation of the Avenue City School District's Board of Education Policies might, by the decision of the coach/sponsor, or administrator, result in my exclusion from extracurricular activities.

Note to Parent: By signing this agreement, you as a parent or guardian are giving permission for the designated student to participate in organized school activities, even though you are signing you are aware of the potential for injury, which is inherent in all activities. Even with the best of coaching, the use of the most advanced protective equipment, and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis, or even death.

Please sign and return after you have read this information.  
Participant will not be allowed until this contract is signed.

I/We acknowledge that I/We have read and understand the above.

School Name: Avenue City School District

Student's Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Student's Signature: \_\_\_\_\_

Parent's/ Guardian's Printed Name: \_\_\_\_\_

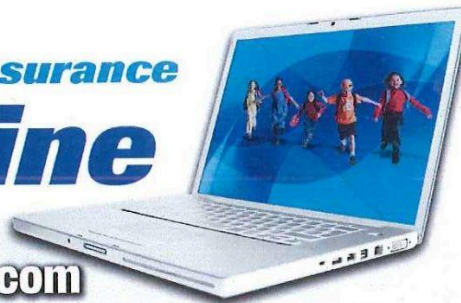
Parent's / Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## K-12 Student Accident Insurance

# Enroll Online



[www.studentinsurance-kk.com](http://www.studentinsurance-kk.com)

Worried about paying for your child's medical care if an accident should happen? K&K's student accident insurance can help.

### K-12 Accident Plans available through your school:

- At-School Accident Only
- 24-Hour Accident Only
- Extended Dental
- Football

### How to Enroll Online

Enrolling online is easy and should take only a few minutes. Go to [www.studentinsurance-kk.com](http://www.studentinsurance-kk.com) and click the "Enroll Now" button.

1. Start by telling us the name of the school district and state where your child attends school.
2. We'll request each student's name and grade level.
3. You'll see the available plans and their rates. Select your coverage and continue to the next step.
4. We'll request information about you, like your name and email address.
5. Next, you'll enter information about the child or children to be covered.
6. Enter your credit card or eCheck payment information.
7. Finally, print out a copy of the confirmation for your records.

For further details of the coverage including costs, benefits, exclusions, any reductions or limitations and the terms under which the policy may be continued in force, please refer to [www.studentinsurance-kk.com](http://www.studentinsurance-kk.com). Student is able to purchase the coverage only if his/her school district is a policyholder with the insurance company.

¿Le preocupa tener que pagar la atención médica de su hijo si ocurre un accidente? El seguro contra accidentes para estudiantes de K&K puede ayudarlo.

### Planes de cobertura en caso de accidente para K-12 disponibles a través de su escuela:

- Sólo accidentes en la escuela
- Sólo accidentes, 24 horas
- Dental extendido
- Fútbol

### Cómo inscribirse en línea

Inscribirse en línea es fácil y sólo le tomará unos pocos minutos. Visite [www.studentinsurance-kk.com](http://www.studentinsurance-kk.com) y haga clic en el botón "Enroll Now" ("Inscribirse ahora").

1. Comience por decirnos el nombre del distrito escolar y el estado en el que su hijo(a) va a la escuela.
2. Solicitaremos el nombre y el grado de cada uno de los estudiantes.
3. Verá los planes disponibles y sus tarifas. Seleccione su cobertura y continúe con el siguiente paso.
4. Le solicitaremos información sobre usted, como su nombre y dirección de correo electrónico.
5. Después, ingresará la información acerca del niño o niños que recibirá(n) cobertura.
6. Ingrese la información de pago de su tarjeta de crédito o eCheck.
7. Finalmente, imprima una copia de la confirmación para sus registros.

Para obtener más detalles sobre la cobertura, incluidos costos, beneficios, exclusiones y reducciones o limitaciones y los términos en virtud de los cuales esta póliza podría continuar en vigencia, consulte [www.studentinsurance-kk.com](http://www.studentinsurance-kk.com). Los estudiantes pueden comprar la cobertura únicamente si su distrito escolar es titular de una póliza con la compañía de seguros.



## MSHSAA Preparticipation Physical Forms/Procedure

**Medical History Form (Step 1): Issued to Student/Parent(s)/Guardian, Completed by Student/Parent(s)/Guardian, Taken to Healthcare Professional (MD/DO/ARNP/PA/DC), Retained by Healthcare Professional.**

**Note:** If the student is under 18 years old, the Medical History questions are to be completed with assistance from parent(s)/guardian(s).

**Note:** The health care professional (MD/DO/ARNP/PA/DC) who completes the pre-participation examination (PPE) shall keep this Medical History form in the patient's files for their records.

**This Medical History form is NOT returned to the school.**

MEDICAL HISTORY				
Name:	Date of Birth:			
Sex assigned at birth (F, M or intersex):	How do you identify your gender? (F, M or other):			
List past and current medical conditions:				
Have you ever had surgery? If yes, list all past surgical procedures:				
Medicines and supplements: List all current prescriptions, over-the-counter medicines and supplements (herbal and nutritional):				
Do you have any allergies? If yes, please list all of your allergies (i.e., medicines, pollens, food, stinging insects):				
PATIENT HEALTH QUESTIONNAIRE VERSION 4 (PHQ-4)				
Over the last 2 weeks, how often have you been bothered by any of the following problems (Circle response).				
	Not at All	Several Days	Over Half the Days	Nearly Every Day
Feeling nervous, anxious or on edge:	0	1	2	3
Not being able to stop or control worrying:	0	1	2	3
Little interest or pleasure in doing things:	0	1	2	3
Feeling down, depressed or hopeless:	0	1	2	3
<b>A sum of <math>\geq 3</math> is considered positive on either subscale (questions 1 and 2, or questions 3 and 4) for screening purposes.</b>				

(Medical History Continued – Next Page)





Explain “Yes” answers at the end of this form. Circle questions if you don’t know the answer.

GENERAL QUESTIONS	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6. Does your heart ever race or skip beats (irregular beats) during exercise?		
7. Has a doctor ever told you that you have any heart problems?		
8. Has a doctor ever ordered a test for your heart? (For example, electrocardiography (ECG) or echocardiography?)		
9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car crash)?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTs), Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		
BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament or joint injury that bothers you?		

MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems?		
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you, or does someone in your family, have sickle cell trait or disease?		
24. Have you ever had, or do you have, any problems with your eyes or vision?		
25. Do you worry about your weight?		
26. Are you trying to, or has anyone recommended, that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

<b>IF “YES,” EXPLAIN ANSWERS HERE</b>

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of Student:
Signature of Parent(s) or Guardian:
Date:





Revised - April - 2023

**Preparticipation Physical Examination Form (PPE) (Step 2): Issued to Student/Parent(s)/Guardian, Taken to Healthcare Professional (MD/DO/ARNP/PA/DC), Retained by Healthcare Professional.**

**Note:** This PPE form is the recommended PPE form intended for guiding the healthcare professional (MD/DO/ARNP/PA/DC) with the completion of a preparticipation physical evaluation.

**Note:** The health care professional (MD/DO/ARNP/PA/DC) who completes the pre-participation examination shall keep this PPE form in the patient's files for their records. **This PPE form is NOT returned to the school.**

**PRE-PARTICIPATION PHYSICAL EXAMINATION**

Name:	Date of Birth:
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EXAMINATION		
Height:	Weight:	
BP: / ( / )	Pulse:	Vision: R 20/ L 20/ Corrected: <input type="checkbox"/> Yes <input type="checkbox"/> No
MEDICAL		
	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse (MVP) and aortic insufficiency)		
Eyes, ears, nose and throat • Pupils equal • Hearing		
Lymph Nodes		
Heart* • Murmurs (auscultation standing, auscultation supine and +/- Valsalva maneuver)		
Lungs		
Abdomen		
Skin • Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA) or tinea corporis		
Neurological		
MUSCULOSKELETAL		
	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional • Double-leg squat test, single-leg squat test and box drop or step drop test		

\* Consider electrocardiography (ECG), echocardiogram, referral to cardiology for abnormal cardiac history or examination findings, or a combination of those.

**Physician Reminders:**

Consider additional questions on more-sensitive issues.

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, chewing tobacco, snuff or dip?
- During the past 30 days, did you use chewing tobacco, snuff or dip?
- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt, use a helmet and use condoms?



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Proceed to next page for  
Medical Eligibility Form



**MSHSAA Medical Eligibility Form (Step 3):**  
Issued to Student/Parent(s)/Guardian, Taken to/Completed by Healthcare Professional (MD/DO/ARNP/PA/DC), Copy Retained by Healthcare Professional, Returned to School Administration.



**Note:** This Medical Eligibility form is the form to be used by a healthcare professional (MD/DO/ARNP/PA/DC) for granting a medical release for a student to participate in All Sports – Spirit – Marching Band after the completion of a preparticipation physical evaluation.

**Note:** The health care professional (MD/DO/ARNP/PA/DC) must complete this form, retain a copy in the patient's files for their records and issue this form to the student/parent.

**This Medical Eligibility form MUST be returned to the school.**

NAME (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (Middle Initial) \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Age \_\_\_\_\_ Sex assigned at birth (F,M, intersex) \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ City \_\_\_\_\_  
Present Address \_\_\_\_\_ Telephone \_\_\_\_\_

- Medically eligible for all Sports-Spirit-Marching Band without restrictions for two (2) years.
- Medically eligible for all Sports-Spirit-Marching Band without restriction for two (2) years with recommendations for further evaluation or treatment of: \_\_\_\_\_
- Medically eligible for all Sports-Spirit-Marching Band without restriction for less than two (2) years. Specify reasons and duration of approval: \_\_\_\_\_
- Medically eligible for certain Sports-Spirit-Marching Band: \_\_\_\_\_
- NOT medically eligible for Sports-Spirit-Marching Band
- NOT medically eligible pending further evaluation: \_\_\_\_\_

I have examined the above-named student and completed the pre-participation physical evaluation. Unless otherwise indicated, the student does not present apparent clinical contraindications to practice and participate in the sport(s) or activities as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the student has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the student (and parents/guardians).

Name of health care professional (Print/Type) \_\_\_\_\_  
Signature of Healthcare Professional (MD/DO/PA/ARNP/DC): \_\_\_\_\_  
Clinic Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_ Date of Examination \_\_\_\_\_  
Student's Physician \_\_\_\_\_ Student's Dentist \_\_\_\_\_