

**KIRKWOOD HIGH SCHOOL**



Student/Parent  
Athletic Handbook

**2013-2014**

# Welcome to the KHS Athletic Office!

Kirkwood High School Athletics ▪ 801 W. Essex ▪ Kirkwood MO 63122

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Sports Schedules Online—[www.pioneerathletics.org](http://www.pioneerathletics.org)

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## The Pride of the Pioneer

As a member of a Kirkwood Pioneer Athletic Team, you stand with pride as you don the red and white. You continue a rich history and tradition including State, sectional and district championships. You are the generation that will lead the next; working to be the best, both on and off the field.

Stand with pride—you are a Pioneer!



## The Athletic Program

The Kirkwood High School athletic program is an extension of the overall educational program. Its purpose is to provide educational experiences that will help high school youth to acquire knowledge, skill and emotional control that will contribute to the highest type of citizenship. We attempt to instill in our students a strong desire to strive for excellence. We encourage our students to be courteous in winning and gracious in defeat.

The athletic experience fosters those attributes of good citizenship such as a sense of fair play, respect for others, proper attitudes, high ideals and self-discipline.

Kirkwood High School maintains membership in the Missouri State High School Activities Association (MSHSAA), the St. Louis District High School Athletic Association and the St. Louis Suburban Public High School Athletic Conference. Athletic competition is governed by the rules and regulations of these organizations with the exception of local rules which may be adopted where necessary.

In addition, Kirkwood High School competes in the eight-member Suburban South Conference consisting of the following schools: Kirkwood, Parkway Central, Parkway North, Parkway West, Rockwood Summit, Seckman, University City and Webster Groves.

# OUR MISSION

## Athletic Vision Statement

The Kirkwood High School athletic program will be a collaborative effort of parents, students and staff to prevent failure and ensure athletic success for each student participant.

## Athletic Mission Statement

The goal of the Kirkwood High School athletic program is to produce distinctive teams, with coaches and athletes who reflect principles of integrity, hard work and excellence. Our philosophy of placing athletes first and winning second is designed to help young men and women learn that striving for victory should only be done in an atmosphere of fair play and good sportsmanship.

## Academic Eligibility, Enrollment and Attendance

To be eligible for participation in Kirkwood High School athletics, a student must meet the following standards:



1. Be legally enrolled as a student at Kirkwood High School.
  
2. Have a completed, valid (after February 1, 2013) physical packet on file in the KHS Athletic Office. *(See procedure on pg 4.)*
  
3. Be enrolled in 3.0 units of credit in the semester/s of participation.
  - All 9<sup>th</sup> – 12<sup>th</sup> graders must pass 3.0 units of credit in the semester preceding the season of competition to be academically eligible.
  
  - All incoming 9<sup>th</sup> graders gain academic eligibility to participate in athletics in the first semester.
  
  - *Note: A student who was academically ineligible the preceding semester, but meets the academic standard at the close of that semester becomes eligible the fifth day he/ she attends classes in the succeeding semester.*



4. Be present at least  $\frac{1}{2}$  day of any school day for participation in practices, games or meets on that day. (Any exceptions must be ruled upon by the high school principal.)

5. All athletes must participate in 14 practices until he/she may be allowed to participate in an official contest. *Exceptions: Fall Girls' Golf, Softball, Boys' and Girls' Tennis are required to participate in only 10 practices.*

- *Note: Students who have participated in and completed a preceding athletic season are exempt from the practice rule stated above. This exemption covers winter and spring athletes only in the given academic year.*

6. Comply with other Missouri State High School Activities Association (MSHSAA) policies.

## Physicals & Permission Forms

If a student intends to play sports for the Kirkwood Pioneers, he/she must have a completed physical packet on file in the athletic office prior to participation. (*Please note: A **new** physical packet must be completed for each school year a student plans to participate in a sport.*)

1. **Physical:** The physical must be administered and signed by a doctor. A valid physical is dated after Feb. 1, 2013. Please note that no student will be allowed to participate in any manner (tryouts, practice or games), without a completed physical packet on file in the athletic office.
2. **Other Forms:** There are three additional forms that make up the physical packet. All of these forms must be filled out in full and include parent/guardian signatures, student signatures, basic accident (medical) insurance information and emergency/contact information.
3. **Insurance:** Every student must have basic accident (medical) insurance coverage to participate in athletics. This information is to be provided on the permission form and must include company name and policy number.

All forms in the physical packet **MUST** be returned TOGETHER to the KHS ATHLETIC OFFICE.

4. **Practice Card (postcard size card):** Once the student has a physical and permission card on file in the athletic office, the student is issued a practice card. The athlete will take this card to practice and give it to the coach. No athlete will be able to participate without the coach having this card. Athletes need a new card for each season of competition.

**GET IT**

### Get Your Forms

Physical and permission card forms are available in the athletic/main offices and online at:

[www.pioneerathletics.org](http://www.pioneerathletics.org)

(Click on FORMS / PHYSICAL INFORMATION tab located in the left menu bar and then click the pdf icon PHYSICAL FORMS. The forms will open and allow you to print.)



# Code for Interscholastic Athletics & Activities

Students who participate in athletics and co-curricular activities are thought of as school leaders. These students represent the school in the eyes of the community and serve as role models for other students. As a result, these students are held to a high standard of conduct. They need to maintain their physical and mental well-being not only while at school and school-sponsored activities, but at other times as well. To achieve these ends, Kirkwood High School (KHS) has developed a prevention program which includes a Student Pledge. The Student Pledge must be signed by students in order to participate in athletic and co-curricular activities, and parents are likewise requested to indicate their support of the Code by signing the Pledge along with their child.

Participation in athletics and co-curricular activities is a privilege and not a right. Such activities are governed by the Missouri State High School Activities Association (MSHSAA), the St. Louis Suburban High School Athletic Conference (SLSHSAC), and the policies of the Kirkwood School District. The Official Handbook of the Missouri State High School Activities Association states, "to be eligible to participate in school athletics/activities is a privilege not an inherent right." This particular privilege is granted if you meet the eligibility standards as set forth by the Missouri State High School Activities Association. According to the MSHSAA eligibility standards, students/athletes must be good citizens in their school and community. A student whose character or conduct is such to reflect discredit upon himself/herself or his/her school is not considered a creditable citizen. His/her conduct shall be satisfied in accord with standards of good discipline."

The privilege of being on a team or in an organization carries with it the responsibility of good citizenship, abiding by conditions, training rules, and citizen requirements.

## CONDITIONS OF ELIGIBILITY

1. Students must have a current physical examination for athletics, cheerleading, or pom pons. Physicals dated after February 1<sup>st</sup> of the preceding school year are valid throughout the present school year.

## Code of Conduct continued

2. Students must have a signed parent permission form on file for the sport in which they are participating.
3. Students must submit evidence of medical insurance that covers the student in case of injury. (Any falsification of a signature on above documents will eliminate student participation.)
4. Students must have earned 3.0 units of credit the previous semester. Credits earned or completed in summer school can fulfill this requirement. Students may only earn 1.00 credits in summer, after the close of the semester.
5. If a student is a beginning ninth grade student, he or she must have been promoted at the close of the school year.
6. Students must enroll in a minimum of 3.0 credits during the semester of competition.
7. Students must have all non-school competition approved by their coach/sponsor or Athletic Administrator.

Failure to meet the conditions prior or during the athletic season shall disqualify the student from participation until the condition is met or corrected.

### TRAINING RULES:

Medical research clearly substantiates the fact that the use of tobacco, alcohol and any type of mood modifying substances produces harmful effects on the human organism.

Students have to decide if they want to be athletes. If a student does wish to be an athlete, he or she must make the commitment to be a competitor. A big part of this commitment is following a simple set of training rules which the department of athletics believes to be fair.

**No Tobacco**—Students shall not use or possess any tobacco products, including but not limited to smokeless tobacco (such as dip or chew), cigarettes and cigars

**No Alcohol**—Students shall not use or possess any alcoholic beverage of any kind, including but not limited to beer, wine, and hard liquor.

**No Drugs**—Students shall not use or possess any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, steroids, or other controlled substance of any kind.

These rules apply to student athletes only during the athletic season(s) in which they participate and to students in other activities only during that part of the school year in which the activity in which they participate (including school-sponsored preparation therefore) is taking place. During that period of time, the rules apply twenty-four (24) hours per day, both at school and away from school.



## **PENALTIES FOR VIOLATIONS OF TRAINING RULES**

**VOLUNTARY ADMISSION** - The purpose of this provision is to allow the student to seek help and may not be used by a student if the training rule violation is already known by the school or a school representative. Voluntary admission of a violation of the training rule will not result in suspension, but will be handled as a first violation for all other purposes. In such a case, the student is required to meet with an intervention counselor. This provision may be used only one time by an athlete.

**FIRST VIOLATION**- The first violation that is not based on a voluntary admission shall result in the student being suspended from team competition or from all co-curricular activities for a period of up to ten (10) school days. After completion of the suspension, a reinstatement meeting will be held involving the student, his or her parents or guardian, the coach or sponsor, and the athletic director to allow the student to recommit to being free of the substances banned by the training rules. If, in the sole discretion of the school officials, the student recommit, he or she will be allowed to again participate in the sport or activity from which he or she was suspended. If the suspension is not fully administered during that sport season or activity period, the remainder of the suspension may be applied to the same sport the following calendar year or to the next interscholastic sport season/activity period in which the student participates.

**SECOND VIOLATION**- The second violation shall result in the student being suspended from team competition or from all co-curricular activities for a period of up to forty-five (45) school days. After completion of the suspension, a reinstatement meeting will be held involving the student, his or her parents or guardian, the coach or sponsor, and the athletic director to allow the student to recommit to being free of the substances banned by the training rules. If, in the sole discretion of the school officials, the student recommit, he or she will be allowed to again participate in the sport or activity from which he or she was suspended. If the suspension is not fully administered during that sport season or activity period, the remainder of the suspension will be applied to the next interscholastic sport season or activity period in which the student participates. If the penalty is not fully administered during that sport season or activity period, the remainder of the penalty may be applied to the same sport the following calendar year or to the next interscholastic sport season/activity period in which the student participates.

**THIRD VIOLATION**- The third violation shall result in the student being suspended from team competition or from all co-curricular activities for a period of up to one hundred and eighty (180) school days. After completion of the suspension, a reinstatement meeting will be held involving the student, his or her parents or guardian, the coach or sponsor, the athletic director, and the principal to allow the student to recommit to being free of the substances banned by the training rules. If, in the sole discretion of the school officials, the student recommit, he or she will be allowed to again participate in the sport or activity from which he or she was suspended. If the suspension is not fully administered during that sport season or activity period, the remainder of the suspension may be applied to the same sport the following calendar year or to the next interscholastic sport season/activity period in which the student participates.

## Code of Conduct continued ▪ Administration of the Code

### PROCEDURES FOR SUSPENSIONS:

The following procedures shall apply in violations of Training Rules:

1. Violations may be deemed verified based upon first hand knowledge of an authorized adult, which shall be defined as a coach, sponsor, administrator, teacher, police officer, the student's parent or guardian, witnesses to the incident, or by the admission of the student.
2. Students in athletics and activities who violate the school district's rules and regulations on drug, tobacco, or alcohol use or possession are subject to the established procedures and consequences of the school district's discipline policy in addition to the procedures and discipline set for herein.
3. Prior to the suspension of a student from a team competition or co-curricular activity for a first violation, the athletic director or activity administrator, along with the coach or sponsor, shall hold an informal conference with the student wherein: (1) the student shall be informed of the alleged violation of the Training Rules; (2) the student's parent or guardian will be contacted immediately; (3) if the student denies the allegation, the student shall be given an explanation of the facts which form the basis for the proposed suspension; (4) the student shall be given an opportunity to present his or her version of the incident. In determining whether there has been a first violation of the Training Rules, the athletic director or administrator and coaches or sponsors shall review relevant evidence including the statements of those individuals who have been interviewed, as well as that of the student, and determine whether a violation has occurred. The decision of the athletic director or administrator may be appealed to the Principal by the end of school the following day upon submission of a written letter to the Principal. The Principal shall review the report of the athletic director or administrator, shall tell the student the basis and facts related to the violation, and give the student an opportunity to present his or her version of the facts or the incident. The Principal may uphold or overrule the decision in part or in whole.
4. Prior to the suspension of a student from a team competition or co-curricular activity for a second or third violation, the athletic director or activity administrator along with the coach or sponsor shall hold an informal conference wherein: (1) the student shall be informed of the alleged violation of the Code; (2) the student's parent or guardian will be contacted immediately; (3) if the student denies the allegation, the student shall be given an explanation of the facts which form the basis for the proposed suspension; (4) the student shall be given an opportunity to present his or her version of the incident. The decision of the athletic director or administrator may be appealed to the Principal upon submission of a written letter by the end of school the following day to the Principal. The Principal shall review the report of the athletic director or administrator, shall tell the student the basis and facts related to the violation, and give the student an opportunity to present his or her version of the facts or the incident. The Principal may uphold or overrule the decision in part or in whole. The decision of the Principal may be appealed to the Superintendent upon submission of a written letter to the Superintendent. The Superintendent shall review the report of the ath-



letic director or administrator, shall tell the student the basis and facts related to the violation, and give the student an opportunity to present his or her version of the facts or the incident. The Superintendent may uphold or overrule the decision in part or in whole.

### CITIZENSHIP REQUIREMENTS\*

1. Students shall abide by all School rules, School Board Policies and all MSHSAA Rules.
2. Students shall attend team practices and meetings and abide by the team rules.
3. Students shall not violate Municipal, County, State, or Federal laws (See MSHSAA By-law 2.2—Citizenship Requirements).

Failure to abide by the Citizenship Requirements may be subject to possible immediate suspension from the activity for such time as is determined by the Coach or Sponsor, Athletic Director or Activities Director, and the Principal. In the event of a conviction, or suspended imposition of sentence, or suspended execution of sentence, the student shall not be reinstated until such time as conditions of probation or sentencing such as community service, treatment, or restitution are completed, and then only upon the approval of the Coach, Athletic Director and the Principal.

***\*MSHSAA By-Law 2.24—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.*

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## Administration of the Athletic Code

- The Athletic Code is an important document that clarifies the expectations of each student who participates in the Kirkwood athletic program.
- The signature of the student-athlete on the permission card indicates the athlete's commitment to abide by these standards.
- The signature of the parent on the permission card indicates the parent's commitment to support by these standards.
- Each student-athlete will receive a copy of the complete Athletic Code of Conduct in the KHS Athletic Packet.
- If the student does not have the signed code/parent permission of file in the athletic office then that student forfeits his/her right to participate in that sport/activity.
- Penalties for violations of the code will be determined by procedures outlined in the Code of Conduct. Understand that while penalties for violations are consistent with the Kirkwood High School Student Discipline Code, additional penalties may be enforced depending on the severity of the action or where and when the action occurred. All penalties are subject to appeal and review as outlined in the Code of Conduct.

Give it up for your...  
**PIONEER COACHES**

Baseball—Ken Shaw  
 Boys Basketball—Bill Gunn  
 Girls Basketball—Brad Sutterer  
 Cheerleaders—Jessica Williams  
 Boys Cross Country—Wayne Baldwin  
 Girls Cross Country—Pam Harris  
 Field Hockey—Whitney Ladwig  
 Football—Matt Irvin  
 Boys Golf—BJ Kenyon  
 Girls Golf—Shawn Owens  
 Girls Lacrosse—Whitney Ladwig  
 Pom Pons—Jessica Ladd  
 Boys Soccer—Chris Steinmetz  
 Girls Soccer—Phil Cotta  
 Softball—Amy Leatherberry  
 Boys Swim & Dive—Matt Beasley  
 Girls Swim & Dive—Matt Beasley  
 Boys Tennis—Nick Jannett  
 Girls Tennis—Nick Jannett  
 Boys Track & Field—Roberta McWoods  
 Girls Track & Field—Roberta McWoods  
 Boys Volleyball—Keith Touzinsky  
 Girls Volleyball—Julie Goodmann  
 Water Polo (Co-ed)—Reza Behnam  
 Wrestling—Craig Dickinson

To contact a coach, visit [www.pioneerathletics.org](http://www.pioneerathletics.org).



# FALL SPORTS

Boys Cross Country  
Girls Cross Country  
Field Hockey  
Football  
Girls Golf  
Boys Soccer  
Boys Swim and Dive  
Softball  
Girls Tennis  
Girls Volleyball

Fall & Winter  
Cheerleaders  
Dance Team

# SPRING

Baseball  
Boys Golf  
Girls Lacrosse  
Girls Soccer  
Boys Tennis  
Boys Track & Field  
Girls Track & Field  
Boys Volleyball  
Water Polo (Co-ed)

Boys Basketball  
Girls Basketball  
Girls Swim & Dive  
Wrestling

# WINTER

## Team Selection Process

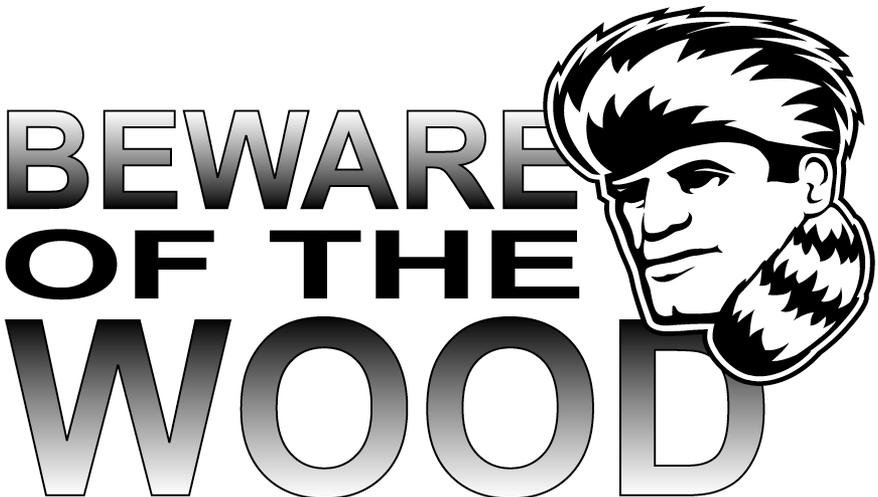
Every effort will be made to avoid a "cut" system to determine team composition, especially at the lower levels. However, size limitations sometimes necessitate competitive tryouts and the need to cut.

All tryout dates and times will be announced. Individual team coaches will conduct the tryouts and outline their expectations and tryout procedures. Team membership does not guarantee playing time or position. Should a student be cut during a tryout, attempts will be made to place these students on other sports teams.

## Team Attendance Practices/Games

Students are expected to attend every practice and game. Practices are typically Monday through Friday, although practices and games are frequently conducted on weekends depending on the schedule. Coaches will go over practice schedules at the beginning of the season. Students need to notify coaches in advance if it is absolutely impossible to attend a practice or game.

Excused absences for sickness, emergencies, academic conflicts may occur, however, excessive absences may result in loss of playing time or dismissal from the team. Unexcused absences may result in loss of playing time and dismissal from the team.





# Transportation

Part of the "team" experience for student-athletes is riding to and from away events with team members and the coaching staff. Therefore, students are expected to ride the team bus to and from all events. Alternative transportation arrangements may be made with the coach/sponsor and parent in advance and must be made in writing.

The athletic office will make every effort to provide transportation to and from all scheduled contests. In the event transportation is not available, students may be asked to make their own travel arrangements. The athletic office will work with coaches to ensure bus times meet the needs of each team.

## VTS Athletes

Head Coaches of each sport level will make arrangements for Voluntary Transfer Student transportation needs. Please notify your coach if you will need transportation arrangements made. Reasons to arrange transportation for VTS students:

- Weekend, Holiday and Non-School day transportation for contests/practices (arrival and take home transportation)
- Take home transportation after contests on school days later than 5:45 PM.

## Activity Buses

### Bus to NKMS: Bus #1

- Departs KHS Dougherty Ferry Parking Lot at 2:47 PM
- Departs North Kirkwood Middle School at 5:15 PM back to KHS

### VTS Activity Buses

- Departs KHS Dougherty Ferry Parking Lot at 4:30 PM on all school days
- Departs KHS Dougherty Ferry Parking Lot at 5:45 PM on all school days

### Kirkwood Activity Bus

- Departs KHS Dougherty Ferry Parking Lot at 4:30 PM on all school days

*Please Note: Times are subject to change depending on school days and special situations.*

## Equipment and Uniforms

1. All equipment and uniforms issued by a coach at KHS are considered property of Kirkwood High School.
2. Athletes are responsible for the care of equipment and uniforms during the season of competition.
3. Once the season is completed, all uniforms and equipment issued must be returned immediately.
4. Students who do not return uniforms/equipment will be placed on hold for the cost of replacement and will not be allowed to compete in a subsequent sport season until the hold has been paid or the equipment has been returned.
5. Students assume the responsibility for any damage to equipment or uniforms that occurs outside the normal use for a KHS athletic practice or competition.
6. Uniforms and practice gear are only to be worn at KHS practices and for game day competitions.
7. Uniforms and practice gear are not to be worn for physical education classes.

**NOTE**

## Locker Room Procedures

1. Only students that have been assigned lockers by a coach may use lockers for athletics.
2. Lockers assigned for athletics may be used during the current season only. Use of the locker beyond the season is not permitted.
3. Sharing of lockers is strictly prohibited.
4. At the end of each athletic season, belongings left in lockers will go to the lost and found.
5. Students found violating locker procedures and expectations, will lose locker room privileges.
6. If you have a problem with a locker, notify your coach or a member of the athletic staff immediately.

**NOTE**

*Please Note: The KHS administration highly recommends bringing as few valuables (such as money, cell phones, ipods, jewelry) to school when possible.*

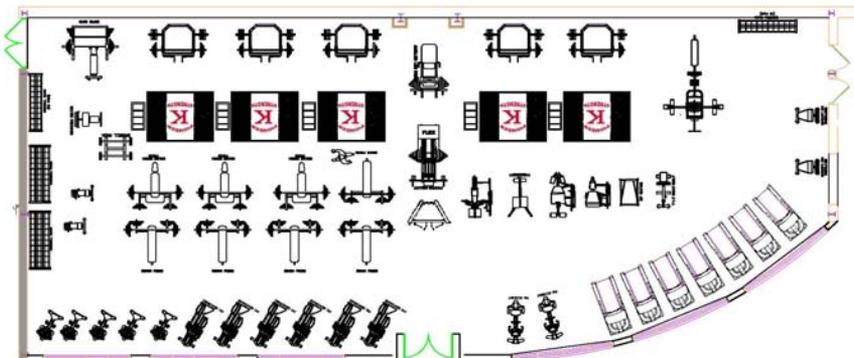


# Fitness Center Info

There are two state of the art Fitness Centers located in the athletic facility at Kirkwood High School. Use of the facility by athletic teams will be coordinated through the athletic office and head coaches. Students at KHS have the ability to use the weight room for personal/off-season use as well. Below are some general guidelines for use of the weight room.

## General Use Guidelines

- Times: School days, Monday through Friday from 3:05 PM – 4:15 PM. (Hours are subject to change.)
- Students will ONLY be allowed to use the room under supervision of a staff member.
- General use will require a KHS permanent ID and proper clothing (athletic).
- Students will be expected to sign in upon arrival and must be in the room by 3:05 PM.
- Personal belongings and backpacks are to be left in locker areas at all times.
- Food and beverages are prohibited. Bottled water is OK!
- If you have any questions above Fitness Center use, please contact the Athletic Office.



## Parking Information

The following are parking recommendations for attending athletic events at Kirkwood High School (KHS).

1. The Dougherty Ferry and Essex Parking Lots are to the north and south of Kirkwood High School (see map→) and are the best locations to park when attending an athletic event in at KHS.
2. Parking from either location provides the quickest and most direct access to the gyms, fields and stadium.
3. Tickets for events in the Varsity Gym are sold in the lobby at the Main (South) entrance (A on map) to the gym.
4. Tickets for events in the Stadium are sold at the Stadium Press Box (B on map) and the Athletic Complex lobby (C on map).

*Please Note: Additional ticket locations may be added based on event.*

**NOTE**

5. The Chopin Parking Lot is reserved for KHS staff, officials and game personnel.



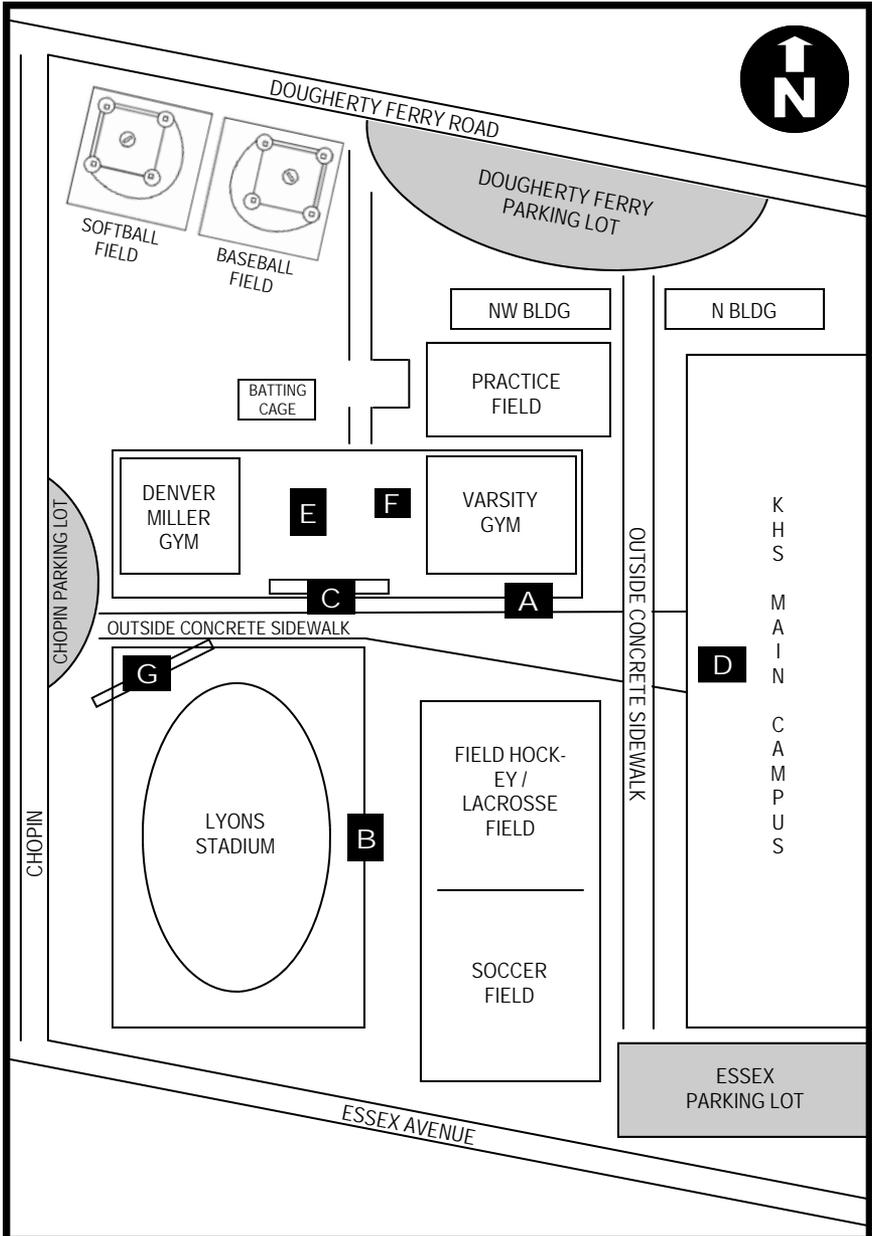
Students are prohibited from parking on the Chopin Lot on school days.

### Map Legend

- A— Varsity Gym Main Entrance & Ticket Sales for Gym Events
- B— Stadium Press Box & Ticket Sales for Stadium Events
- C— Athletic Complex Lobby & Alternate Ticket Sales for Stadium Events
- D— Main Office
- E— Athletic Training Room & Athletic Trainer's Office
- F— Athletic Department Office
- G—ADA Entry & Ticket Sales for Stadium Events



# Map of KHS



## Non-School Competition

- Students are generally **NOT** permitted to participate in the school sport on non-school/select teams during the school sport season. (See MSHSAA by-law 3.13.)
- Students **ARE** permitted to play different sports during the school sport season provided:
  - 1) No school time is missed and
  - 2) the student shall not practice for or compete in a non-school activity on the same date he/she practices or competes for his/her school team, **without seeking prior approval from the Athletic Director.**

*Note: Exceptions—See MSHSAA by-law 3.13.*

## Residence & Transfer Requirements

Students considering a school transfer should consult with the Athletic Director prior to a transfer. Students could become ineligible for 365 days or receive restricted eligibility for 365 days if the MSHSAA guidelines are not followed carefully. (See MSHSAA by-law 3.10, VTS students refer to MSHSAA Board Policy in MSHSAA handbook.)

## Athletic Injuries

An injured athlete should notify the coach or trainer immediately. Please report all information regarding injury treatment from your personal physician to the coach and athletic trainer. This will ensure no athlete returns to competition prematurely.

***Please Note: An athlete must have written notification from a physician to return to competition and this notification must be filed with the athletic trainer.***

### Absolutes in Athletics

Everyone will make mistakes. Only some can play at a time. Coach determines who plays. Always a winner and a loser. Coach will play to win.



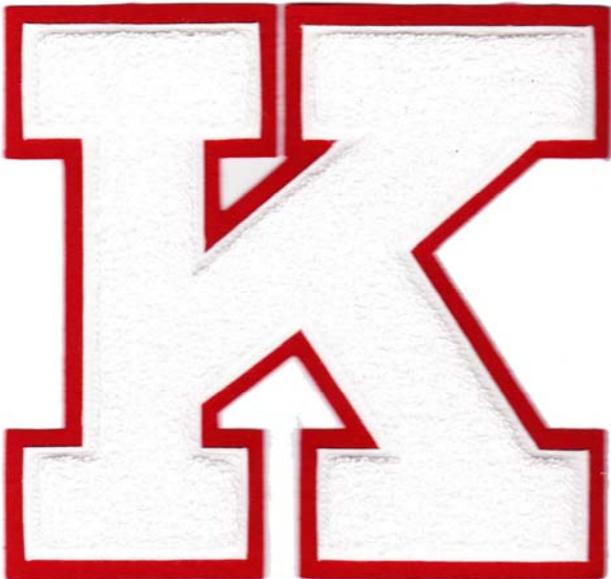
## Sports Banquets and Awards

Head Coaches will coordinate the information about sport specific banquets with the approval of the Athletic Director. Coaches will also inform students of criteria for "letter" awards and certificates at the beginning of the season.

## Year End Awards

The Kirkwood Athletic Department has established the following Senior Athletic Awards with winners to be recognized the Annual KHS Awards Assembly conducted each spring.

- Post Dispatch Scholar-Athlete
- U.S. Army Reserve Scholar-Athlete
- Denver Miller Scholarship Award (1 recipient for a student who has excelled in mathematics, and in basketball or baseball) given by KSD Foundation
- Outstanding Senior Male Athlete and Outstanding Senior Female Athlete



## Parent/Coach Communication (Recommended Guidelines)

### 1. Communication You Should Expect from Your Child's Coach

- A. Philosophy
- B. Expectations for the team
- C. Locations and times of practices and contests
- D. Team requirements
- E. Team Policies/Procedures

### 2. Appropriate Concerns to Discuss with Coaches

- A. The treatment of your child, mentally or physically
- B. Ways to help your child improve
- C. Concerns about your child's behavior
- D. How your child can help the team to be competitive

### 3. Inappropriate Concerns to Discuss with Coaches

- A. Playing time
- B. Team strategy
- C. Play calling
- D. Other student/athletes

### 4. Parent/Coach Conferences

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

- A. The student athlete must bring the issue to the coach's attention.
- B. If the issue needs further attention, contact the coach for clarification or to set up a conference.

***NOTE: Please do not attempt to confront a coach before or after a contest or practice.***

- C. All conferences should include the coach, parent and athlete.
- D. If a resolution cannot be reached, the parent may then call to set up an appointment with the athletic director, coach and athlete.



## 10 Commandments for Parents with Athletes

1. Make sure your children know that win or lose, you appreciate their efforts and are not disappointed in them.
2. Be honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful—but don't coach them. It is tough not to, but it is tougher for the child to be inundated with advice, pep talks and critical instruction.
4. Try not to live your athletic life through your children in a way that creates pressure. Don't pressure them because of your lost pride.
5. Don't compete with the coach.
6. Don't compare the skills, courage, or attitudes of your child with other team members.
7. Get to know the coach so you can be assured the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his/her leadership.
8. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and invest time before overreacting.
9. Understand courage, and that it is relative. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.
10. Always remember "It's just a game" and encourage your child to have fun.

# BOOKMARK

## Helpful Information

### Pioneer Athletics Online

Want the latest information on Pioneer schedules, rosters, news and more? Go to [www.pioneerathletics.org](http://www.pioneerathletics.org) for the most up-to-date information on game day event dates, times, cancellations, reschedules and directions to opposing schools.

### Sports Pictures

Want to hold on to your son or daughter's MVP moment? Go online to purchase team and individual pictures from our professional photographer at [www.WagnerPortraitGroup.com](http://www.WagnerPortraitGroup.com). Use password: KHS. These pictures will be available for approximately the first month after each season begins.

### Athletic Resources

Question about an athletic rule or regulation? Check out the Missouri State High School Activities Association (MSHSAA) website at [www.mshsaa.org](http://www.mshsaa.org). From district, sectional and state assignments to recent news on individual sports, the MSHSAA website is a wonderful resource.

Is your athlete college bound? Check out the National Collegiate Athletic Association (NCAA) website at [www.ncaa.org](http://www.ncaa.org). Get the latest information on the clearing house and other college athlete tips.





# CALENDAR

## 2013

First Practice, Fall Sports ..... August 12

First Practice, Winter Sports ..... November 4

First Practice, Girls Swim & Dive ..... November 18

## 2014

First Practice, Water Polo ..... TBA

First Practice, Spring Sports ..... March 3

First Practice, Fall Sports ..... August 4



## Pioneer Boosters, Inc.

The Pioneer Boosters, Inc. (PBI) is a volunteer parent organization that provides financial support to all teams and sports in the Kirkwood High School athletic program. Parent volunteers raise money through concession stand work at KHS home games, advertising sales in the "Pioneer Pride" program, and PBI membership dues. Additionally, the PBI sponsors an annual golf tournament called the Denver Miller Golf Classic.

Would you like to join the PBI?

Go to [www.pioneerathletics.org](http://www.pioneerathletics.org), click on the Pioneer Boosters, Inc. tab to the right for more information.

## Fight Song—Varsity Valor

Kirkwood, Kirkwood,  
On You Pioneers,  
Fight, team, fight!  
Down the field,  
A touchdown every time—

Red and White!

Kirkwood, Kirkwood,  
Victors you will be,  
This we're sure!

With a team like the Pioneers,  
We'll proudly ring out all the cheers,  
As we go on to victory!

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## Alma Mater –Hail! Kirkwood High School

Hail! Kirkwood High School,  
Unto Thee we sing.  
Ever victorious homage we bring.  
Through all the ages  
All our sons so bold,  
Fight for old Kirkwood High School.  
Fight for the Red and White.