

*Pleasant Hill R-III School District*



*Activities Handbook  
Middle School and High School  
2026-2027*

*Submitted and Approved by the  
Board of Education  
June 2026*

## Table of Contents

Welcome Letter and School Address	3
Philosophy of Activities Program/Program Objectives	4
Conference Affiliation	4
Sports/Activities Offered	5
Citizenship Eligibility Regulation (Alcohol/Drugs/Tobacco/Smoking/Vaping)	5-7
Suspensions (ISS/OSS)	7
Attendance Eligibility (full school day)	7
MSHSAA Eligibility Requirements/Documentation	7-8
Academic Eligibility Regulation Pleasant Hill High School	8-9
Injury/Concussions/Return to Play Protocols	9
Activity Training	9
Care of Equipment	9
Coaches Advisory Committee	10
Appearance and Behavior at Activities	10
Termination from a Sport/Activity	10-11
Theft/Vandalism	11
Sportsmanship	11
Transportation to Events	11
Academic Eligibility Regulation Pleasant Hill Middle School	11-12
Parental Participation Statement	13
Activity Letters	13
Letter Requirements	13-16
Patches and Banners	16
Senior Night Celebrations	17
Awards and Plaques	18
Common Sense/Non-Discrimination Statements/Activities Guidelines	18-20
Head Coaches/Directors/Sponsors (email addresses)	21
2026-2027 Events Schedule	22

## Welcome and Introduction

Students & Parents,

Thank you for participating in the Pleasant Hill High School and Middle School Activities programs. Participating in school activities enhances educational experiences as it has been proven to improve academic achievement; the primary focus of the Pleasant Hill R3 School District. Our programs also build strong relationships within our community and family structures.

We hope students participate in as many activities as possible as we strive to develop well-rounded students with strong character and leadership traits. Pleasant Hill maintains a reputation as having quality competitors that display professionalism, class and positive sportsmanship regardless of competitive outcomes. We encourage students to learn from those that came before them and take pride in doing things the right way while being proud to say they are from Pleasant Hill.

There are a few changes in some policies within this handbook for the 2026-2027 school year. This handbook should be used as a guide for participants and their parents or guardians to help clarify the expectations of our programs. Any questions regarding a particular activity should be directed toward the sponsor or coach of that activity or sport. Individual sponsors and coaches have the authority to establish their own expectations and guidelines as they apply to their activity, however they will not preempt the policies within this handbook.

Please check out our website; [www.roostersandchicks.org](http://www.roostersandchicks.org), the Pleasant Hill R3 Schools app, and follow us on twitter @PHHSactivities for most game and activity updates. We look forward to seeing the results of your hard work and commitment to the Pleasant Hill Activities programs!

**GO ROOSTERS and CHICKS! Have an outstanding school year!**

Sam Horrell  
Activities Director/H.S. Asst. Principal  
Pleasant Hill R-III School District

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## Philosophy of the Activities Program

We believe that interscholastic and co-curricular activities are an integral part of the total curriculum in the Pleasant Hill School District. The goal is to develop and implement an activities program that is consistent with the philosophy of education adopted by our board of education. Participation in activities will contribute to health and happiness, the development of physical skills, emotional maturity, social competence with moral values, a sense of cooperation, the spirit of competition, self-discipline, a positive contribution to group goals, and an understanding of democratic processes. Representing and participation in Pleasant Hill School District's activities and athletics programs is a privilege!

## Objectives of the Activities Programs

- To help participants to develop academically, fostering high achievement and positive attitudes.
- To develop exemplary school citizens.
- To foster meaningful relationships and memorable experiences.
- To develop good qualities: physical, mental and moral.
- To develop integrity and respect for authority by abiding by the rules and the decisions of the coaching staff, sponsors and officials.
- To teach the rules and skills of each activity.
- To promote good sportsmanship and develop an appreciation of activities in general so participants will have a positive influence in society both as a spectator and as a participant.
- To develop pride in one's self, school, teammates and classmates.
- To learn to win and lose gracefully and with professionalism.

## Conference Affiliation

The Pleasant Hill School District is a member of the Missouri River Valley Conference which has two established divisions; West and East. Pleasant Hill is affiliated directly with the MRVC – West.

MRVC – West:	Center - Yellowjackets	Clinton - Cardinals
	Harrisonville - Wildcats	Pleasant Hill – Roosters/Chicks
	Oak Grove - Panthers	Odessa - Bulldogs
	Warrensburg - Tigers	

The MRVC – East will also entertain Pleasant Hill in contests or activities.

MRVC – East:	Holden - Eagles	Knob Noster - Panthers
	Carrollton - Trojans	Richmond - Spartans
	Lexington - Minutemen	Higginsville - Huskers



## Sports Offered by Season

### Fall

Softball  
Football  
Volleyball  
Boys Soccer  
Girls Golf  
Cross Country

### Winter

Boys Basketball  
Girls Basketball  
Boys Wrestling  
Girls Wrestling

### Spring

Boys Track & Field  
Girls Track & Field  
Baseball  
Boys Golf  
Girls Soccer

## Other Activities Offered by Building

### High School

Marching Band  
Scholar Bowl Team  
Art Club  
Book Club  
Future Teachers of America  
Distributive Education Clubs of America  
Theater Arts  
Future Business Leaders of America  
FCCLA  
FFA  
Color Guard  
Dance Team

### High School

Cheerleading (year round)  
Student Council  
Foreign Language Club  
HI-STEP  
Jazz Ensemble  
Yearbook  
Speech & Debate  
Trap Shooting  
National Honor Society  
Hillside/Hilltop  
Hillsound/Powerhouse  
ESports

### Middle School

Student Council  
Art Club  
TSA  
Math Club  
Book Club  
Herpetology Club  
Select Choir  
Jazz Band  
Concert Band

## Pleasant Hill Activities Citizenship Eligibility Regulation

Pleasant Hill schools believe that good citizenship is a trademark of high school activities. While representing Pleasant Hill, we believe our students are a direct reflection of our school and community. In order to maintain the highest possible standards for our activities, the following minimum requirements are established for all students participating in the activities program. Participants should remember these are minimum requirements...coaches and sponsors will set individual program guidelines to be followed.

### **MSHSAA Position; as adopted by the Pleasant Hill activities department...**

"Students must be a creditable school citizen. Creditable school citizens are those students whose conduct, both in and out of school, will not discredit themselves, their families or their school. Citizenship is the trademark of all high school activities. **The activities director and/or principal can revoke anyone's eligibility as a result of poor citizenship.** Poor citizenship is defined as anyone participating in behavior that is unethical, illegal, immoral, deceitful and disrespectful to others."

\*In accordance with MSHSAA By-Law 212... a student who commits an act for which charges may be or have been filed by law enforcement must notify the school immediately. Failure of the student to notify the school prior to the school's discovery of the incident can result in the student being ineligible for 365 days from the discovery.

**Creditable Citizenship:** Students who have been charged with a crime that is not drug or alcohol related will be subject to the school's citizenship policy. Said students will lose eligibility to compete in no less than 20% of the current and/or the next season in which they participate. (This also includes any activity in which a student is to represent the school.) Subsequent offenses may result in additional suspension up to and including permanent suspension from school activities. The eligibility suspension will begin at the discretion of school administration pending judicial authority. Students will not be eligible until all penalties

are completed to the satisfaction of judicial authority once established. **Documentation of completion is required to continue.**

**\*\*A student's participation in behavior that is unethical, illegal, immoral, deceitful and disrespectful to others will not be tolerated (harassment, fighting, vandalism, etc.). Credible evidence presented to administration that such activity exists can result in enacting the creditable citizenship clause and its associated penalties. Charges are not necessary in these instances.**

**The use or possession of alcohol and/or drugs will not be tolerated.**

**First Violation (Drugs and Alcohol)** – Credible evidence identifying the possession/use of drugs or alcohol or the simulation thereof will fall under this category. The student shall lose eligibility to compete for no less than 40% of the current season and/or the next season in which they participate. (This also includes any activity in which a student is to represent the school.) The student will be able to practice at the coach's/sponsor's discretion. A second offense subjects the offender to 365 days loss of eligibility for all activities competing or performing for Pleasant Hill Schools. Continued violations may result in additional suspension up to and including permanent suspension from school activities.

*\*If incidents that involve alcohol or drugs occur on school property, school discipline policies will also apply.*

**The use or possession of tobacco and/or smoking will not be tolerated.**

**First Violation (tobacco)** - Credible evidence identifying the possession/use of tobacco/smoking/vaping products and paraphernalia or the simulation thereof falls under this category. The student shall lose eligibility to compete for no less than 20% of the current season and/or the next season in which they participate. (This also includes any activity in which a student is to represent the school.) Continued violations may result in additional suspension up to and including permanent suspension from school activities.

Note: Students involved in co-curricular performing groups or clubs are subject to these consequences. Current season includes competing/performing in **all activities** representing Pleasant Hill Schools during the ineligible period (Co-curricular or clubs). The administrative staff will determine the length of any consequence. This includes travel with co-curricular groups and performers/competitors involved in MSHSAA sanctioned events, regional competitions or school trips regardless of cost to the violator.

*\*If incidents occur on school property, school discipline policies will also apply.* In all incidents, students directly involved will be initially identified as ineligible until a decision can be rendered. This is done to protect the safety of our students and to maintain the eligible performance of our programs.

What are we considering "credible evidence"?

- Credible evidence is not that of an anonymous source that wishes to be unnamed.
- Credible evidence is not that of a generated photo from an AI software or software editing tool.
- Credible evidence is not that of evidence that is sent to administration from individuals who have malicious intent, intent to deceive or in retaliation of another member of the student body.

## **Suspensions**

Students experiencing In School Suspension or Out of School Suspension will not be allowed to **participate** in assemblies, field trips, team activities, or any other school activities before or after school while under suspension. If disciplinary action is needed pertaining to a student

attending a school sponsored event, the same consequences will apply as an extension of our school day.

## Attendance & Eligibility

Students must be in attendance the **full school day** to be eligible that day or the following day (weekend participation). Students may attend, but they may not participate in team or group activities during that time. The student must provide a verified medical excuse or given prior **permission** through a building administrator. This same rule applies to a weekend or holiday activity when students are absent on the last day of school preceding the activity. *Example:* if a student arrives to class after 7:57am, they are ineligible to participate, unless previous arrangements have been approved by the administration or a verified medical excuse is made available.

### EXCUSED ABSENCES:

1. Illness of the pupil.
2. Serious illness of a member of the family which necessitates the absence of the student.
3. Death in the immediate family.
4. Medical or dental appointments that **cannot** be made during non-school hours.
5. Religious observances.
6. Absences which have **prior approval** of the principal. Students who will be absent for reasons other than those listed above must seek approval by presenting a signed and dated note from a parent or guardian to the principal.

## Missouri State High School Athletic Association Eligibility (MSHSAA)

Pleasant Hill School District is a member of the Missouri State High School Activities Association (MSHSAA) which governs all middle and high school activities in the State of Missouri. Rules and regulations have been established by the association for most middle and high school activities. According to the MSHSAA, you must meet the guidelines presented in the pamphlet "How to Protect Your Eligibility"... This must be read by participants and their parents or guardians before being allowed to participate in any contest for Pleasant Hill. This is required to maintain eligibility for yourself or the programs. Some areas that need to be emphasized are listed below so you can become and remain eligible to participate.

1. Before any student will be allowed to participate, athletes must have a physical examination and permission to participate form completed. **They must show proof of having insurance and a current physical on a MSHSAA physical form.** It is very important that if you are injured during practice or a game situation that you report the injury (*no matter how serious you think the injury is*) immediately to the coach.
2. Students must meet the **scholastic eligibility** set forth by the school district along with MSHSAA regulations.

### \*Some Notes on MSHSAA Physical Forms:

1. PHR3 requires current valid MSHSAA physical forms to participate in all **athletic activities, Cheer, HS band and HS show choir** groups.
2. MSHSAA allows a physical exam certified by a medical professional

(MD/DO/ARNP/PA/Chiropractor) to be valid for a duration of **TWO YEARS (730 days)** from date of issue (unless a physician specifically notes on the PPE that the physical is only valid for one year. Ex. a physical that was received Aug. 2, 2022 is now valid through Aug. 1, 2024)

3. **MSHSAA PRE-PARTICIPATION DOCUMENTATION THAT MUST BE COMPLETED ANNUALLY:** Medical History, Parent Permission-Insurance Verification, Student Agreement, Concussion Education Materials-Parent/Student Signature, Emergency Contact Information.
4. **Final Forms: All students wishing to participate in athletics and activities at Pleasant Hill High School and Middle School must provide the previously outlined information through online registration through the Final Forms platform. This program maintains necessary information electronically and ensures a safer environment for the storage of health information and its availability should emergencies arise.**  
<https://www.finalforms.com>

## **Pleasant Hill High School Academic Eligibility Regulations**

Missouri State High School Activities Association Academic Eligibility Regulations:

- Students must have earned 3.0 units of credits the preceding semester.
- Students must presently be enrolled in 3.0 units of credit.
- 7th and 8th grade: Students must have been promoted to a higher grade at the end of the previous year; however, even though they have been promoted, they will be ineligible if they've failed more than two courses the previous semester.

Students must be passing all classes. Students receiving an "F" in any class at **the quarter** will be placed on academic probation. While on probation, these students can continue to practice, but cannot compete or perform in an activity until the grade is no longer an "F". The teacher of the class will determine when that student's grade is passing and then notify the coach/sponsor. **Students will become ineligible on the second school night after deficiency slips have been delivered.**

Students receiving one F as a final grade in a semester provided they have earned 3.0 units of credit will be allowed to participate in athletics/activities the following semester. However, **academic probation** does begin at the quarter reporting period should anyone hold an F at that point. The student may practice with the team and attend all team functions but not compete or perform in an activity while under academic probation. Once a grade has been raised to passing, the student is eligible for the remainder of the semester. *An administrator, teacher or coach may otherwise withhold participation if they deem it in the best educational interest of the student.*

*Any student that does not pass the required 6 courses (3 units of credit) will be ineligible for the entire next semester. (This does include dual credit opportunities of which Pleasant Hill staff may or may not have knowledge of student progress throughout a semester.)*

\*Credits recovered in the summer can count towards eligibility up to 1.0 credits (two .5 unit classes). Credits can only be used for the Fall semester to gain eligibility from summer school per MSHSAA.

**\*\*All student school handbook rules and regulations apply to our activities programs.**

## **Injury/Concussions - Return to Play**

In the case of a traumatic head injury or symptoms of a concussion, participants will not be allowed to continue involvement with any activity until the following protocol is completed... 1. The player must be cleared by a physician to participate in the return to play protocol. (A

MHSAA Concussion Return to Play Form must be provided to our trainer before a student may begin the protocol or return to practice.) 2. A five step progression protocol is completed by an athletic trainer or qualified healthcare professional (state law). 3. An official release to participate by the aforementioned athletic trainer or qualified healthcare professional. (Participants must be symptom free through the progression before being allowed to play.) Those experiencing concussion symptoms will not be permitted to return to action until these steps have been completed and documented. If there is any question whether a student has a concussion, coaches will not allow the student to return until they are evaluated by an athletic trainer or qualified healthcare professional.

## Activity Training

Training is a year round proposition. Members of Pleasant Hill programs are expected to commit to the requirements set forth by each coach and sponsor. Excellence, personal pride, and the desire to maintain good, healthy habits usually make these rules an easy task for most students. It is expected that everyone would dedicate themselves to personal and program improvement. Before each season, students will understand the rules and regulations with which they must adhere. Each coach and sponsor will cover these with participants. Challenges to program training expectations will be handled by each coach or sponsor. Participation in off-season betterment programs is expected at Pleasant Hill, but cannot be required in the evaluation of any student in participating in an activity.

## Care of Equipment

It is the responsibility of each participant to maintain their own equipment. Uniforms and equipment that is checked out to each student is the sole responsibility of that student. Students are obligated monetarily for their equipment or uniform should it become lost or stolen. **Students will not be issued a uniform or any equipment for another season until everything has been turned in from a prior season or monetary obligations have been secured.**

## Coach's Advisory Committee

A Coach's Advisory Committee (CAC) will collaborate on recommendations to coaches, sponsors or administrators when deemed necessary regarding student issues. The CAC shall consist of the following staff members: The Principal (or designee), an Activities Director, Head Coaches, and Directors/Sponsors.

## Appearance and Behavior at Activities

As a participant in Pleasant Hill activities, students are leaders in their school and community. Students are expected to set an excellent example in regard to conduct, personal grooming, and dress. Their actions and appearance represents them, their parents, school, program, and community. Students may be required to sign expectation contracts for extra-curricular activities as required by an individual coach/sponsor. These expectations will be supported by the administration.

Students participating in actions that are perceived as unsportsmanlike or detrimental to the group while representing Pleasant Hill programs will be addressed. A coach or sponsor may seek the advice or recommendation of the Coach's Advisory Committee should it be needed. This activities handbook cannot cover every situation. It is up to the students to represent their

programs with professionalism and class as expected.

School dress code will be in effect for all students attending school events. Students participating in activities must keep themselves well groomed. Facial hair will be left to the discretion of individual head coaches and sponsors. Hair must be kept neat and trimmed with no unnatural color and style. Should hair color violate this expectation, the participant will cover the hair before being allowed to participate with the activity (practice/competition). Athletes must wear garments designed for their sport at practices on and off of campus. Students may not go shirtless, wear cut t-shirts, and wear sports bras as an outer garment while indoors. Students who do not comply will be ineligible to participate representing Pleasant Hill Schools. Once notified by the coach, the issue must be rectified or the participant will be ineligible to participate in practice. Conduct at all activities must be exemplary! All participants will be respectful to others and facilities.

-All piercings must be removed for competitions and performances. Students who do not comply with this will be ineligible to participate in any athletic event representing Pleasant Hill Schools until corrected.

-Tattoos deemed inappropriate by administration or staff must be covered for practice, competitions and performances. Students who do not comply will be ineligible to participate in events representing Pleasant Hill Schools until corrected.

## **Termination of a Sport**

### **Athlete voluntarily terminating a sport**

Any athlete who tries out for a particular sport and subsequently drops from the program of his/her own accord after the first varsity contest in that sport cannot compete in another sport during that sport season. If at any time a student wants to change from one sport to another, the athlete may do so any time before the third week of practice provided the activity's roster is expandable at the time of the request. A student then may compete in the next activity season. Individual coaches have the discretion of not allowing a student to come out for their respective sport subsequent to the season starting.

### **Athlete involuntarily terminating a sport**

A student cut from a program for other than disciplinary reasons may try out immediately for another activity in season and begin practice.

## **Theft and Vandalism**

Any person, while a member of an activity representing Pleasant Hill Schools, who destroys, damages, defaces, breaks, or steals any property of this school district or any other facilities (other schools, transportation, restaurants, and lodging), will be subject to dismissal from the program, administrative disciplinary action, and legal prosecution. (Any person stealing from another person or program will be responsible for the same consequences.) It is the responsibility of all faculty members to report immediately to the administration their knowledge of any of the aforementioned acts.

## **Sportsmanship**

Good sportsmanship is expected out of all students and patrons participating in or attending activities. An unsportsmanlike act while participating in or attending our activities will cause loss of eligibility and participation. The following guidelines must be followed:

- An unsportsmanlike act resulting in a player or team being penalized will be dealt with by each individual coach and/or the administration.
- Coaches or sponsors will hold students accountable for poor sportsmanship.

- Any player being ejected from a contest as a result of an unsportsmanlike act will appear in front of the Coach's Advisory Committee to consider his/her eligibility for further contests. MSHSAA Policies will also be followed.
- Any patron/student asked to leave an event will be ineligible to return to future events pending administrative review.

### **Transportation to Away Events**

Students are required to ride school-sponsored transportation both to and from Pleasant Hill School sponsored activities in which they are involved. Sponsors may make an exception for the return trip home in light of an emergency but will release a student only to a parent/guardian/grandparent. If **other** arrangements are necessary, those arrangements must be approved by the administration. Students will not drive themselves to or from school sponsored events as members of the participating team or program.

### **Middle School ACTIVITIES and ATHLETICS: ELIGIBILITY FOR CO-CURRICULAR & EXTRA-CURRICULAR**

Co-curricular Activities: An activity that takes place to support the existing curriculum of a course offered during the normal school day. The activity may occur during the normal day or after school hours. This type of activity is typically a one time event (i.e. fall band concert, field trip to a play that ties to an English/Theatre Arts class). These activities are typically required activities that may result in a grade. In the event that a student must miss this activity, makeup work will be assigned.

Extra-curricular Activities: An activity that takes place in addition to the existing curriculum. These activities are voluntary and require several practices and/or performances that take place outside of normal school hours. (i.e. athletic activities, Jazz Band). They are not tied to a class grade.

In order to participate in the following, students must have passing grades\*:

1. Extra-curricular performances and/or games (students may practice at the sponsor's discretion, but not perform)
2. Extra-curricular and Co-curricular Competitions
3. Co-curricular performances that require more than one night's time commitment and would require several hours and/or days after school in preparation

These provisions apply only to academic eligibility, other types of eligibility will be considered independently. In these instances of ineligibility, the student is still eligible to practice at the sponsor's discretion. The sponsor may direct the student to work on academics at school in lieu of practice.

For activities with many contests in a short time span like athletics:

A student will be considered ineligible for middle school athletics if they failed more than one course during the previous grading period. A course is considered failed when a student receives an AC (Area of Concern) in 70% or more of the reporting standards within a course during that grading period. work on academics at school in lieu of practice.

For activities with many contests in a short time span like athletics:

Fall:

- Athletes are eligible for contests that occur before first-quarter midterm, except eighth-grade students who earned an F in the previous spring semester. They would not be potentially eligible until midterm. Once the midterm grades are sent out, eligibility is based on these grade reports.
- Any student who has one or more F at midterm will not be eligible to participate in a contest.
- If an F is raised to passing, it is the student's responsibility to show the coach a current progress report. Once the failing grades are passing, the student is eligible to participate until the next grade check.
- Even if the student's grades lower below passing after becoming eligible, the student remains eligible until the end of first quarter.
- Any student who has an F at quarter will not be eligible to participate in a contest for the first ten school days of second quarter but would become eligible in a contest held on the eleventh day or after.

Winter:

- All athletes are eligible for contests that occur before second-quarter midterm. Once the midterm grades are sent out, eligibility is based on these grade reports.
- Any student who has one or more F at midterm will not be eligible to participate in a contest.
- If an F is raised to passing, it is the student's responsibility to show the coach a current progress report. Once the failing grades are passing, the student is eligible to participate until the next grade check.
- Even if the student's grades lower below passing after becoming eligible, the student remains eligible until the end of second quarter/first semester.
- Any student who has an F at semester will not be eligible to participate in a competition until the first midterm of third quarter.

Spring:

- All athletes are eligible for contests that occur before the third quarter ends. Once the third-quarter grades are sent out, eligibility is based on these grade reports.
- Any student who has an F will not be eligible to participate in contests occurring during the first ten school days of fourth quarter but would become eligible in a contest held on the eleventh day or after.
- Any student who has one or more F at midterm will not be eligible to participate in a contest.
- If an F is raised to passing, it is the student's responsibility to show the coach a current progress report. Once the failing grades are passing, the student is eligible to participate until the next grade check.
- Even if the student's grades lower below passing after becoming eligible, the student remains eligible until the end of fourth quarter/second semester.

For activities that may span throughout the school year:

- Sponsors will base eligibility on previous grading checkpoint (midterm, quarter, semester)
- Any student who has an F at midterm will not be eligible to participate in a performance/contest until the grade is raised to passing. It is the student's responsibility to show the sponsor a current progress report.
- Any student who has an F at quarter will not be eligible to participate in a performance/contest for the first ten school days of the quarter but would become eligible if competitions are held on the eleventh day or after.
- Any student who has an F at semester will not be eligible to participate in a performance/contest until the first midterm report of the following semester.

## Parental Participation Statement...

It is essential that parents and patrons actively participate in their student's educational process. We encourage parents to participate in the numerous opportunities supporting Pleasant Hill activities. It is appropriate to support our programs with a positive and encouraging culture. The activities program recognizes five organizations that provide support for our activities programs; The Activities Booster Club, The Band Booster Club, Theatre Boosters, FFA Alumni and the Noteables. Please seek to enhance our programs by providing support or assistance with these successful entities. It is fun!

Coaches and sponsors are hired to direct our programs with the approval of the Pleasant Hill Board of Education. It is inappropriate for any parent or patron to assist with on-field or on-court activities unless explicitly approved to do so by school administration and the Board of Education. **It is also inappropriate to voice concerns publicly from the stands to officials, players or coaches at an event.** The following chain of communication should be used when a concern is present: 1. Student/coach, 2. Student/parent, 3. Parent/coach, 4. If a resolution is not worked out and communication has been established with the coach/sponsor, a meeting will be scheduled with all parties involved and administration. Issues cannot be resolved without appropriate, open communication.

(Note: It is inappropriate to address coaches or sponsors at or immediately following an event. Please wait until the following day to contact the coach, director or sponsor.)

**The role of parents and patrons is defined by the Pleasant Hill activities program as enjoying the experience and positively supporting our programs and students. Please remember to represent Pleasant Hill R3 Schools with professionalism and class in all forums.**

### Pleasant Hill Activities Department *Parent Roles*

#### Parent Role

To have a successful program, there must be an understanding and cooperation among parents, student-participants, and coaches. Your students' progress will depend, to a great extent, on this relationship. As you support your student and their program, please know that we consider you a part of our Rooster & Chick Family and that you represent Pleasant Hill just as much as our students and coaches do.

- Understand that we are all "role models" for our students and will behave respectfully and appropriately displaying the Pleasant Hill R.I.S.E. core values.
  - (Respect - Integrity - Service - Excellence)
- Support your student through positive encouragement as well as other student-participants and the program.
- Let the coaches do the coaching. The coaches develop the structure, direction and decisions that pertain to the day to day operations of the program and are responsible for all aspects of that program.
- A student-participant develops best when they trust and respect the coaches' decisions. The coach's job is to motivate, teach, and develop each student. Support the coach with your student to help build the respect and trust.

- Supply support, recognition, compassion, and encouragement. This allows the program and your student to be confident, enjoy the activity/sport more, and perform better in training and competition.
- Encourage your student to speak directly to the coach regarding any concerns. This is a learning opportunity for students. Parents should encourage their students to address issues themselves.
- Understand that you are representing yourself, your student, and Pleasant Hill.
- Promote R.I.S.E. values with your student and in the stands. Encourage others to do so as well.
- Respect coaches, parents, officials and game day personnel and their decisions at all times.

### **Activity Letters**

- To be eligible for consideration to earn a varsity letter, participants must exhibit a proper attitude toward their teammates, opponents, game and school officials. Good sportsmanship and school conduct judged by the coaches or sponsors and school administration must be exhibited.
- A six inch block letter, plus a medal emblem indicating the sport, will be given to participants, grade 9-12, who have met the varsity level requirement to qualify for a letter in any one sport in the school's athletic program. A bar will be presented each time an athlete letters thereafter. The 6 inch letter will be given only one time during high school.
- In cases of injuries suffered by an athlete during participation in a sport which would make it impossible for an athlete to meet requirements for lettering, the coach will consider the merits of each situation individually to determine the possibility of earning a letter.
- Students who participate in the school's athletic program in the capacity of student managers for the entire season in one sport will receive a manager letter upon recommendation from the coach.
- Letters and medals must be worn on the official Pleasant Hill letter jackets in the proper designated areas.
- Provisional letters may be distributed and are appropriate at the discretion of the head coach/sponsor.

### **Letter Requirements**

For a student to earn a varsity letter, they must complete the season in good standing and meet the following requirements:

#### ***Baseball***

- Participate in more than half of all varsity contests.

#### ***Basketball***

- In all cases, the player must be of good character both in school and out. The player will forfeit the opportunity to earn a varsity letter if he/she fails to meet the good character requirement.
- The athlete must play in at least 1/4 of all possible quarters on the varsity level.

#### ***Cheer***

- Complete the entire season.
- Be of outstanding character and have a positive & cooperative attitude at all times.
- Participate in at least 80% of all games at the Varsity level.
- Participate in all mandatory fundraisers, concessions, and service events.
- Attend overnight summer cheer camp.

### **Dance Team**

- Students must complete the entire seasons; Fall & Winter.
- Be of outstanding character and have a positive and cooperative attitude at all times.
- Attend a summer dance camp.
- The dancer must participate in at least 75% of all performance events.

### **Cross Country**

- A runner must meet the requirement of good character and citizenship both in and out of school.
- The runner must compete in more than half of all pre-district meets at varsity level.
- Time: Boys - Sub 19:00 for 5k, Girls - Sub 22:45 for 5k
- Run on varsity at district or state meets.
- Four year participant in cross country.

### **Football**

- ***In order for an athlete to earn a varsity letter, they must participate in half (50%) of the total possible quarters played. Example: 2015 season consisted of ten games that would be 40 total quarters—the lettering requirements would be playing within 20 quarters.***
- ***In order for an athlete to earn a provisional letter, they must participate in one quarter (25%) of the total possible quarters played. Example: 2015 season consisted of ten games that would be 40 total quarters—the lettering requirements would be playing within 10 quarters.***
- ***NOTE: Getting into the game for one play of one quarter constitutes credit for the entire quarter. Along with all the criteria listed above, the athletes must adhere to all rules and regulations (activity & student handbooks) of the program. Students must be in good academic standing regarding criteria for being eligible to participate before they make an effort to earn a letter.***
- 

### **Golf**

- Varsity Letter—participate in 1/3 of all varsity matches
- Junior varsity—participate in 1/3 of all eligible JV matches

### **Soccer**

- Athletes must participate in more than half of all varsity matches.

### **Softball**

- Athletes must have participated in more than half of all varsity contests.
- Athletes must have completed the entire season except for injury or illness.
- A provisional letter will be given to an athlete who played in 1/3 of the varsity games and has made a significant contribution to the team at practices.

### **Track & Field**

- ***Score varsity points over the entire season.***
- ***Score a full point at the MRVC Championships (individual event or relay team)***
- ***Score a full point at the District Meet (individual event or relay team)***

### **Volleyball**

- Must have participated in more than half of all varsity matches.
- Athletes must complete the entire season except for injury or illness.

### **Wrestling**

- 5 or more varsity wins (excluding forfeits and byes in tournaments)
- Make the district wrestling roster

### **Instrumental Music**

- Be of outstanding character and have the correct attitude at all times.
- Maintain an A or B grade in band throughout the year.
- Zero unexcused absences from rehearsals or performances.
- Accumulate the appropriate number of HS Band letter points (Points will be communicated at the beginning of the school year.)

### **Vocal Music**

- |                   |            |                  |            |
|-------------------|------------|------------------|------------|
| • Hilltop Harmony | 600 points | • Freshman Choir | 550 points |
| • Varsity Choir   | 450 points | • Hillside Choir | 800 points |

### **Scholar Bowl**

- Participated on the Varsity Squad for at least 10 individual games or
- Named a varsity starter for 5 individual games or
- Been a top 4 varsity scorer during a tournament and
- Must also meet the requirements of the JV level...
- ...be a member in good standing according to PHHS and MSHSAA guidelines and attend a minimum of 10 practices and 3 meets.

### **Blanket Statement...(Lettering)**

- Students who make a significant contribution to the group/team at the discretion of the head coach, sponsor or director may be awarded a varsity letter.
- **Non-Athletic Lettering:** Several organizations offer a non-athletic letter for their activity. Each activity offers objective qualifications and criteria for lettering set by the organization. The additional factors of good school citizenship and a constructive, positive attitude are integral criteria of the lettering process. For lettering requirements, check with individual staff sponsors.

### **Patches and Banners**

Varsity athletes (players only) who are members of a conference, district, or state championship team may purchase a patch to signify the accomplishment from independent vendors. Wall banners signifying a team conference, district, or state championship will be displayed in the gymnasium.

### **Senior Night Celebrations**

Students/players may participate in preparing senior celebrations, however at no time should any single contribution for "senior gifts" be required to exceed \$5 per activity.

### **Awards and Plaques**

An athletic award ceremony will be held during the school year in honor of our athletes.

Each coach will recognize the athletes who participated in their sport by giving award certificates. At this time, the Pleasant Hill Booster Club purchases awards for each sport. The head coach of each sport determines the recipients of these awards. The following special awards are also given:

James Vanek Award: This award is given to the outstanding senior male athlete based on the criteria: sportsmanship, attitude, and performance. Selection procedure: 1.) Coaches will nominate senior athletes based on the above criteria (only coaches involving senior male athletes). 2.) A ballot will be submitted to the coaches. The athlete receiving the largest number of votes will receive the award.

Diane Award: This award is given to the outstanding senior female athlete based on the following criteria: diligence, intelligence, attitude, nobility, and excellence. The selection procedure is the same as the Vanek Award.

Rick Barbarick Award: This award is presented to the outstanding male and female manager during the year. Selection procedures are the same as the Vanek and Diane awards.

Iron Man Award: This award is presented to any senior athlete that has competed in all 3 sports seasons for athletic programs for all four years of his/her high school career. (Fall/Winter/Spring)

### **Common Sense Statement**

No handbook contains policies for every possible situation. Any action deemed to create an environment contrary to the school's mission will not be acceptable and may result in disciplinary action. Students are expected to use common sense in making constructive decisions about their behavior choices.

### **Non-Discrimination Statement**

The Pleasant Hill R-III School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies:

Assistant Superintendent

For further information on notice of non-discrimination

visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm>

318 Cedar Street

Pleasant Hill, MO 64080

or call [1-800-421-3481](tel:1-800-421-3481). [\(816\)540-3161](tel:816-540-3161)

### **Activities, General Regulations**

1. No club shall hold any type of meeting without the presence of its sponsor.
2. No student shall be president of two clubs.
3. Because of the amount of class time missed, students running for student council representative, class president or a student council office must have and maintain a 2.50 cumulative G.P.A.
4. No posters or advertisements shall be placed in the building without prior approval by the administration. The organization should remove all advertisements as soon as the event is over. Please see **Posters; Student Publication Non-Curricular Materials (Board Policy IGDBA)**
5. No student will be allowed to participate in an extracurricular activity or organizational function on the day they are not in attendance, unless they provide a verified medical excuse or have obtained prior approval by the administration. This same rule applies to a weekend activity when students are absent on the last day of school preceding the activity.

## **Posters**

Any posters placed in the building must have the approval of the administration. The posters must be of suitable materials, appropriate size and be placed on the walls. Posters are to be removed by the same people who put them up and in a reasonable period of time. **(See *Activities, General Regulations*) All posters displayed on lockers or on wood must be attached with the tape provided by the office.**

**The following guidelines will be followed for poster approval:**

- 1. Physical posters (not electronic versions) must be submitted to administration**
- 2. The submissions must be the exact posters that are requested to be displayed.**
- 3. Posters may not have branding/logos of outside entities (e.g., businesses, organizations).**
- 4. Posters must contain information related to time and place of meeting(s).**
- 5. Posters must be removed by the end of the next school day following the event.**
- 6. Posters must adhere to guidelines and definitions stated in Pleasant Hill R-III School Board Policy IGDBA.**

**Posters must include the following statement in a reasonably readable font and size:  
"This organization functions as a group of private individuals, and their speech and/or actions do not necessarily reflect the endorsement, sponsorship, position, or expression of the district."**



Follow us on Twitter: [@PHHSactivities](https://twitter.com/PHHSactivities)

[www.roostersandchicks.com](http://www.roostersandchicks.com)

“Professionalism & Class!”

“It’s a GREAT DAY to be a Rooster or a Chick!!”

Every Student, Every Day!

High School Head Coaches/Directors/Sponsors:

Football	Justin Hamilton	(jmhamilton@phr3.org)
Cheerleading	Ashtyn Lawler	(alawler@phr3.org)
Dance Team	Abigail Rice	(arice@phr3.org)
Boys Soccer	Michael Williams	(mwilliams@phr3.org)
Volleyball	Tiffany Sullivan	tsullivan@phr3.org
Girls Golf	Avery Henry	(ahenry@phr3.org)
Cross Country	Patrick Dent	(pdent@phr3.org)
Softball	Christy Reeves	(creeves@phr3.org)
Band	Adam Twenter	(atwenter@phr3.org)
Theater	Cindy Bechtol	(cbechtol@phr3.org)
Boys Wrestling	Alec Rentschler	(arentschler@phr3.org)
Girls Wrestling	Mark Lovelace	(mlovelace@phr3.org)
Boys Basketball	Mark Scanlon	(mscanlon@phr3.org)
Girls Basketball	Kyle Reeves	(kreeves@phr3.org)
Speech & Debate	Cindy Bechtol	(cbechtol@phr3.org)
Choir	Heather Martin	(hmartin@phr3.org)
Baseball	Scott Maid	(smaid@phr3.org)
Boys Track	John Hamilton	(johamilton@phr3.org)
Girls Track	Patrick Dent	(pdent@phr3.org)
Girls Soccer	Edson Ortiz	(eortiz@phr3.org)
Boys Golf	Avery Henry	(ahenry@phr3.org)
ESports	Hudson Portz	(hportz@phr3.org)

Middle School Coaches:

Football	Taylor Jackson	(tjackson@phr3.org)
Volleyball	Taylor Holthaus	(tholthaus@phr3.org)
Cross Country	Austen Cummins	(acummins@phr3.org )
Girls Basketball	Alex Link	(alink@phr3.org )
Boys Basketball	Blake Claas	(bclaas@phr3.org)
Wrestling	Taylor Jackson	(tjackson@phr3.org)
Track & Field	Kyle Reeves	(kreeves@phr3.org)
	Tom Gasper	(tgasper@phr3.org)
Athletic Trainer	Erin Winn	(evlasak@phr3.org)

## 2026-2027 Events Schedule:

Bold are updated

Activities Parent Meeting(s):	<b>August 20th</b> (All Activities)
High School Fall Practice Begins:	<b>August 10th</b>
Middle School Fall Practice Begins:	<b>August 17th (Football)</b> <b>August 17th(Volleyball/XC)</b>
Fall Purple & Gold Night:	<b>August 17th (Monday)</b>
1st Day of School:	<b>August 25th (Tuesday)</b>
Homecoming Game 2026 (vs Clinton):	<b>September 25th (Friday)</b>
Winter Practice Begins (High School/Middle School):	<b>November 2nd(BB/Girls WR)</b>
Winter Practice Begins (High School)	<b>November 9th (Boys WR)</b>
Winter Purple & Gold Night:	<b>November 16th (Monday)</b>
<b>School Musical:</b>	<b>November 12th-14th</b>
<b>Thanksgiving Break:</b>	<b>November 23rd-27th</b>
Steve Leslie Wrestling Invitational:	<b>December 4th &amp; 5th</b>
Winter Break:	<b>December 23rd-January 4th</b>
Pleasant Hill Basketball Invitational:	<b>January 11th-15th</b>
<b>Battle of the Best Show Choir Competition:</b>	<b>January 22nd-23rd</b>
<b>Winter Sports Dance:</b>	<b>February ??</b>
Spring Practice Begins (High School/Middle School):	<b>March 1st</b>
Spring Break:	<b>March 22nd- March 26th</b>
<b>PHHS Prom:</b>	<b>April 10th</b>
2027 Graduation:	<b>May 6th</b>