

MRH HS Activities and Athletics Handbook



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High School Office 314-644-4401

The Maplewood Richmond Heights Athletic and Activities Program Handbook

The Maplewood Richmond Heights High School Athletic/Activities Program is an extension of the overall educational program. Its purpose is to provide educational experiences that will help high school youth acquire knowledge, skill and emotional control that contributes to the highest type of citizenship.

The purpose of this handbook is to aid the coach, parent/ guardian in their functions by listing the provisions, practices and routines and procedures that have been developed over the years. The standardization of forms and procedures should bring about more efficient operation of athletics and activities.

Each coach and instructor has the responsibility to read the contents of the handbook carefully. It will answer many questions in regards to the athletic/activities policy established by the department, administration and Missouri State High School Athletic Association. The handbook should prove to be valuable to all school personnel closely connected with the athletic/activities program.

The Athletics/Activities Vision and Mission Statements

Vision:

As participants of athletics and activities students will develop the following life long skills:

- Physical Fitness and Health
- Academic Performance
- Character Development and Life Skills
- Social and Emotional Wellbeing
- College and Career Opportunities

Mission:

MRH Athletics and Activities will foster student engagement, promote physical and mental well-being, enhance academic achievement, and strengthen the school community through the participation in athletics and activities.

Team Selection Process:

The most difficult part about being a coach is having to cut players.

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 tryouts, attempts will be made to place these students on other sports teams.

Changing or Quitting Teams:

A student who begins a sport (is on the team at the time of the first competition) but who does not finish the season in that sport will not be eligible to start practicing for another sport before the end of the competition in the sport that was dropped, unless the coaches of both sports/activities and the athletic director gives their approval.

Multisport Sport/Activity Participants:

Students who are chosen or have chosen to participate in more than one sport or activity during the same season must communicate with the both coaches, the athletic director and parents to develop a plan for success.

Team Attendance Practice/Games

Student athletes are expected to attend every practice and game. Practices are typically Monday through Friday, although practices and games are frequently conducted on the weekends depending on the schedule and activity. Coaches will review the practice schedule and game schedule before the season. Students need to notify coaches in advance if they will not be at a practice or game. Missing a team function such as practice, a game or an event could result in a loss or reduction in playing time.

Training and Team Rules

Each Coach will determine their program's specific training rules. Training rules may include consequences for inappropriate behavior or violating team policies. Team policies such as game dress, attitude, sportsmanship, training habits, citizenship in school and out school may be addressed in the training rules determined by the coach.

Coaches will discuss the rules in the early portion of the season, throughout the season, and may have team handbooks in addition to the department handbook.

Admissions

All contests and events will have an admission fee for students and visitors. Individuals who are not actively participating or part of an activity group or team will be subject to pay an admissions fee. Admission fees will be used to enhance the athletics and activities at MRH. No pets will be allowed on campus unless it is a service animal.

Missouri State High School Athletics and Activities Association (MSHSAA)

Academic and Eligibility Enrollment and Attendance

2.1.1 Student Essential Eligibility Requirements for All Interscholastic Activities: Any student who represents his/her school in interscholastic activities shall be a **bona fide student** enrolled as an undergraduate student of the school (except as provided in By-Laws 2.3.4, 3.5.1, 3.5.3, and 3.10.3) and shall meet the following general standards of eligibility and the specific standards in By-Laws 3.3 through 4.1.6.

a. **Bona fide student:** In order to represent the school the individual must be a bona fide student and meet all eligibility requirements. A bona fide student is one who meets one of the following definitions:

1. A student who is enrolled in and regularly attending classes at the member school and who meets the minimum academic requirements in By-Law 2.3.2 through full-time attendance at the school as per By-Law 2.3.4.a.
2. A student who has established residency at the member school and whose official records and primary academic transcript is housed and maintained at the member school, and who is accumulating credits toward receiving a diploma from that member school, and meets the minimum academic requirements in By-law 2.3, but is attending classes at a non-member technical high school run by the member school's school district or accredited by DESE or a non-member alternative high school run or contracted by the member school's school district or accredited by DESE. Such students must meet all essential eligibility standards for participation.
3. A student who is recognized by the school as meeting the minimum academic requirements outlined in By-Law 2.3.2 through a non-traditional enrollment option as outlined in By-law 2.3.4.b and 2.3.4.c.

2.1.2 Participation: Eligibility to represent a school in interscholastic activities is a privilege to be attained by meeting the standards of eligibility cooperatively set

by the member schools through this Association and any additional standards set by a member school for its own students.

2.2.3 Local School:

- a. A student who violates a local school policy is ineligible until completion of the prescribed school penalties.
- b. The eligibility of a student who is serving detention or in-school suspension shall be determined by local school authorities.
- c. A student shall not be considered eligible while serving an out-of-school suspension.
- d. If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes.
- e. Each individual school has the authority to set more restrictive citizenship standards and shall have the authority and responsibility to judge its students under those standards.
- f. Each school shall diligently and completely investigate any issue that could affect student eligibility.

2.3.2 Grades 9-12 Requirements: A student in Grades 9-12 must meet the following requirements in order to be academically eligible to participate in interscholastic activities

ACADEMIC REQUIREMENTS

Semester Prior to Participation: The student shall have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which a student can be enrolled in the semester, **whichever is greater**, or a student must have made standard progress for his or her level the preceding semester in a special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.

Semester of Participation: The student shall currently be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, **whichever is greater**; or a student must be enrolled in a full course at his or her level in a special education program for the handicapped approved by the Missouri State Department of Education which, though un-graded, enrolls pupils of equivalent age.

80% Credit Requirement: The calculation of the credit requirement described in a-1 and a-2 above for all enrolled students at the school shall be based on the maximum allowable classes in which a student can be enrolled at the member school during the normal school day due to the academic system that the member school has selected (7-hour day, block schedule, etc.) Credits earned in school-sponsored "extra" classes

taken beyond the normal school day may be used toward academic eligibility. Internet classes offered by and at the member school and which are completed no later than the close of the semester with credit placed on the student's transcript can be counted toward academic eligibility. (See also By-Law 2.3.4 regarding other courses that may be utilized.)

- Entry into 9th Grade: A beginning 9th grade student shall have been promoted from the 8th grade to the 9th grade for first semester eligibility.
- A student must be making satisfactory progress towards graduation as determined by local school policies.

DIAGRAM 2.3 (a): SAMPLE HIGH SCHOOL ACADEMIC SCHEDULES

Academic Schedules Six-period day (.5 each)

Seven-period day (.5 each) Eight-Block schedule (.5 each) Four-Block schedule (1.0 each)
Ten-Block schedule (.5 each)

Credits Earned must equal 3.0 or 80%, whichever is **GREATER** Must pass 6 of 6 (3.0)

Must pass 6 of 7 (3.0) Must pass 7 of 8 (3.5) Must pass 4 of 4 (4.0) Must pass 8 of 10 (4.0)

DIAGRAM 2.3 (b): COLLEGE COURSE HOUR EQUIVALENCIES

DIAGRAM 2.3 (a): SAMPLE HIGH SCHOOL ACADEMIC SCHEDULES

Academic Schedules	Credits Earned must equal 3.0 or 80%, whichever is GREATER
Six-period day (.5 each)	Must pass 6 of 6 (3.0)
Seven-period day (.5 each)	Must pass 6 of 7 (3.0)
Eight-Block schedule (.5 each)	Must pass 7 of 8 (3.5)
Four-Block schedule (1.0 each)	Must pass 4 of 4 (4.0)
Ten-Block schedule (.5 each)	Must pass 8 of 10 (4.0)

DIAGRAM 2.3 (b): COLLEGE COURSE HOUR EQUIVALENCIES

College Course Hours	High School Units of Credit
Three Hour Course	.5 Unit of Credit
Five Hour Course	1.0 Unit of Credit

2.3.5 Grades 9-12 Summer School: Secondary school-sponsored summer courses may count toward maintaining senior high academic eligibility for the **FALL** semester provided the following requirements are met:

- a. The counting of secondary school-sponsored summer school credits must first be approved by the local school administration.
- b. Credit earned for the summer school course is placed on the student's school transcript and counts towards graduation.
- c. The course must be a class identified by the local school board/governing body as required for graduation/promotion requirements.
- d. Only electives that are taken in one of the four **core content areas** (language arts, mathematics, science, and social studies) may be counted toward this requirement of academic eligibility.
- e. Secondary-school sponsored summer **online** courses that meet the specifications of By-Law 2.3.4.b (placed on the transcript) may be counted if they are completed and passed before July 31.
- f. No more than one credit earned in summer school shall count toward maintaining academic eligibility.

Physicals and Health Insurance

All students must have a valid physical and have completed a yearly participation form on file in the Athletic Director's office. Students will not be allowed to participate in any type of activity without a physical and participation form on file.

[Pre-Participation Physical Evaluation](#)

[MSHSAA Preparticipation Physical Forms/Procedure](#)

Code of Interscholastic Athletics and Activities

A large number of students at MRH High School are involved in athletics and activities. These particular students are students who achieve and excel in school. Students who participate in athletics and activities are thought of as school leaders and must be model citizens within the school and community. Participating in Athletics and Activities is a privilege and not a right. The Missouri State Athletic and Activities Association requires that all students demonstrate good citizenship, complete the appropriate amount of practices, have a valid physical, have a completed participation form on file and be academically eligible. Failure to have those items turned in and inappropriate citizenship can result in dismissal or inability to join a sport or activity.

2.2 CITIZENSHIP REQUIREMENTS

2.2.1 Citizenship: Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect

discredit upon themselves or their schools are not considered “credible citizens.” Conduct shall be satisfactory in accord with the standards of good discipline.

Transportation

Part of the team experience for student athletes is riding to and from away events with team members and the coaching staff. Students are expected to ride the team bus to and from all events, unless the parent is providing transportation or prior arrangements have been made with the coaching staff or administration.

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 arrangements. The athletic office will work with coaches to ensure bus times meet the needs of each team.

Equipment and Uniforms

1. All equipment and uniforms issued by a coach at MRH High School are considered property of MRH 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. If uniforms are not turned in students will receive a fine.
4. All equipment from a sport/activity must be turned in and all debts or fines must be paid before an athlete is permitted to practice or compete in another sport.
5. Students assume the responsibility for any damage to equipment or uniforms that occur outside of the normal use for MRH High School athletic practice or competition.
6. Uniforms and practice gear are only to be worn at MRH High School practices and for game day competitions.
7. Uniforms and apparel provided by the school may not be worn outside of games and practices.
8. Any adjustments to equipment or uniforms must be approved by the head coach.

Locker Room Procedures

1. Only students that have been assigned lockers by a coach may use the lockers for athletes.
2. Students must provide their own lock.

3. Lockers assigned for athletics and activities may be used during the current season only. Use of the lockers beyond the season is not permitted.
4. Sharing lockers is strictly prohibited.
5. Avoid keeping valuables such as money, cell phones, Ipads, and jewelry in your locker if possible.
6. At the end of each athletic season, all locks left on lockers will be removed and belongings will go to the lost and found.
7. Students found violating locker procedures and expectations will lose locker room privileges.
8. If you have a problem with a locker, notify your coach or a member of the athletic staff immediately.

Athletic Injuries

An injured athlete should notify the coach and trainer immediately. Please report all information regarding the injury/treatment from your personal physician to the coach and athletic trainer. This will ensure no athlete returns to competition prematurely. An athlete must have a written notification from a physician to return to competition and this notification must be filed in the athletics office. During an athletic event, when a student is injured during a practice or any game, a parent or guardian should be contacted immediately. In case of emergency, if the school cannot assist the athlete and emergency treatment has to be provided/if a parent is not available/ a coach or staff member will meet the athlete at the hospital during a true emergency. The coaching staff should contact the Athletic Director/Principal of the School and will be notified immediately upon arrival and any emergency procedures administered to the athlete during the hospital visit should be reported. In case the parent/guardian is unavailable the health status of the athlete should be reported and updated by staff or coach to proper school staff throughout emergency treatment. All coaches are responsible for following proper procedures when a student athlete is injured while in the care of an approved staff member during a sport activity. Athletes, coaches or staff members must report injury of a student athlete during a game or on school grounds in the presence of a staff member approved by the school administrative team. In case of a true emergency, if a parent or guardian is unavailable, the school will call 911, an emergency vehicle will transport the student to the hospital and the parent will be responsible for the care and treatment of their child.

Parent/Coach Communication

A. Communications You Should Expect from your child's coach

- Philosophy
- Expectations for the team
- Locations and times for practices and contests
- Team Requirements
- Emergency Procedures

B. Appropriate Concerns to Discuss with Coaches

- Ways to help your student athlete to improve

Updated: 8/1/23

- Concern about your student athlete
- How your child will help the team to be more competitive

C. Inappropriate Concerns to Discuss with Coaches

- Playing time
- Team strategy
- Play calling
- Other student athletes

D. 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 procedures should be followed to help promote a resolution to the issue of concern.

- The student athlete must bring the issue to the coach's attention.
- If the issue needs further attention, contact the coach for clarification or to set up a conference.
- All conferences should include the coach, parent and athlete.
- If a resolution cannot be reached, the parent may then call to set up an appointment with the athletic director, coach and athlete.
- If a resolution still cannot be reached, the parent may then call to set up an appointment with the principal, athletic director, student athlete and coach.
- At the conclusion of the prior steps a decision will be made regarding the issue between the student athlete, parent and administration.

Travel to practice and Games

During the athletic season(s), students will be expected to travel to and from games and practices. For our outdoor sports, practice facilities may be up to a distance that students must travel. These facilities include but are not limited to Deer Creek, Kellogg Park and Ryan Hummert Park. Students who travel by foot are expected to adhere to all pedestrian laws. Students who travel by their own transportation, i.e car, truck, or bike are cautioned not to allow other passengers in their means of transportation. Students will travel to and from the events together as a team. Any other arrangements for travel must be verified by the Athletic Director as well as a note signed from the parent. As safety is our number one priority for our students. We require all coaches to review safety precautions for travel to games and practices. In addition, before a student may participate in a practice or a game all students must have their parent/guardian return a signed form stating they have reviewed the handbook and are in agreement with the policies and procedures of the Maplewood Richmond Heights Athletic Department.

Athletic Teams

*Weight room leader/monitor-Joe Spinks

Fall Season

Sport	Head Coach	Assistant Coach
Cheerleading	Cathy Krebs catherine.krebs@mrhschools.net	N/A
Soccer, Boys	Ryan Robertson robertsonr@wustl.edu	Michael Guthrie michael.guthrie@mrhschools.net
Volleyball, Girls	Jazzlyn Harris coach.harris@outlook.com	Mel Davis meldavis623@gmail.com Caroline Snare snarecaroline@gmail.com
Cross Country (Boys and Girls)	Craig Maxwell craig.maxwell@mrhschools.net	Joe Spinks joe.spinks@mrhschools.net
Football	Derrick Colquitt (University City) dercolquitt@ucityschools.org	Kacy Day kacy.day@mrhschools.net
Girl's Tennis	Tim Butz tim.butz@mrhschools.net	TBA

Girl's Softball	Rob Welker robert.welker@mrhschools.net	Cathy Krebs catherine.krebs@mrhschools.net
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Winter Season

Sport	Head Coach	Assistant Coach
Basketball, Boys	Joe Sausele (V) joe.sausele@mrhschools.net	John Redden john.redden@mrhschools.net David Harris david.harris@mrhschools.net
Basketball, Girls	Joe Miller Kacy Day (JV) kacy.day@mrhschools.net	Kacy Day kacy.day@mrhschools.net
Cheerleading	Cathy Krebs catherine.krebs@mrhschools.net	N/A
Wrestling (Boys/Girls)	Brandon McClure brandon.mcclure@mrhschools.net	Tamara Cushman tamara.cushman@mrhschools.net

Spring Season

Sport	Head Coach	Assistant Coach
Baseball	TBA	Aaron Basler aaronbasler@314sports.com Connor Harrison conner.harrison@mrhschools.net

Soccer, Girls	Amber Jordan amber.jordan@mrhschools.net	Bethany Nobbe bethany.nobbe@mrhschools.net
Tennis	Tim Butz tim.butz@mrhschools.net	N/A
Track, Boys and Girls	Joe Spinks (B joe.spinks@mrhschools.net) Kacy Day (G) kacy.day@mrhschools.net	

MRH Activities

ACES (Academic Challenge for Engineering and Science)

formally WYSE

Sponsor: TBD

The ACES team studies additional topics related to Biology, Chemistry, Physics, Math, Scientific Reading, Computer Science and Engineering. They complete examinations on these subjects at the regional, sectional and state level of competition. This group is limited to advanced students who are recommended by their teachers

The ACES team meets and competes during the second and third quarters.



Band

Sponsor: Vince Rapini (vince.rapini@mrhschools.net)

Broadcast Team

Sponsor: Joe Sausele (joe.sausele@mrhschools.net)

What is the Broadcast Team?

- Broadcast Team is a group of students that produce youtube streamed broadcasts of select home sporting events each season of the school year and provides pre-game music and the announcement of starting lineups to as many on campus sporting events as possible.
- The team also works with mobile journalism to create pregame and halftime features that highlight teams and other news around the school.

Why Join? (Any of these)

- You have an interest in journalism, videography, content creation and/or media and would like to gain some experience to see if it could lead to a career path.
- You have a background or interest in public speaking and want to develop your skills on air.
- You love being around sports and want to contribute to the process of putting out student led broadcasts.
- You see the opportunity to learn skills and gain experience that transfer to other pursuits.

How to Join?

- Email club sponsor Mr. Sausele at joe.sausele@mrhschools.net
- Fill out this [google form](#)



Choral Activities

Sponsor: Nadia Maddex (nadia.maddex@mrhschools.net)

Esports

Contact: Dr. Curtis Graham (curtis.graham@mrhschools.net)

Benefits of esports

Your student is more than likely already playing video games. Encouraging them to participate in Esports gets them involved in school, communicating with other students and adults, and allows them to take part in something they are passionate about within a safe, school setting. Moreover, they get to compete and show their skills off in front of family and friends!

This is not just about gaming. As educators working with students involved in Esports, we have seen the life changing benefits. We have witnessed students develop into leaders and forge friendships that will last forever. Our students are more engaged in the school setting resulting in an overall more positive experience and stronger academic performance. We have also had a number of our students receive college scholarships to play at the next level.

Video Game Ratings

There are video games out there that can be considered mature video games that are rated for 18 years of age or older. This being said, the MHSEA currently does not have any of those titles on our list of games that we play. We do have video games that are rated T for teens, which are 13 years of age or older. These sorts of video games, like Overwatch for example, are rated in such a way for fantasy violence. Fantasy violence is something that is not related to the real world environment and does not relate to everyday life.

Future Opportunities

We all know that our kiddos live in a digital world. Being in Esports helps kids prepare for their future in that digital world. Esports has many different roles within it. There is media production, broadcasting, graphic design and many more skills that students can learn in Esports. Also, there are 218 colleges in Missouri right now that offer scholarship opportunities for Esports. That is a ton! Esports is going to continue to grow at a fast rate and your kids get to be a part of something amazing that could forever change their future.



Sponsor: TBA

Updated: 8/1/23

Maplewood Richmond Heights High School Future Business Leaders of America

What is FBLA?

FBLA helps high school students prepare for careers in business through academic competitions (FBLA Competitive Events), leadership development, and educational programs.

FBLA Membership Benefits

High school students that join FBLA receive benefits that include:

- Discounts
- Scholarships
- Awards and recognition programs

FBLA members also demonstrate their leadership skills through community service projects, fundraising activities, and chapter officer positions.

Why Join?

When filling out applications and resumes for scholarships, employment or other opportunities, it always looks good to have been a part of some activities other than just attending classes. Playing a sport, joining a club, or volunteering always sets you above the competition. If you are planning to major in business, you should join us. We have business related activities, we will (hopefully) have social events, and we will have guest speakers this year to join our meetings.

How to Join?

There will be an informational meeting during the first few weeks of school.

GSA

Sponsors: Emily Baker (emily.baker@mrhschools.net) and Mike Cassell (mike.cassell@mrhschools.net)

The Genders & Sexuality Alliance (GSA) provides a safe and supportive community for members, bringing students of any gender or sexual orientation together to create a safe and accepting environment at MRH. Activities include discussions, schoolwide education campaigns, craft creation, and attendance at artistic events related to gender and sexuality issues.

The GSA meets biweekly on Wednesdays after school in the Research and Design Center.

Updated: 8/1/23



MRH International Club

Sponsor: Kristin Tanner (kristin.tanner@mrhschools.net)

Overview & Purpose

This club is open to all HS students interested in exploring and celebrating cultural diversity within our community. This club is open to anyone and everyone!

Active participation in the International Club will help fulfill the requirements to receive the Missouri Seal of Biliteracy. Students will build sociocultural competence by valuing diversity and strengthening relationships, honoring the cultures in our community.

We will gather as a club to try different cultural foods, watch films, and experience everything else that our different cultures have to offer. We will also offer an after school study period for newcomer transition support and foreign language support. We will also hold a meeting once a month in the R&D to plan for our larger events.

Objectives

1. Develop an understanding of all cultures that are in our community
2. Interact with students from other countries
3. Use real-life applications and immersion to improve language skills, and help newcomers transition into a new country/culture.
4. Use real-life applications and immersion to improve overall communication skills; preparing students with 21st century skills that will benefit them in a global economy and society



MRH InvestNow Club

Sponsor: Pam Withers (pam.withers@mrhschools.net)

Updated: 8/1/23

Description: InvestNow Clubs is a student-run organization which promotes financial literacy with the goal of long-term asset creation. It offers mentorship opportunities, and real world investing for high school students.

Meetings: 1st and 3rd Tuesday after school in 106, starting September 6th.



Key Club

Sponsor: Kristen Belcher (kristen.belcher@mrhschools.net)

Key Club is a student-led, high school organization. Our members make the world a better place through service. In doing so, we grow as individuals and as leaders by answering the call to lead, summoning the courage to engage and developing the heart to serve.

- Over 270,000 members worldwide in 40 countries
- Partnership with Maplewood Kiwanis Club
- Monthly meetings TBD

L.O.T. Leaders of Tomorrow

Sponsor: TBD

Student Leader: Abraham Blue (abraham.blue@students.mrhschools.net)

Description: Leaders of Tomorrow is an organization that develops students and allows students to reach their full potential. It allows students to be placed in positions similar to the real Workforce to build character and skills. To help them grow rapidly. Through sessions and discussions that are laid by Outsider professionals and leaders at MRH, We Believe that we can Strengthen a new generation of students that are more prepared efficient before even stepping out into the workforce. Students will receive rewards and certificates, students will also get the opportunity to go on different trips dealing with leadership. Our goal each year is to impact our school in a great way and strengthen the school body.

Meeting Times: Wednesdays, after school (Additional meeting times for organization leadership team)

Literary Magazine

Sponsor: Derek Rowley (Derek.rowley@mrhschools.net)

Students on the literary magazine staff read and discuss submissions, consider which pieces will appear in the magazine, and prepare the document for the publications class, the group responsible for the images and design of the magazine. Submissions are open to all MRH students grades 9-12. To submit, share your final draft document to litmag@mrhschools.net.

Mock Trial Team

Sponsor: Rich McCollum (rich.mccollum@mrhschools.net)
Dr. Robert Welker (robert.welker@mrhschools.net)

The Mock Trial Team prepares and tries a lawsuit from a set of facts and legal rules provided by the Bar Association of Metropolitan St. Louis. Students function as lawyers and witnesses in a court case, arguing against other schools at January and February trials in the St. Louis County Courthouse. Trials are judged by local attorneys and judges.

The team is also coached by Mr. McCollum and Dr. Smith, with attorney advisors State Representative Gina Mitten and former MRH School Board Member Nelson Mitten. The team begins meetings in October; the practice schedule adapts to the commitments of students involvement in other activities.

Students learn cross examination, testifying in court, the rules of legal evidence and how to make a legal argument to a jury.

In 2022, the team placed third in the Missouri State Championships.

How to Join?

- Send an email to Head Coach Rich McCollum (rich.mccollum@mrhschools.net), who also teaches English, World History and Public Speaking. Coach McCollum is assisted at practice and tournaments by Assistant Principal, Dr. Samantha Smith.

Updated: 8/1/23



National Honor Society

Sponsor: Rich McCollum (co-advisor) - (rich.mccollum@mrhschools.net)
Dr. Rob Welker (co-advisor) - (robert.welker@mrhschools.net)

What is NHS?

- One of the oldest and largest recognition programs for high school students in grades 10-12 in the United States
- Honors students who have demonstrated excellence in the areas of scholarship, leadership, service, and character
- Students are invited only once a year (in spring)

Characteristics of NHS

- Scholarship: Students must have a cumulative grade point average of 3.5 or better
- Service: Voluntary contributions made by a student to the betterment of the school or community
- Leadership: Resourceful, good problem solvers, and dependable both inside the school and in the community
- Character: Upholds principles of morality and ethics, cooperative, honest, courteous, and reliable

What does NHS do?

- Carry out the goals and obligations of your local NHS chapter
- Lead service projects in the school and community (complete 10 hours of service per year)
- Attend monthly meetings
- Grow as an individual

How can I be in NHS?

- Acceptance into NHS begins with meeting the requirement for Scholarship: 3.5 GPA
- Candidates complete the application and "share" with NHS advisors in March 2024
- Final selection is made by vote of a five-member Faculty Council, a selection committee appointed by the principal

Updated: 8/1/23

NHS Inductions

- Students accepted into NHS will be honored through an official induction ceremony
- Induction ceremony will be in mid-April

Co-advisors: Dr. Rob Welker and Ben Nims

Meetings: First Friday of the month at 7:30 AM

Philosophy Club

Sponsor: Dr. Massey (ryan.massey@mrhschools.net)

Description: Philosophy club meets to discuss a variety of topics related to logic, ethics, and the nature of knowledge. Sometimes, we invite philosophy experts from the community to join us.

Meeting Times: TBA Spring 2023

How to Join: Look out for an email to sign up for the philosophy club mailing list. Then show up to scheduled events.



SLACKers

Sponsors: Emily Baker (emily.backer@mrhschools.net)

SLACKers is short for the Student Library Advisory Council. It is a student group that chooses new books, plans library events and guides how the R & D will meet students' needs. It meets 1 or 2 times a month after school for 1 hour.



Speech and Debate Team

Sponsors: Rich McCollum (rich.mccollum@mrhschools.net) and Dr. Robert Welker (robert.welker@mrhschools.net)

What is Speech and Debate?

- Speech and Debate is an extracurricular activity fully funded and supported by the high school. We compete against other schools in multiple events at about 10 tournaments through the season. Last year over 20 students competed with the team, winning awards at every competition.
- MRH Debate participates in Policy Debate on a single topic for the year. This year's topic will involve military use of high technology, raising issues about war, international relations and ethics.
- MRH Speech participates in a variety of events, including Informative Speaking, Persuasive Oratory, Extemporaneous Speaking, and Dramatic Interpretation. Students select their own topic and write their own speeches.
- The team normally travels to tournaments at area high schools in St. Louis County and eastern Missouri.
- After school practice starts the first week of school. The team meets both before and after school on Tuesday, Wednesday and Thursday to allow students to participate in sports, theater and debate.

Why Join?

- Speech and Debate develops public speaking, research and argument skills.
- Students interested in activism, politics and the law can learn about the issues they care about.
- Speech and Debate is a great extracurricular for college applications and scholarships.
- Athletes and those with other extracurricular interests are welcome; we work around scheduling conflicts.

How to Join?

- Send an email to Head Coach Rich McCollum (rich.mccollum@mrhschools.net), who also teaches English, World History and Public Speaking. Coach McCollum is assisted at practice and tournaments by Assistant Principal, Dr. Samantha Smith.

STUCO (Student Council)

Sponsors: Kacy Day, Jr. (kacy.day@mrhschools.net) and Nadia Maddex (nadia.maddex@mrhschools.net)

What is Student Council?

- A leadership group for those interested in influencing school activities and culture.
- Student Council organizes major events for the high school including Homecoming and Field Day.
- The primary goal of the student council is to advocate for the student body's wants and needs; therefore, regular communications with peers is expected.
- Meetings begin during the summer and are ordinarily during Advisory, before, and after school (depending on upcoming events).

Why Join?

- Lend your voice and creativity to enhance the school culture.
- Meet peers in other grades who also want to improve their school while also having fun.
- Put your organizational, performing, and creative skills to use.
- Show your school spirit.

How to Join?

Elections and membership drive in the spring



SGORR (Student Group on Race Relations)

Sponsor: Naomi Warren (naomi.warren@mrhschools.net)

What is SGORR?

- Student Group on Race Relations (SGORR) is an organization of diverse high school students in MRH High School that promotes positive social relations across all boundaries of difference by increasing self-awareness and empathy for others. We will learn by listening, speaking our truth, and valuing everyone's voice.
- SGORR members participate in a variety of activities including monthly meetings on topics of interest and possible field trips to museums, plays, movies, etc. relating to topics of diversity.

Why Join?

- You'll meet new people and learn more about yourself and others!
Specifically, SGORR helps students:
 - Gain a greater understanding and appreciation for the experiences of individuals from different backgrounds.
 - Develop self-awareness in relation to one's thoughts, biases, and actions.
 - Learn effective communication skills with an emphasis on hearing and valuing all perspectives.
 - Develop leadership skills in planning and organizing activities and facilitating discussions.

A Sample of SGORR's Group Norms

- We listen actively with the intent to understand.
- We know disagreement is not disrespectful if done right.
- We use "I statements" and speak for ourselves
- We withhold judgment of our peers.

How to Join?

- Contact ms. warren (naomi.warren@mrhschools.net), Social Worker at MRH. Meeting notifications and reminders will be emailed to all interested students.



Theater

Contact Information: Holly Potthoff (holly.potthoff@mrhschools.net)

Philosophy

Theatre teaches skills that last a lifetime. Play productions involve more than memorizing lines and performing on stage. While you have been a member of our audience enjoying our shows, did you know we were learning life lessons? By working on stage and back stage, we grew in self-confidence, sacrifice, dynamics, and group decision-making. We also learned applications of practical skills, carpentry, and the use of power tools, costuming, make-up, accounting, visual effects, and sound and video techniques. Thank you for appreciating our creative efforts; and thank you for supporting the arts.

AFTER SCHOOL THEATRE

The MRH Blue Devil Players produce two main stages a year, a fall play and spring play.

Rehearsals typically (*but not always*) take place after school Monday – Friday from 3:30 – 6:00 PM (depending on the show and the show's timeline). There are technical crews for each show as well, and they typically (*but not always*) meet after school Monday – Friday from 3:30 – 6:00 PM, and some Saturdays (depending on the show and show's timeline).

Students do NOT need to be in a theatre class to participate in the after school theatre program; however, auditions for roles and interviews for tech crews do take place. Listen for announcements on upcoming auditions and tech interviews. Even though a pandemic is going on, the show must go on!

INTERNATIONAL THESPIAN SOCIETY

The International Thespian Society (ITS) is the Educational Theatre Association's student honorary organization. ITS recognizes the achievements of high school and middle school theatre students. Since 1929, EdTA has inducted more than 2 million Thespians into ITS. That number continues to grow, with more than 36,000 students from around the country being inducted each year.

Students who participate for 100 hours with the after school theatre productions are eligible to be thespians and are inducted in the spring. It usually takes two – three mainstage shows to meet the 100 hours requirements.



WWLA (Women Who Look Ahead)

Sponsor: Debbie Kravitz (debbie.kravitz@mrhschools.net)

What is WWLA?

- Women Who Look Ahead (WWLA) is a group for students at MRH that focuses on empowering young women to become well-rounded individuals and leaders.
- Members attend monthly meetings and engage in educational and recreational activities with a focus on leadership, learning, service, positive peer relations, and fun!
- Past activities have included a self-defense class, making calming jars, mentoring at the ECC, attending a play at the Black Rep and baking cookies for public service workers.

Why Join?

- Students get to participate in a variety of engaging activities and discussions focusing on personal growth, team-building, self-care, and service.
- WWLA brings students together across grade levels, providing an opportunity to connect with new students and to become part of a positive peer group.
- Being a part of WWLA fosters a connection to school as an extracurricular activity.

How to Join?

- Attend the WWLA kick-off or any monthly event. If you have any questions, contact Ms. Kravitz (debbie.kravitz@mrhschools.net), Counselor at MRH. Meeting notifications and reminders will be emailed to all interested students.



Youth and Government (MO YAG)

Sponsor: Shane Dixon (shane.dixon@mrhschools.net), Rich McCollum (rich.mccollum@mrhschools.net), and Bill Pott (bill.pott@mrhschools.net)

Description: Youth and Government (YAG) is a student-driven simulation of state government, which involves 1,100 Missouri youth in grades 8-12. Beginning in the fall of each year, students come together in their local delegations to choose their roles, register and prepare for the State Conference. At the State Conference, students create their version of state government under the guidelines of the Missouri Constitution. All participants in Missouri come together for this three-day event at the State Capitol. Legislators meet in committees and in the House and Senate chambers to debate legislation. Attorneys try their cases before student judges and engage in a trial competition. The entire event is covered by student media. Participants also engage in campaigns and elections for officers who will serve during the following year.

Meetings: Before and after school bi-weekly leading up to conference Thurs-Sun 8am-10pm in Jefferson City

How to Join: See Mr. Dixon, Pott or McCollum

MRH HS STUDENT ATHLETICS and ACTIVITIES HANDBOOK
ACKNOWLEDGEMENT FORM 2023-2024

I hereby acknowledge that I have read, understand, and agree to do my best to abide by the expectations written in this document.

Student Signature

Date

Parent/Guardian Signature

Date

Important Forms
(Please make a copy)

[Accident Injury Forms](#)

[Building Usage Request](#)

[Fundraiser Request Form](#)

[Overnight Field Trip Form](#)

[Purchase order request form](#)

[Senior Night Form](#)