

Extracurricular Handbook

The purpose of the SeDoMoCha Middle School Extracurricular Handbook is to provide coaches, advisors, student participants, and parents with the policies, procedures, and information, which govern extracurricular activities. Student participants are expected to know the policies and rules governing participation and abide by them. Coaches/advisors will use this information in making decisions to ensure that they are consistent and fair as they work with their students. Parents/guardians are asked to work with their sons and daughters, coaches, advisors, teachers, and administrators in making this experience for their children rewarding, positive, and memorable.

Our mission is to promote a healthy lifestyle and physical well-being through athletics in three (3) separate sports seasons. Each student in grades 5-8 has an equal and fair opportunity to participate in interscholastic athletics each season. Due to the variety of activities and sports our school has to offer, every student will have the opportunity to participate in some sport during a season. Consistent with the policies and mission of our school and its affiliated athletic conference, athletes will participate in healthy competition to promote and reinforce teamwork, dedication, and school spirit.

GENERAL POLICIES FOR ALL PARTICIPANTS

- I Prior to participation in athletic extracurricular activities all students must:
 - a) Submit a completed medical history and athletic contract form.
 - b) Have a physical exam.
- II All candidates must meet the R.S.U. #68 eligibility requirements. A pupil shall be ineligible to participate in any interscholastic secondary school athletic contest or non-athletic activity who does not meet the eligibility rules established by the Board of Directors.
- III Fifth graders may participate in the sports of cross-country, track + field, and wrestling. All other sports are for sixth, seventh, and eighth graders.

Makeup of Interscholastic Athletic Teams and Clubs

It is the policy of this district that no student be denied the opportunity to participate in interscholastic athletics or clubs because of race, color, sex, religion, or national origin. To accomplish the goal of ensuring equal opportunity for all students, the district supports a wide-ranging program of interscholastic athletics at the middle school. Due to the nature of certain sports and the regional and state organization for interscholastic competition, team make-up is designated as 'boys', 'girls', or 'mixed'. The following lists the various sports and clubs as well as classifications.

| <u>Boys</u> | <u>Girls</u> | <u>Mixed</u> | <u>Clubs</u> |
|-------------|--------------|--------------|---------------|
| Baseball | Softball | Cheering | Builders Club |
| Basketball | Basketball | Wrestling | Drama |

Cross Country
Track + Field
Soccer

Cross Country
Track + Field
Soccer
Field Hockey

Football
Student Council
Math Team

Lego League
Art Club
Computer Club
Civil Rights Team

The above classifications are intended to provide clear direction for the Administration and may be changed only through action by the Board.

Message to the Student Athlete

Participation in athletics is a very valuable part of your education. The camaraderie, loyalty, and respect for other participants, advisors, and officials will be an integral part of your life. As a student participant, you must be aware that you represent SeDoMoCha Middle School and the communities of Dover-Foxcroft, Sebec, Charleston, and Monson. We hope that you will assist us in protecting the good image of our school and our towns. There is a strong tradition for athletics, as well as the visual and performing arts and student government at SeDoMoCha Middle School. It is your privilege to contribute to that tradition.

It is a privilege for a student to participate in athletics. Participation is voluntary and therefore, extra time and extra effort are required of those who participate. Since the reputations of the school programs are often judged by the public performances and athletic program, high standards must be maintained. Those who have earned the privilege to represent SeDoMoCha Middle School in public are expected to accept greater responsibilities as school citizens.

Participation in athletics is open to ALL students at SeDoMoCha Middle School provided they meet the requirements pertaining to academic standards, eligibility, behavior and appearance outlined in this handbook and approved by the RSU #68 School Board. Good luck to all participants. May your experiences be positive and rewarding.

Message to the Parent

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in extracurricular activities provides a wealth of opportunities and experiences, which assist students with personal development. We also feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of administration to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication with parents. It is our hope to accomplish this objective through this publication.

If at any point during your son's/daughter's season you have a concern about a specific policy or a coach's judgment, we ask that you follow this procedure: 1) speak to your son's/daughter's coach regarding your concern; 2) speak to the Athletic Director, if you feel the issue has not been addressed; 3) request a meeting with the Athletic Director and coach, if the issue is still not addressed; 4) meet with the school principal if still not satisfied. Through open communication we can achieve resolution of all issues.

Eligibility

An athlete is a student first. Therefore, to participate in athletics, academic and social expectations must be followed. Students who do not meet these expectations will not be permitted to participate in athletics. Students are assessed in the classroom both academically and socially. To be eligible, students must maintain a grade point average (GPA) of **73 or higher for academics and 2 or higher for Academic Initiative**. Students who, at progress-report time or at the end of a grading period, do not maintain a 73 or above will have a period of two weeks to show improvement in the area of deficit. A student on academic probation will be attending after school academic support or will be attending practices, but will not participate in practices, games, or events during academic probation. Teams of teachers will fill out a weekly progress report for monitoring purposes, and this will be used to determine improvement. After two weeks, if the student is passing all subjects he/she will be eligible to participate in all extra-curricular activities. If at the end of two weeks, the student is still not passing all subjects, he/she will be declared ineligible for the remainder of the season. A meeting of the athletic director, coach, and principal will make the final determination for eligibility.

For away trips and games, any student who fails to represent the school in a positive manner during the bus ride, during the athletic contest, or on the return trip may be suspended from the team through the next game or for the entire season depending on the severity of the act. This also includes all practices or team functions.

Athlete's Code of Ethics

The athlete must keep in mind that an athletic contest is only a game designed and conducted to promote the physical, mental, moral, social, and emotional well being of the individual player. He/she must remember that he/she is representing his/her family, school, and community both on and off the athletic courts and fields.

The player should:

- Always respect officials' decisions regardless of their outcome.
- Never use profanity in practice or competition.
- Control his/her emotions at all times and not engage in verbal and physical fighting.
- Use his/her influence on and off the field or court to develop good

sportsmanship.

- Accept victory modestly, defeat gracefully and never give up or quit.
- Treat both teammates and opponents with courtesy and respect.

The administrators and coaches are committed to the promotion of good sportsmanship. It is the responsibility of all (including our guests from visiting schools) in attendance at any athletic contest to respect the opposing fans, the officials, the coaches, and athletes.

Physicals/Medical History

A complete physical examination is required prior to participating in organized competitive sports. Between physical examinations an interval history questionnaire will be used to screen sports candidates prior to participation each school year. The purpose of the medical history questionnaire is to learn of any illness or injury that may have occurred since the last physical examination that might affect current participation in sports. Students will need a physical every two years from the date of their last physical. It is recommended that students receive physicals in fifth and seventh grades. Results of physicals need to be turned into the school nurse.

Medication

Parents of students who are in need of inhalers, glucose, or any other medication need to make arrangements with coaches regarding how this requirement will be handled. Coaches, at a minimum, must be provided with the needed medication along with specific instructions on how it is to be administered. Students who have medication stored in the office still need to make arrangements with coaches for practices and games as the office will not be accessible during such times.

Equipment and Uniforms

School equipment and uniforms are issued for game and practice use only! Equipment and uniforms are not to be worn in physical education class or for personal use. Participants may wear their game shirt or appropriate substitute to school on the day of a contest as determined by the coach.

Each boy or girl who is issued a uniform is responsible for its return in the same condition that it was issued, less the normal amount of wear and tear. Any uniforms lost or damaged beyond repair must be paid for at the replacement cost by the person to whom it was issued, unless the condition was caused during game competition.

ALL EQUIPMENT AND UNIFORMS ISSUED MUST BE RETURNED BY THE ATHLETE PRIOR TO GOING OUT FOR THE NEXT SEASON'S

ACTIVITY. If the uniform is not returned or paid for at the end of the sports season, that student will not be eligible to participate in any extracurricular activities.

Attendance – School / Practice

1. Regular attendance is expected by ALL participants. In order to participate in either a practice or competition, a participant must be in attendance by 11:30 a.m. (They are to check into the office and sign in before going to class.) Any exception to the 11:30 a.m. rule must be cleared by the principal or his/her designee. Pre-arranged tardiness or absences are a basis for exception.
2. Participants who get DISMISSED from school because of illness will not compete or practice that day.
3. Students suspended from school (internal and external) for disciplinary reasons are not allowed to participate in athletics during that removal.
4. If school is in session, all participants are expected to be in attendance at school for the full day on the day following the contest or trip. Excuses for tardiness will be reviewed by the principal.
5. You must attend ALL practices. If you must be absent from practice, the coach must be informed in advance. Absences of extended nature will be dealt with individually by the coach with the safety of the child and integrity of the team concept as prime determinants.

Attire and Appearance

All participants shall be neatly groomed. On school-sponsored trips, participants are expected to dress appropriately. We recommend students not wear jeans and t-shirts. All jewelry is prohibited during competition.

Accident Insurance

Insurance coverage is NOT provided by RSU #68. All participants are required to carry adequate insurance. Proof of coverage must be presented to the athletic director.

Bus Trips

It is strongly urged that students travel to and from games with their teammates. However, it is understood that in certain circumstances parents may wish to take students home directly from games. All students who wish to travel home with a parent must have a note, written by a parent, specifically stating the travel arrangements; this note must also be signed by the athletic director or school principal. Students will not be allowed to travel with other students' parents without prior approval.

Behavior on bus trips must also be exceptional. All rules set forward by the bus company must be adhered to at all times. Also, teams are responsible for picking up all trash on the floor of the bus before exiting the bus. The bus driver will

determine whether eating is permitted on the bus. Finally, a “sports phone” will be programmed so that parents can call the school to determine arrival times back at the school following away games.

Procedure for Reporting Injuries

A student should report all injuries to his/her coach. The coach will make a report of all injuries on the proper office form. This report will be filed with the school nurse within 24 hours after the injury. In the event of an injury or sickness, the parents will be responsible for seeing that adequate follow-up treatment has been obtained. If an injury is serious enough to require a physician’s services, whether by school medical personnel or not, written consent to play by the attending physician must be secured by the injured and acknowledged by the Athletic Administrator. The coach shall keep a written roster of all players who have received injuries or who have been absent due to sickness, regardless of whether they are under treatment.

Length of Practice Sessions

The following time allotments are recommended for well-planned practice sessions: the maximum length of a practice is 2 hours. During winter sports, practices rotate through a series of “early” and “late” practices. Students may remain after school for early practices. If they are scheduled for the late practice, students need to leave at the end of the school day and return in time for their scheduled practices or must attend a “sports study hall” at the school. The “sports study hall” is available during basketball season for those students who have the second practice. Students are expected to have academic work to attend to and must display appropriate behavior during the study hall.

Occasional Saturday or vacation practices may be held with the prior approval of the Athletic Administrator.

NO SUNDAY PRACTICE