



Activities and Athletics Handbook 2018-2019

MISSION AND PHILOSOPHY

The mission of the Athletic Department at Spring Garden Middle School is to provide its students with a comprehensive, wholesome, and competitive activities and athletics program in which to participate. As an integral part of a student's total education, the Spring Garden Middle School Activities and Athletics program makes a significant contribution to the physical, mental, and emotional growth of its students.

Spring Garden Middle School's athletics will emphasize the following:

FUN – students will enjoy their experience in participating on athletic teams.

SPORTSMANSHIP – students will be taught the proper ways to conduct themselves as representatives of their school, community, and themselves on and off of the field of play.

TEAMWORK – students will develop the ability to cooperate and work with other people in attaining a common goal.

WORK ETHIC – students will be taught how to work hard through practicing skills and participating in physical conditioning necessary for each sport.

COMPETITION – students will be taught to strive for personal excellence by giving 100% and doing their very best.

POLICIES

This handbook is designed to foster responsibility, respect for others, and to ensure the orderly operation of the Spring Garden Middle School Activities and Athletics program. Participants must also meet the standards set forth by the Missouri State High School Activities Association (MSHSAA). Any conduct not included herein, or an aggravated circumstance of any offense or action, may result in disciplinary action that extends beyond these policies as determined by the coach and/or administration.

ATTENDANCE

Attendance at all practice sessions and games/contests for all team members is mandatory. If for some reason the student will be late or tardy for practice, he or she must personally speak to the coach or sponsor prior to the start of that practice. Students are also not permitted to leave practice early unless prior approval from the coach has been given. If a student is in school, they will be expected to attend practice unless he or she leaves during the day. Going home due to illness will disqualify a student for that day's practice. Students must attend a minimum of 14 practices per MSHAA before they can compete in a MSHAA activity.

An **unexcused absence from practice** is defined as:

1. When the coach is not notified before the practice or game or the reason for being absent is not legitimate.
2. When a student is suspended from school.
3. When a student misses a practice or a game to compete on a non-school team.

Consequences

- *1st and 2nd unexcused absence from practice or game – 1 game suspension
- *3rd unexcused absence from practice or game – automatic expulsion from team

Student-athletes must also be in attendance at school the day of a contest. If a student is absent for part of a school day, their absence must be approved by an administrator. They must attend at least four of the eight hours of the school day on the day of the contest. If they do not, the athlete will be ineligible for that day's contest. Students are also expected to be in school the day after a contest. If they aren't and it becomes a habit, the coach will address this with the student and, if needed, consequences will be given.

GRADES

A 7th grade or 8th grade student must be currently enrolled in and attending the normal courses for that grade. A student must have been promoted from the 7th grade to the 8th grade. Any student who fails a subject in the preceding quarter shall be ineligible the following quarter. This does not apply to students promoted from the 6th grade entering the 7th grade. Students who are enrolled in special education classes must be making standard progress in all classes in order to be eligible.

Grades will be checked every week, if a student has a grade lower than 60% they will be placed on academic probation. After two weeks on probation, if the student has raised their grades to all above 60%, then they will be taken off athletic academic probation. If their grade is still below the 60% mark, then they will be dismissed from the team for the remainder of the season.

Discipline/Behavior

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 "creditable citizens".

A student who violates a local school policy is ineligible until completion of the prescribed school penalties. The eligibility of a student who is serving detention or in-school suspension shall be determined by local school authorities. A student serving out of school suspension is not eligible.

SPORTSMANSHIP

The Spring Garden Middle School Activities and Athletics program supports a high standard of conduct and citizenship to maintain an exemplary program. It is an expectation that participants will demonstrate positive behavior and good sportsmanship on and off the field of play.

Off the field

- Participants will conduct themselves as ladies and gentlemen at all times.
- Participants will represent the school, community, team, and themselves in a positive and dignified manner.
- When a student receives a discipline referral in school the coach will be notified.
The coach will discuss the incident with the student and has the right to assign an appropriate consequence. This may include suspension or expulsion for the team.

On the field

- Participants will treat opponents with respect.
- Participants will exercise self control at all times.
- Participants will respect officials and accept their decisions without attitude or argument.
- Participants will respect and listen to their coaches.
- Participants will win without boasting and lose without excuses.

If a participant receives a technical or unsportsmanlike conduct foul, the following consequences will be given:

1st offense: Student will meet with the coach and athletic director and be suspended for no less than one game.

2nd offense: Student will be dismissed from the team.

If a student is ejected from a contest for unsportsmanlike conduct, he or she shall be prohibited from playing in the next contest.

TRANSPORTATION

All participants must travel to away contests outside of St. Joseph in transportation provided by the school. If a student wishes to ride home from the contest with their parent or guardian, the parent or guardian must sign out the student at the conclusion of the contest. Students are only allowed to ride home with their parent or guardian and are not allowed to be signed out by someone else, unless the office has been contacted and approval given prior to the end of the school day on the day of a contest. Students will not be allowed to call parents at the contest and request a change of transportation arrangements. If a student is not signed out, then he or she must ride back to the school using the transportation provided by the school.

For away contests that are held at Bode, Truman, or Spring Garden, transportation will not be provided by the school and it is the responsibility of the parent or guardian to ensure that transportation is available to and from the contest.

UNIFORMS AND EQUIPMENT

Uniforms and equipment are on a LOAN basis and are to be worn only when authorized by the coach. All uniforms and equipment are the responsibility of the student during the season and must be returned at the conclusion of the season. If LOST, STOLEN, or DESTROYED, the replacement cost of the uniform or equipment will be assessed to the student at the end of the season.

CARE OF UNIFORMS: Uniforms with screen printing should be hung dried; fabric softener should not be used with washing uniforms. Please read and follow care and laundering instructions.

PHYSICAL EXAMINATION

Prior to the first tryout or practice, all participants are required by MSHSAA to be examined by a physician. The physical form must be completely filled out and turned into the office before the student can practice or tryout. The physical exam is valid for the entire school year; physicals that are done after February 1st are valid for the following school year.

Activity Fees

SJSD will be charging an activity fee at the Middle School level of \$25 for the 2018-19 school year. The fee is a one time fee and allows students to participate in that sponsored activity as well as only other MSHAA sanctioned events for that school year. The following activities require the activity fee prior to the 1st contest: Basketball, Cheerleading, Cross Country, Scholar Bowl, Track, Volleyball and Wrestling.

NON-SCHOOL COMPETITION

Students may not practice nor compete as a member of a non-school team or as an individual participant in organized non-school competition in that same sport than the school sport in season.

Student may practice or compete as a member of a non-school team or as an individual participant in organized non-school competition in a different sport than the school sport in season. No school time is to be missed to compete, practice for, or travel to the site of . . . non-school competition. The student shall not practice for or compete in the non-school competition on the same date he or she practices or competes for the school team without approval of the school administration.

Student-athletes who miss a school practice or competition due to their practicing with, traveling to and/or competing for a non-school team will have their absence treated as unexcused. This will result in the student being suspended from their next school athletic contest.

EXPECTATIONS FOR PARENTS

- Conduct at games/contests –
 - Good Sportsmanship – no degrading of opponents, fans, or officials.
 - Avoid the use of profanity.
 - Appropriate treatment of school property
 - Avoid the use of alcohol or drugs at games or practices.
 - Support all players on the team. Publicly degrading a player or coach is inappropriate.
- No coaching of players during practice or games
- Support of school and team rules.
- Observe the chain of communication in dealing with issues with the coach or athletic program.

CHAIN OF COMMUNICATION

Proper communication results in the positive resolution of issues, stronger coach-player relations and other benefits such as the student learning how to solve problems. The following is a guide for coaches, parents and student athletes. This guide provides a chain of communication that will maintain and build positive relationships.

1. Step One: Coach-Athlete Session

If a player or his/her parent has any issue or problem with their sport experience, the student-athlete is expected to address the coach. They are also encouraged to talk with their coach about any issue in their personal or academic life. The district's expectations of coaches include open communication and positive relations with students and parents.

2. Step Two: Coach-Parent-Athlete Session

If an issue has not been resolved in step one, the next step in the communication process is to set an appointment with the coach, player, and parent. This meeting should be set at the coach's discretion. If the issue is emotional, the appointment should be scheduled at a later time so parties are calm and problem solving can occur. Also, the parent or player should define the purpose of the session when the appointment is set.

Parents who try to discuss important issues with a coach as they are walking off a game or practice field are in violation of this process.

In this step, there may be rare cases when it may be best if the athlete does not participate in the session. If either the parent or coach feels this is the case, this should be discussed when setting the appointment and purpose of the meeting.

3. Step Three: Administrator-Coach-Parent-Athlete Session

If an issue is not resolved in step two, the next step is for the coach, parent, and athlete to meet with the athletic director or another administrator. This session can be initiated by any party. Using the same process as in step two, an appointment is set and all parties define the purpose of the meeting.

Spring Garden Middle School

Extra Curricular Activity Code of Conduct

Athlete

I will:

- be on time and attend all practices and games/contest.
- have satisfactory attendance to school the day of and after a game/contest.

- keep my grades above 60%.
- follow all school rules and show respect to teachers and other students.
- play fair and hard at all times.
- show proper respect for opponents and other schools.
- obey all officials and judges decisions in a courteous and sportsmanlike manner.
- not use, be in possession of, or sale tobacco, alcohol, or illegal drugs.
- be well groomed and dressed neatly the day of the game/contest.
- ride the bus to and from the game unless my parents have given permission other wise.

I recognize that the privilege of being on a Spring Graden Middle School team, squad, or part of an organization carries with it the responsibility of setting a good example and the realization that it is an honor and a privilege to represent our school. I have read and understand the extra-curricular activity code for Spring Garden Middle School.

Parent or Guardian

I will:

- show good sportsmanship at all games and practices.
- avoid the use of profanity, alcohol, and drug use at games and practices.
- support the school and team rules.
- support all players on the team and squad.
- observe the chain of communication in dealing with issue related to the extra-curricular activities

I have read and understand the extra-curricular activity code for Spring Garden Middle School

Concussion Materials

We have received and read the MSHSAA materials on Concussion, which includes information on the definition of a concussion, symptoms of a concussion, what to do if you have a concussion, and how to prevent a concussion.

Student Signature _____ **Date** _____

Parent Signature _____ **Date** _____