

Region One
Middle School Athletics

HANDBOOK

Mission Statement

Athletics are an integral part of the Region One educational experience. The mission of Region One Middle School Athletics is to teach and promote sportsmanship, leadership, commitment, teamwork and honesty to its student athletes.

Region One Middle School Athletic Handbook

Player Expectations

Region One Middle School athletes will:

- Understand playing athletics is a privilege and an honor.
- Understand as an athlete they represent their school and their community.
- Demonstrate personal responsibility as an athlete on a team.
- Demonstrate respect for their school, other schools, players, coaches and officials.
- Make positive contributions to their team and community.
- Play to the best of their ability all the time, be prepared and work hard for themselves and for the good of their team.
- Learn to work collaboratively as a team.
- Exhibit appropriate sportsmanship.
- Maintain academic eligibility.
- Have fun and enjoy sports and their time as a Region One Middle School athlete.

Parent Expectations

Parents of Region One Middle School athletes will:

- Be positive role models.
- Help make athletic participation a positive experience.
- Show respect to players, coaches, and officials.

- Applaud good plays.
- Accept the results of fair play with integrity and sportsmanship.
- Help teach their child to be the best athlete he/she can be.
- Encourage their student athlete to speak directly with his/her coach to resolve any conflicts.

Eligibility Requirements

Region One Middle School Athletes must have a current physical examination with completed forms (available from the school office) on file in the school nurse's office before they can participate in practice. Student athletes must return to their coach the Region One Middle School Athletic Consent Form and Athletic Emergency Card within five days of receipt and/or before the first contest (game or scrimmage).

Academic Eligibility: Region One Middle School Student Athletes shall maintain academic standards and may not have 2 D's or 1 F in all subject areas during the playing season. Middle School Student-Athletes' grades shall be reviewed by the teachers and/or building principal any time they feel a student athlete's grades may impact eligibility. The building principal makes the final determination of eligibility.

Grade Eligibility: Region One Middle School athletics are open to a school's seventh and eighth graders. Sixth graders shall be eligible to play on a team only if they are needed to field a team and/or if a co-op team is not available. If two or more schools are unable to field a team, school principals are encouraged to discuss forming a co-op team.

Awards

Awards to Region One Middle School Athletic teams and student athletes shall be at the discretion of the individual schools.

Region One Middle School Athletic Policies

Region One Middle School athletes shall adhere to policies during the season of participation.

- A. **Chain of Authority:** An athlete or parent who has an athletic matter they wish to discuss should contact the following in this order only: 1) coach; 2) principal; 3) athletic director; 4) Superintendent; 5) Board of Education.
Parents and athletes should approach a coach before or after practice or off the field to schedule a time to discuss team-related issues.
- B. **Member of a Team:** Team members include all participants in the Region One Middle School athletic program from the first day of practice through the final game. Managers, statisticians, scorekeepers, etc. are part of the team. Being a member of a school team confirms a willingness to participate in scheduled contests. (Team members must demonstrate a commitment to play in scheduled contests.)

C. Cutting Procedure: Choosing members of an athletic team is the sole responsibility of the coach(es). Coaches shall provide the following information to all candidates for the team:

- Extent of try-out period;
- Criteria used to select the team;
- Number of players to be selected;
- Practice and game commitments if they make the team.

When it's necessary to make team cuts, each candidate shall have at least:

- Participated in a minimum of three practices;
- Played in one intra-squad scrimmage; and
- Been personally informed of the cut by the coach.

D. Dropping a Sport: A student athlete may find it necessary to drop a sport. The following procedure shall be followed:

- Consult the coach.
- Report the situation to the principal and/or athletic director.
- Return all equipment issued to them.

E. Specialization: Student athletes have the opportunity to voluntarily engage in non-school sponsored sports activities provided such activities do not interfere with the students' educational development. Athletes participating simultaneously in a school-sponsored sport and a non-school sponsored alternative sport shall ensure that the school coach is aware of such activity. The athlete shall notify the school coach and shall be willing to assume the consequences if conflicts between sports arise and the athlete misses a school sport activity.

F. Missing Practice: A student athlete should inform his/her coach before missing practice. Unexcused absences in school or practices may affect a student athlete's playing time in contests.

G. School Attendance: A student athlete who misses school must notify the school office and have an excused absence in order to participate in sports. Exceptions include participation in a school-sponsored activity or being excused by the principal prior to the absence. Student athletes must attend at least half of the school day in order to play in after-school athletic activities.

H. Uniforms: School uniforms issued for a sport to student athletes are their responsibility. They are expected to keep them clean and in good condition. Loss of any uniform is the athlete's financial obligation. Uniforms must be returned clean to the coach at the end of the season.

- I. **Equipment:** Schools shall provide coaches of each sport a first aid kit, including ice packs, drinking water and access to an AED at each event.
- J. **Transportation:** Travel to and from contests shall be at the discretion of each school. Players and parents shall be informed of these arrangements.
- K. **Release from Class:** It is the student athlete's responsibility to see his/her teacher prior to class if the student athlete needs to leave class early because of a game. Work missed shall be turned in on time.
- L. **Dress Code at Events:** Student athletes are expected to be neatly dressed for home and away games as designated by the coach(es).
- M. **Reporting Injuries:** Injuries that occur while participating in athletics must be reported to the coach immediately. Coaches shall observe Law PA10-62: "The Coach ... shall immediately remove a student athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred." Middle School student athletes and/or their parent(s) should report to their coach an injury that requires medical attention by a doctor or treatment center. When a coach is notified of such injury, he/she must complete an injury report form. Once treated by a physician, the student athlete must obtain a doctor's written permission to return to the sport. Failure to report an injury may result in loss of rights for insurance coverage.
- N. **Conflicts in Multiple Extra-Curricular Activities:** An individual who attempts to participate in several extra-curricular activities may find that the timing of more than one obligation conflicts. Missing athletic practices may mean loss of playing time for student athletes.
- O. **Locker Room Responsibilities:**
- Only coaches and assigned players are allowed in the locker room.
 - Glass containers are not permitted in locker rooms.
 - Spiked or cleated shoes shall be put on and taken off outside the school building.
 - Student athletes are responsible to keep the locker room clean.
- P. **Valuable:** Valuables are the student athletes' responsibility. Region One is not responsible for lost or stolen items. It is recommended that valuables be locked in lockers and/or coach's office when possible.

- Q. Suspension from School: A student athlete suspended from school, including in-school suspension, may not attend or participate in athletics from the time the suspension is issued until such time as the administration reinstates the student.
- R. Misconduct: A student athlete may be removed from a team if his/her actions while participating in school athletics violate the handbook rules and /or school rules. This includes but is not limited to:
- unsportsmanlike conduct
 - unacceptable behavior
 - theft
 - malicious destruction of school/an individual's equipment or property.

Consequences may include suspension from the team for the remainder of the season or from athletic activities for the school year.

Spectators may be removed from the premises and not allowed to watch future athletic practices and/or contests if their actions violate the handbook rules and/or school rules, including unsportsmanlike conduct and unacceptable behavior.

Unacceptable behavior is behavior that endangers a person or property, is disruptive, is in defiance of the coach's authority, is detrimental to the athletic program, school or school district. Student athletes engaging in such behavior will meet with the head coach and school principal.

- S. Hazing: Hazing is strictly prohibited. Hazing is defined by the CIAC as "any activity that humiliates, degrades, abuses or endangers a person's physical or emotional health for the purpose of initiation or membership in or affiliation with any organization, regardless of the person's willingness to participate." Hazing will result in suspension from the team. Hazing will be reported to the school principal, and the Board of Education policy will be enforced.
- T. Rights of an Athlete: The student athlete shall be advised of any alleged violation by the coach and will have an opportunity to explain his/her actions before any coach enforced suspension provided for under these rules shall take effect. The student athlete shall be notified after the meeting with the coach if a suspension is justified. The student athlete has the right to request a meeting with the school principal and/or coach to appeal the suspension.

Substance Abuse

The use of tobacco, alcohol, inhalants, steroids and drugs violates legal, ethical and competitive standards and imposes unreasonable long-term health risks, according to CIAC. Region One Middle School student athletes must be chemical, drug, alcohol and tobacco free at all times on or off school property.

Penalties

Controlled Substances/Drugs, Alcohol, Inhalants and Tobacco: The use, possession, sale, attempt to sell or distribution of controlled substances/drugs (including steroids), drug paraphernalia, alcoholic beverages, inhalants and/or tobacco are strictly prohibited. A Middle School student athlete participating in any type of illegal or unacceptable action having to do with the above will be suspended from the team until further notice. Such Middle School student athlete will meet with his/her parent(s), coach, building principal and Athletic Director and will be referred to the respective school psychologist. A subsequent violation would result in a suspension from the Middle School Athletic program for the remainder of the school year.

Title IX

It is the policy of Regional School District One that no person shall be excluded from participation in, denied the benefits or, or otherwise discriminated against under any program, including employment, because of race, color, religious creed, sex, age, national origin ancestry, marital status, sexual orientation, mental retardation and past/present history of mental disorder, learning disability and physical disability.

Adopted:

REGION ONE MIDDLE SCHOOL STUDENT-ATHLETE CONSENT FORM

Student Athlete _____

I hereby acknowledge I have read the Student-Athlete Handbook which details the following:

_____ General Policies, Procedures and Responsibilities

_____ Eligibility Rules

_____ Participation, equipment

_____ Physical examination

I agree to adhere to these regulations while participating in Region One Middle School Athletics

_____ Sport _____

(Print name of student athlete)

_____ Date _____

(Signature of student athlete)

To the Parent/Guardian

_____ I understand that such activity involves the potential for injury, which is inherent in all sports. Even with the best of coaching, use of the most advanced protective equipment, and strict observance of rules, injuries are still a possibility.

_____ I understand my child will receive transportation to athletic events.

_____ I give my permission to the appropriate certified school staff or medical personnel to render emergency treatment, if required, when associated with athletic injury or illness.

_____ I hereby acknowledge I have read and understand the Student-Athlete Handbook and give my permission for my child to participate in the Region One Middle School Athletic Program.

_____ has my permission to
participate in _____

_____ Date _____
(Signature of parent/guardian)

Grade _____

D.O.B. _____

ATHLETIC EMERGENCY INFORMATION

Student Name _____

Parent Name _____

Address _____

Home Phone

Business/Cell Phone

Mother _____

Father _____

Doctor _____ Phone _____

Dentist _____ Phone _____

Allergic to: _____

Diabetic _____ Epileptic _____ Other _____

Asthma _____ Cardiac Problems _____

Contact Lenses _____

Hospital Preference _____

Medication _____

In the event parents cannot be reached call:

Name _____ Phone _____

Name _____ Phone _____

Insurance Company _____ Policy # _____

Insurance Carrier _____

You have my permission to take whatever action is deemed necessary for the health and welfare of my child

Signed _____ Date _____

PLEASE COMPLETE THIS FORM AND RETURN IT TO YOUR COACH