

# Middle School Athletics Parent & Athlete Handbook



## **Philosophy and Goals of Middle School Athletics**

School District #11's Middle School Interscholastic Athletic Program strives to provide an atmosphere for all interested students to discover and grow within the offered sports while competing in a developmentally appropriate arena.

### **GOAL:**

The goal of the District Eleven Middle School Interscholastic Athletic Program is to provide student athletes an opportunity to grow in a prospective sport through a positive, enjoyable experience within an atmosphere of teamwork and sportsmanship.

Each student expressing an interest in the sports offered should be afforded the opportunity to participate during the season or try out at the start of the season regardless of size or ability.

Participants in athletic programs will represent their respective schools according to the standards set forth by the school administration and coaches. Good sportsmanship by athletes, spectators and coaches will be emphasized throughout the entire program.

## **Sportsmanship and Conduct**

As participants in School District 11 athletic program, stakeholders are expected to conduct themselves with the utmost integrity and sportsmanship. This includes, but is not limited to, respectful behavior toward all opposing team members, officials, and other adult support staff. The expectation is that all participants will be courteous, honest, and maintain the integrity of the sport.

### **The Coach:**

1. Treats own players and opponents with respect.
2. Inspires in the athletes a love for the game and the desire to compete fairly.
3. Is a good role model.
4. Disciplines those on the team who display unsportsmanlike behavior.
5. Respects the judgment and interpretation of the rules by the officials.
6. Knows he/she is a teacher and understands the athletic arena is a classroom and always remembers it is a privilege not a right to represent school and community.

### **The Parent/spectators:**

1. Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
2. Remember that school athletics are learning experiences for students and they may make mistakes. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people as you would praise a student working in the classroom.
3. A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
4. Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
5. Show respect for the opposing players, coaches, spectators and support groups.
6. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
7. Recognize and show appreciation for an outstanding play by either team.

8. Refrain from the use of tobacco/nicotine delivery devices and controlled substances (alcohol, drugs, etc.) before, during games, and afterwards on or near the site of the event.
9. Use only those cheers that support and uplift the teams involved.
10. Recognize and compliment the efforts of school and league administrators for their efforts in emphasizing the benefits of educational athletics and the rule of good SPORTING BEHAVIOR to the end.
11. Be a positive role model through your own actions and by censuring those around you at events whose behavior is unbecoming.

**The Player:**

1. Treats opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gesture or argument.
5. Wins without boasting, loses without excuses and never quits.
6. Always remembers that it is a privilege to represent the school and community.

**Participation**

The players and their parents must understand that participation in the District 11 League, as in high school sports, is a privilege and not a right. Each school has the right to establish more stringent participation and eligibility rules than are stated in the Athletic Handbook.

Daily Attendance:

The District 11 Athletic Department believes and promotes the importance of academic student achievement and the health and well being of all students. It is suggested that students be in attendance on the day of competition in order to compete in a contest. However, realizing that extenuating circumstances sometimes prevent that, it is understood that the student, parent, coach and building athletic director will work together to determine if the athlete will be able to compete.

Suspension:

Students who are suspended from school are not eligible to participate in practices or contests and should not be on any D11 campus.

Eligibility:

Participation in the District 11 Athletic Program is open to all sixth, seventh, and eighth grade students.

Title IX Considerations:

The middle school sports philosophy promotes equal and/or separate programs for members of both sexes. Participation in activities is offered on an equal basis for boys and girls.

Student Regulations

1. Prior to the first practice or try-outs, students MUST HAVE a sports Physical and Emergency contact form turned into the main office.
2. Sixth, seventh and eighth grade students who are enrolled in a District 11 middle school are eligible for participation in the athletic program. Any other interested students (home school, charter school, etc.) must contact the District Athletic Office to determine eligibility.
3. All activities will be structured for involvement by three grade levels. There will be an A-squad and a B-squad representing each school when the number of athletes permits.

## Code of Conduct for Parents and Spectators

In order to establish a positive, sportsmanlike atmosphere at the District Eleven middle school events, the District Athletic Office and middle schools require specific behavioral expectations for parents and spectators.

### Therefore, parents and all other spectators must:

- ◆ Remain in the designated area during competitions.
  - Basketball (remain in designated seating areas as long as capacity allows, not entering the court, player bench area, viewing from the end-lines)
  - Football (remain in designated viewing areas, not entering the team area, coaches box or field)
  - Track (remain in designated seating areas, not entering the track or athlete staging areas)
  - Volleyball (remain in designated seating areas, not entering the court or player bench area)
  - Wrestling (remain in designated seating areas, not entering the mat area or player bench area)
- ◆ Refrain from coaching athletes from the stands during games and practices.
- ◆ Encourage & model good sportsmanship by demonstrating positive support for all players, coaches, officials and spectators.
- ◆ Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- ◆ Refrain from any booing, taunting, degrading comments, profane language or gestures.
- ◆ Support a sports environment for athletes that is free of drugs, tobacco and alcohol while in attendance and on campus.
- ◆ Expect his/her child treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- ◆ Praise athletes for their efforts and accomplishments, not their faults.
- ◆ Maintain self-control at all times.
- ◆ Inform and monitor other friends of the family or family members who are in attendance of these expectations.
- ◆ Know the rules of the contest.
- ◆ Make an appointment to discuss any concerns at an agreed upon time and place. It is not appropriate to confront an official, coach or school administrator before, during or after a contest.
- ◆ Remember that children participate to have fun and that the game is for youth- not for adults.

Parents/Spectators that fail to follow these expectations may be subject to disciplinary action to include, but not limited to the following:

- Verbal warning
  - Written warning
  - Game ejection/suspension
  - Season suspension
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- ❖ ANY PARENT OR SPECTATOR EJECTED FROM A CONTEST FOR COMMITTING AN UNSPORTSMANLIKE ACT SHALL BE INELIGIBLE TO ATTEND THE NEXT REGULARLY SCHEDULED CONTEST. HE/SHE MAY NOT ATTEND ANY MIDDLE SCHOOL CONTEST AT ANY LEVEL IN ANY SPORT DURING THIS TIME. FURTHER CONSEQUENCES MAY BE IMPOSED AS WARRANTED.

- ❖ EJECTION OF A FRIEND OF THE FAMILY OR FAMILY MEMBER IN ATTENDANCE MAY BE EXTENDED TO THE ATHLETE'S PRIMARY PARENT OR GUARDIAN.

## District Athletic Policies

### Student Regulations

1. Students MUST HAVE on file prior to tryouts and their first practice a Parent Permission Card (see appendix A-1) which contains the following:
  - a. Parent signature
  - b. Physician signature, including the doctor's stamp, by a medical doctor licensed to practice in Colorado, indicating the student has had a physical within the year. Only chiropractors that are sport physical certified may give physicals. (List is on file at the District Athletic Office.)
  - c. Insurance coverage
2. Sixth, seventh and eighth grade students who are enrolled in a District 11 middle school are eligible for participation in the athletic program. Any other interested students (home school, charter school, etc.) must contact the District Athletic Office to determine eligibility.
3. All activities will be structured for involvement by three grade levels. There will be an A-squad and a B-squad representing each school.

### Eligibility (Student)

Student will participate on the school team of the school they attend as long as that school offers the sport. If the school does not offer the sport desired, the family will work with the District Athletic office to join an appropriate D11 school program.

1. Middle School Transfer Rule:
  - a. Any student enrolled at a middle school by the first day of practice/tryouts in any sport season will be permitted to participate on a team.
  - b. Any student who enrolls in a middle school after the first day of practice/tryouts in a sport season falls under the CHSAA guidelines for eligibility to participate on the team and has made a bona fide move.
2. GUIDELINES FOR ELIGIBILITY AS LISTED IN THE DISTRICT HANDBOOK ARE MINIMAL. INDIVIDUAL BUILDINGS MAY HAVE MORE RESTRICTIVE POLICIES AS LONG AS THEY ARE BASED ON BUILDING PHILOSOPHY CONCERNING GRADES, CITIZENSHIP, AND SPORTSMANSHIP.
  - a. If an athlete gets more than one "F", he/she is ineligible to participate in any competition. He/she may practice but never compete.
  - b. Eligibility will be checked at least every other week. If an athlete is ineligible, he/she may not become eligible until the next grade check. An athlete who is ineligible may have a weekly grade check until eligibility is established. *EXCEPTION: Please see End of Quarter/semester below.*
  - c. Eligibility forms will be checked for eligibility by the building Athletic Director.

- d. If an athlete is ineligible, the Athletic Director will notify the coach.
  - e. The building administration will be responsible for maintaining the eligibility forms on file.
3. End of Quarter/Semester: If an athlete gets more than one "F", he/she may try out and practice but not compete with the team for a period of two weeks at which time the athlete may regain eligibility by a grade check. (The key is the ineligible athlete may always practice, but never compete.)
  4. An "I" grade is considered an "F."

### **Home School Students**

According to state law, home school students may participate in public school athletic programs. D 11 Athletics welcomes their involvement. However, there is a specific procedure that must be followed so that the eligibility and tournament status of public school interscholastic athletic teams are not jeopardized.

Therefore, parents who home school their children and wish for them to be involved in the D 11 Athletics program at the Middle School level must do the following:

- Contact the District Athletic Office at 520-2690 to set up an appointment for the purpose of determining the eligible school to join.
- Set up a meeting with the eligible school to officially register their student(s) as a home schooled athlete(s) and pay the participation fee.
- Realize that home schooled athletes fall under the same rules and regulations as regular school students regarding:
  - Academic eligibility
  - Participation
  - Appropriate behavior
  - All CHSAA and Middle School Athletic Handbook rules and regulations

Once paperwork is completed at the District Athletic Office, the student may then join the team or tryouts.

### **Non-District Students**

All non-district students wishing to participate in the District 11 Athletic Program will pay the full 150% of the District's sport fee allowed by state law and follow the same procedures for enrollment as listed for Home School Students.

### **Cheering**

Schools have the opportunity to have groups within a school such as a "Pride Team or Squad" with different responsibilities than cheerleaders had in the past. Emphasis involves a change in criteria from "performance of routines" to participation, service, hosting, and community involvement.

Uniforms will be a T-shirt or sweatshirt and shorts or slacks (nothing expensive).

This group may lead pep club or audience at home school only. They will not travel to other schools. Track meets are considered to be District events/neutral territory so "pride teams" can be in the crowd, but not in front of the crowd. It is suggested that this group be considered a part of student government or leadership class. The goal is to get away from the concept of cheerleaders entirely and to encourage student participation in school spirit and leadership activities.

## Performing Groups

No noisemakers and/or bands are allowed at league games/matches or at District Classic Tournaments.

No drill teams, dance teams or organized performance groups are allowed at league games/matches or at District Classic Tournaments.

## Admissions

1. Regular Season Games/Meets/ Match: Only those students who are in uniform or display a pass from the coach indicating they are a team member will be admitted free.

Adults/H.S. Students/Senior Citizens                      \$1.00

Middle School    \$ .50

Lifetime Passes for senior citizens may be obtained through the District Athletic Office. The senior must live in District Eleven and be at least 60 years old.

2. District Classic: Only those students who are in uniform or display a pass from the coach indicating they are a team member will be admitted free.

### District Classic Prices:

Adults/High School Students/Senior Citizens                      \$2.00

Middle School    \$1.00

## Refusal to Compete

During league play if a team refuses to compete in or complete a contest, they forfeit their right to participate in the end of season District Classic. If they refuse to compete in any part of the District Classic, they forfeit their right to compete any further in the District Classic and will take last place.

## Cancellation of Contests

1. CRITERIA USED BY THE ASSISTANT DISTRICT ATHLETICS DIRECTOR IN MAKING A DECISION TO CANCEL:
  - a. Evaluate the weather conditions and forecast for the afternoon/evening.
  - b. Evaluate road conditions as they relate to the safe transportation of athletes, coaches, and supervisory personnel before and after the game.
  - c. Contact various areas of the city by phone.
  - d. Listen to parental concerns in regard to providing transportation for athletic teams.
  - e. Confer with other administrative personnel.
  - f. Determine the effect of the cancellation on the district-wide athletic schedule.

- f. Make a decision to cancel by 2:00 p.m. to enable principals and coaches to inform students and parents at the earliest opportunity.
2. Once a decision has been made to cancel, notification of all building principals will occur as soon as possible.
3. Contact the assignor of officials to cancel officials.
4. When a game or match (basketball, volleyball or wrestling) is cancelled district-wide, a Saturday make-up day may be built into the schedule. For track, any time a school misses two or more meets due to weather, when possible that school will be added in the next available meet. Participating in the make-up is mandatory. Any other emergency cancellations are the individual school's responsibility to schedule make-ups.

### **Athletic Fees**

1. Collection
  - a. All fees will be collected in the school's main office. Coaches will not collect money.
  - b. Each athlete will receive a receipt for payment.
  - a. A list of athletes who have paid will be placed in the hands of the coaches. This payment will be made prior to the first competition of that sports season. (If payment is not made prior to the cutoff date listed, the athlete will be ineligible for further participation unless the necessary paperwork has been completed to institute a payment plan with the approval of the building principal.)
2. Participation Fee/ Guidelines for Payment
  - a. Full Payment - \$50.00
  - b. Partial Payment (This category will continue to use the federal guidelines for "free" or "reduced price" lunches.)
    - (1) Reduced price lunch - \$33.00
    - (2) Free lunch - \$17.00
  - c. An student who participates in three sports in a year, excluding football will pay half price (\$25/17/9)
  - d. There will be a family max of \$200 per family per school year (to include track, basketball, wrestling and volleyball) excludes football.
  - e. If athletes or parents indicate the above payment would create a hardship:
    - (1) The principal may choose to create a payment plan over a period of time until the fee has been collected, or
    - (2) The parent may call the District Athletic Office after meeting with the Principal (designee) to initiate consideration of a fee waiver.
3. Refunding Fees (must occur not later than the last day of the sport season.) A written request for refund must be submitted to the District Athletic Office. This request must have the coach's signature, a copy of the payment receipt, and the name and address where the refund is to be sent. Before a refund is requested, all equipment must be returned to the coach.
  - a. Full Refund
    - (1) If dismissed by the coach before the first scheduled competition.
    - (2) If the athlete drops before the first scheduled competition.
  - b. Half Refund
    - (1) If athlete is injured prior to the mid-point of the competitive season.
  - c. No Refund
    - (1) If athlete is dismissed for disciplinary reasons.
    - (2) If athlete quits voluntarily after the first scheduled competition.
    - (3) If inclement weather impacts the season.

- (4) If athlete practices with team but never competes due to ineligibility.
5. Inform athletes and parents of administrative regulations regarding fees. Publicize as necessary in each school.

## **Banners**

Only posters of a positive nature may be displayed at athletic events, including the District Classic. They must be removed at the conclusion of the event.

## **Coaches Responsibilities**

1. Obtain CPR/First Aid/AED and Concussion Certification prior to the start of the season.
2. Adhere to all district policies and procedures to include; practicing out of season, eligibility, physicals, emergency contact, fees, participation rules, player conduct, etc.
3. Attend building coaches' meetings.
4. Attend all district scheduled meetings, events and contests for her/his sport.
5. Advertise and host tryouts for cut sports, with a clear process for selection to include rubrics and point system.
6. Ensure that any volunteer coach goes through the registration process prior to working with athletes and is never alone with athletes.
7. Track athlete practices to ensure a minimum of 5 practices before competition, (9 for football including 5 no contact days)
8. Know and adhering to sport specific participation guidelines and the Middle School Philosophy as identified in the Athletic Handbook.
9. Be knowledgeable and Adhere to sport specific rules spelled out in the National Federation rulebooks and modified by District 11 Athletics as specified in sport specific handbooks.
10. Demonstrate appropriate sideline conduct during matches, games or meets toward players and officials.
11. Maintain open communication and cooperation with district and building level administration.
12. Host a parent/athlete meeting at the beginning of the season. (Coordinate date with Athletic Director so they can be present.)
13. Provide athletes and parents the team guidelines and expectations including the district philosophy of the interscholastic athletic program in written or electronic form.
14. Prepare daily practices to maximize instruction for all students.
15. Collect all district equipment, providing clean uniforms for storage, turning in all keys, and meeting any additional building responsibilities to complete the season.
16. Maintain inventory lists of all equipment and uniforms to the building AD at the end of the season.
17. Immediately report concerns, emergencies or injuries to the building AD and the District Athletic Office.
18. Complete all post season responsibilities.
19. Ensure that there will be no organized practice or contact with students on Sundays, Thanksgiving Day, and from December 24 through January 1. Practice on non-school days, such as teacher work days, will be optional.

## **Volunteer Coaches**

1. All non-District Eleven employees, adults and students, who wish to volunteer in the middle school program must do the following:
  - a. Meet with the head coach and building Athletic Director to get approval.
  - b. Register with D11 Engage and complete the online Volunteer Registration
  - c. Be under the direct supervision of the coach or building administration at all times.