

District #301 MIDDLE SCHOOL ATHLETIC/ACTIVITIES HANDBOOK

A. Programs

District #301 maintains 7th and 8th grade athletic programs in football, volleyball, basketball, cheerleading, and track. Wrestling, cross country and the scholastic team are available to 6th, 7th, and 8th graders. Intramural activities may be offered throughout the year for 6th, 7th, and 8th grade students. Students participating in intramural programs/C Team will be held to the same expectations and standards (sports physical, eligibility, sportsmanship, etc.) as students in the other athletic programs.

Clubs and other extracurricular activities may establish their own rules and policies that may specifically apply to that activity. These expectations will be shared at the beginning of each activity with students and parents.

B. Eligibility

1) On the first day of practice, the head coach will clarify eligibility rules with all students. There are certain requirements that must be met:

Students must have had a physical examination within a one year period (not required for the scholastic team).

Students must have turned in an activity agreement form.

Students must pay a fee of \$65 due before the first contest.

Note to Parents: \$195 family cap per school.

2) No student will be allowed to participate in an activity until all paperwork is completed and turned in to the athletic office! No Exceptions!

3) Middle school rules require that a weekly check be made on the eligibility and an eligibility list is developed. **In order to have an accurate assessment of a student's progress, eligibility will be run the second Thursday after a new quarter begins.** Each coach will receive the eligibility list. Under no circumstances are students who are ineligible permitted to dress or participate in a contest.

4) When a student is declared ineligible on the weekly eligibility report, he/she will be ineligible from Monday through Sunday. After three weeks of ineligibility, a student may be removed from the team with the approval of the Athletic Director.

5) Competitions may not be used as an excuse to miss any assigned disciplinary consequence.

6) Students who receive the following grades on the weekly eligibility form will be ineligible for the following week:

- a) More than one failing grade (F), or
- b) One failing grade and one, or more, warning grades (D's), or
- c) More than two warning grades (D's).

7) Ineligible students may continue to practice with the team but may not participate in or travel to any contests.

8) Students who are not eligible for three weeks may be dropped from the team.

C. Attendance Policy

Attendance to practices, games, and meetings is mandatory for all students. If a student has an unexcused absence they will face the following consequences:

1st offense- Limited playing time for one competition

2nd offense- ½ of a competition suspension

3rd offense- 1 full competition suspension

Subsequent offenses- 1 full competition suspension

CC, Track, Scholastic Team & Wrestling Only

1st offense- Warning

2nd offense- 1 full competition suspension

Subsequent offenses- 1 full competition suspension

Excused absences: sick from school, doctor's appointments, and funerals. Other excused absences may be approved by the Athletic Director. Leaving practice early or arriving late for an unexcused reason will count as missing a half a practice.

Students are allowed to leave a competition after 6:30 pm if their event is finished and they have a signed note by administration.

D. Sportsmanship

Students are expected to display good sportsmanship at all times. Failure to display proper sportsmanship may result in a student not being permitted to further participate in activities for up to one year.

E. Student Conduct

1) Students may be suspended from participation on teams whenever their behavior at school or at school functions warrants

such action.

- 2) Students who receive one day or more of TCR or an ISS will not be permitted to attend or participate in any school-sponsored activities until their next day of attendance following the discipline (For example, a student who receives one day or more of TCR or an ISS on a Friday would not be able to attend or participate in a school-sponsored event until the following Monday).
- 3) Building Administration also reserves the right to suspend or remove the students from the school activity due to academic or behavioral issues. This includes any extracurricular activities.
- 4) Hazing-This policy prohibits students from engaging in hazing or any kind of aggressive behavior that does physical or psychological harm to another or any urging of other students to engage in such conduct; prohibited conduct includes any use of violence, force, noise, coercion, threats, intimidation, fear, harassment, bullying, hazing or other comparable conduct.
- 5) Cell phones and cameras are not to be used or visible in a locker room or bathroom during activities.

F. Participation

- a) No student will be allowed to try out for any sport until he/she has been issued clearance from the Athletic Director. To receive clearance, the student must have turned in all equipment from the previous sport (or reimbursed the school), and submitted a physical examination form, an athletic agreement form, and a participation fee. Both physical form and athletic agreements are valid for one calendar year.
- b) As noted above, students participating in athletics must present evidence of insurance coverage for potential injuries as a result of athletic participation. Appropriate evidence would be a letter from the insurance agent or a parent's signature on a form stating the student has such coverage.
- c) Students who are present in PE class that day and do not participate in PE will not participate on athletic teams on that day.
- d) Students must be present for 3 clock hours during the school day to be able to participate in activities. Exceptions may be granted by building administration.
- e) Refunds may be issued if the student quits or is removed from the team before that activity's first contest.
- f) Students may join the team up until the first competition. Other exceptions may be approved by the athletic director.
- g) Students must have attended 5 practices before participating in a contest.
- h) Tryout Rules:

In the event that a tryout is needed to determine the number of maximum students kept on the schools A/B team, every participant must attend the tryout to make the team. Students who are unable to attend the tryouts must give advance notice to the coach and building athletic director. They must also have an excusable reason why (illness, injury, vacation, family death) they are missing tryouts. Students who are unable to tryout due to injury or illness must complete a tryout or modified tryout within one week of the original tryout to make the team. Students who are on vacation will be required to schedule **and complete a tryout prior to the scheduled tryout dates** with the coach at the approval of the athletic director.

G. Team Size Limitations

Maximum team sizes for the combined teams are:

- a) Football - seventy-five 7th and/or 8th graders
- b) Volleyball - twenty 7th and twenty 8th graders (C Team and/or Intramural may be offered)
- c) Basketball - twenty 7th and twenty 8th graders (C Team and/or Intramural may be offered)
- d) Cheerleading - twenty 7th and twenty 8th graders (C Team and/or Intramural may be offered)
- e) Wrestling – fifty 6th-8th graders
- f) Track – away meets are limited to two busload
- g) Cross Country away meets are limited to two bus loads

- h) Scholastic Bowl – sixteen 6th-8th graders

H. Activity Selection

Any student who meets all requirements for activity participation will have the opportunity to be involved in activities. However, each activity will have its own specific participation philosophy. Selection of members will be decided by the coach/sponsor and will be based on skill level, attitude, work ethic, potential and academics.

Scholastic Team, Volleyball, Cheerleading and Boys'/Girls' Basketball

These activities will have tryouts to determine A, B and C (or Intramural) teams. A and B team members will be issued uniforms and will receive playing time in contests. The purpose of the C teams/Intramurals is to have participation in activities while providing the opportunity to improve skills. C teams for these sports may or may not exist depending on the number of students interested and the number of coaches hired for each activity.

C team members:

- may practice with the team but will not be issued a uniform or be guaranteed playing time in contests.
- will follow the same team and school rules as A and B members.
- are eligible to move up to A and B teams throughout the year if a roster spot becomes available
- are eligible for post season awards.

Football, Wrestling, Track, and Cross Country

These sports will not have tryouts unless maximum team sizes are exceeded. All team members will be issued uniforms and receive playing time in athletic contests throughout the season. The level at which individual athletes compete will be determined by the coach. C teams and/or intramurals are not offered in these sports.

I. Awards

- 1) All awards are to be purchased with district funds. Coaches may not supplement awards with purchases from their own funds.
- 2) No awards may be given by coaches without prior approval of the Athletic Director.
- 3) Middle school students may receive only one chenille letter. If additional letters are earned, the student will receive a pin (or service bar for 2nd year in that sport). Students who don't earn letters will receive certificates of participation.
- 4) Criteria for earning a letter
 - a) Players must be eligible for three-fourths of the season.
 - b) Any player declared ineligible for the remainder of the season for disciplinary reasons or academic reasons will not receive any athletic awards for that season.

J. Equipment Care

A student will be required to reimburse the school for the replacement costs of any equipment or uniforms lost, or damaged due to action(s) or negligence by the student.

K. Personal Property

Our school does not cover personal items, which are lost or stolen. If you must use personal items on school premises, see that they are secure. Students should be discouraged from bringing large sums of money, electronic listening devices, and cell phones to the locker room or practice areas.

L. Practice Schedule

The athletic director will be responsible for approving practice schedules (time and place). Practices are limited to students, coaching staff, and administration.

M. Transportation

Transportation to and from all athletic events is furnished by the school. All participating students must ride the transportation provided by the school. An exception may be granted with a parent's written request for his/her child to ride with a parent or other designated adult driver. This request must be approved in advance by school administration.

N. Parent Pick Up

Any student who is not picked up within fifteen minutes of the end of the scheduled event will face the following consequences:

1st offense- Limited playing time for one competition
2nd offense- ½ of a competition suspension
3rd offense- 1 full competition suspension
Subsequent offenses- 1 full competition suspension

CC, Track, Scholastic Team & Wrestling Only

1st offense- Warning
2nd offense- 1 full competition suspension
Subsequent offenses- 1 full competition suspension

The following is a protocol used to ensure that students get home safely from after-school athletics and clubs. Parents or guardians of students involved in extra-curricular activities are responsible for arranging transportation for their children from school in a timely manner. When this is not the occurrence, the following protocol will be followed by the coach or supervisor:

1. If the student's ride does not arrive at the designated time, the student will be provided a phone to call the arranged ride. If the original ride cannot be reached, the student will be given the opportunity to call relatives, etc. for an alternative ride.
2. If the student cannot reach anyone, the coach or supervisor will attempt to call every phone number the school has listed for that student. (*At registration, parents are asked to fill out home, work, cell and emergency contact phone numbers*). Coaches and supervisors will have these numbers readily available at all times.
3. If no one can be reached, coaches and supervisors will continue to periodically call the numbers up until one hour after (a) the home practice / event has ended or (b) an away event bus arrived at school.
4. After one hour, the coach or supervisor will contact the Police Department to ensure the student with safe transportation home.
5. School administration will contact the parents the following day to discuss the previous day's happenings.

Note to Parents: If there is anyone else you would like the school to contact before the Police, please notify the school office.

O. Training Rules

1. Drugs, Narcotics, and Alcohol:

All students in Central District No. 301 are prohibited from possessing, using, distributing, or selling intoxicating beverages, marijuana, narcotics and other drugs (including look-alike drugs). The school's administration will deal sternly and directly with incidents involving drugs, narcotics, and alcohol. Compliance with these standards of conduct is mandatory.

2. Voluntary Drug Testing:

Central District No. 301 encourages students to take pride in being free from substance abuse. Voluntary drug testing information will be made available to students interested in demonstrating to others that they are drug and alcohol free.

3. Training Rule Violations:

When sufficient evidence exists that a student has used or possessed alcohol, tobacco (in any form), or other illegal or prohibited drugs, the individual will be ineligible to participate in athletics at Central according to the schedule, which follows. The intent of this training rule is to prohibit the possession, use, and abuse of alcohol, tobacco, and drugs except as taken for communion at church, or for legitimate medical purposes.

- a) First Offense: The individual will be ineligible for one season, which will be carried over into the next season in which the individual participates.

For example, if half of the way through the football season a player is found to have been using or is in possession of alcohol, tobacco, or other drugs, he will be removed from the football team for the remainder of the football season (half of the season). He will also be ineligible for the first half of the next season for which he goes out. He must attend all practices during that time except as excused by the coach but may not play in a game until the period of ineligibility expires and must complete the season.

The penalty for a first offense may be reduced by half of the season contests if the athlete immediately enters into, participates in, and successfully completes a drug, tobacco, or alcohol abuse program sanctioned by the principal. Enrollment in such an approved program will allow the athlete to participate in contests after the half season suspension has been served. If the athlete does not successfully complete the rehabilitation program, the athlete shall serve the

original one season suspension from participation in all athletics. If the athlete will become eligible to participate during a season, the athlete must participate in practice during the suspension period.

b) Second Offense: The individual will be ineligible for one (1) calendar year from the date of the offense.

4) Honesty Incentive/Dishonesty Penalty: If a student denies the charges against him/her and it is later determined that the denial was false, the individual will receive the period of ineligibility assigned to the second offense.

For example, on a first offense, a student who denies involvement, and it is determined that he/she actually was involved, will become ineligible for one calendar year.

5) Voluntary Admission: Any athlete who voluntarily seeks help from school personnel for drug, tobacco, or alcohol abuse shall have all penalties waived under the following conditions:

- a) The athlete is not under investigation for drug, tobacco, or alcohol training rule violations at that time.
- b) The athlete has not violated the athletic training rules previously.
- c) The athlete immediately enters into, participates in, and successfully completes a drug, tobacco, or alcohol abuse program sanctioned by the principal. (If the athlete fails to successfully complete the program, the athlete will immediately become ineligible to participate in athletics for one season, as outlined under "First Offense" above).
- d) Voluntary admission of drug, tobacco, or alcohol abuse constitutes an athletic code violation and will be recorded as such (first offense, second offense, etc.)