

SOUTH HARRISON MIDDLE SCHOOL STUDENT ATHLETE HANDBOOK



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PURPOSE

The purpose of the student-athlete/parents' handbook is to acquaint the student athlete and parents of the student athlete with the athletic program at South Harrison Middle School. The document was prepared in accordance to all rules and regulations governing athletics at South Harrison Middle School and set forth by one or more of the following organizations: National Federation of High School Athletics, West Virginia State Board of Education, West Virginia Secondary Schools Activities Commission, Harrison County Board of Education and the Administration of South Harrison Middle School.

The handbook should be used as a guide to aid and orientate the student athlete and to provide for a successful athletic experience.

Please refer to this handbook throughout the season.

It is also posted online on the South Harrison Middle School web page:

<http://www.harcoboe.com/southharrisonmiddleschool/>

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PHILOSOPHY

The program of interscholastic athletics is justified by the contributions it makes to educational objectives. The program of interscholastic athletics should not exist for the amusement or entertainment of the public; it should not exist to advertise a school or community, nor should it exist for vested interests. The program should exist to provide educational experiences for the participants as part of the school's total educational curriculum.

The Athletic Program at South Harrison Middle School is an integral part of the total educational structure and should not be considered as an end in itself. The program should provide each participant with an educational experience in which he or she can develop emotionally, intellectually, physically and socially. Emphasis should be placed on positive learning experiences for each athlete. Development of self-discipline and emotional maturity should be gained through respect for rules and regulations and those in authority. Participation in the program should provide the athlete an opportunity to use his or her ability to think as an individual and to act as a member of a group. The program should help develop in the athlete such attributes as loyalty, determination, honesty and dedication, while at the same time developing physical coordination, muscular strength, and increased athletic skill.

While winning is an important goal in athletic competition, it too is not an end in itself. ***"Winning at any cost" is an attitude that should be discouraged and will not be tolerated.*** Attempts to beat rules, to take unfair advantage of an opponent, or to show unsportsmanlike conduct have no place in athletics. Winning without boasting and losing without bitterness, along with a desire to succeed and excel as an individual and as a member of a team, should be considered more important. It is the belief of the athletic department that every student, either through active participation or spectator interest, should benefit from the interscholastic program.

Six Pillars of Character

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- 1. Trustworthiness**
- 2. Respect**
- 3. Responsibility**
- 4. Fairness**
- 5. Caring**
- 6. Good Citizenship**

SHMS TEAMS and SQUADS

FALL

Football

Soccer

Boys' & Girls'

Volleyball

Cheerleading

Danceline



WINTER

Basketball

Boys' & Girls'

Cheerleading

Danceline



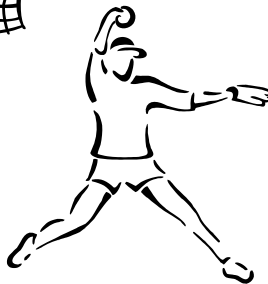
SPRING

Softball

Varsity & JV

Track & Field

Boys' & Girls'



PLEASE REMEMBER THAT YOUR PARTICIPATION AS A STUDENT-ATHLETE IS A PRIVILEGE

***THAT MUST BE EARNED THROUGH HARD WORK, INTEGRITY,
ACADEMIC PROGRESS AND A WINNING ATTITUDE.***

Harrison County Middle School Principals recently formulated a sports participation statement for all middle school students. It states,

"Academics come first. You are a student athlete. Remember you are a student first. It is not recommended that you participate in more than one sport per season because of the demands of a rigorous academic schedule and the difficulties that may develop as a student tries to play more than one sport during the same season. However, if you choose to play one or more sports, you shall be aware that practices and games are mandatory. Failure to attend practices and/or games may require the coach to respond and may limit your participation in games."

ACADEMIC ELIGIBILITY

To be eligible for an athletic team, a student must have an acceptable academic record under the guidelines of the WVSSAC and the Harrison County Board of Education. All students should be familiar with the eligibility rules and regulations of the WVSSAC. These rules and regulations are available from the Athletic Director or the WVSSAC website.

§126-26-3. Eligibility.

In order to participate in the extracurricular activities to which this policy applies, **a student must:**

Maintain a 2.0 average

- (a) A 2.0 average is defined as a grade-point average (GPA) of 2.0 or better on a scale where an “A” mark earns 4 points, a “B” is awarded 3 points, a “C” is worth 2 points, a “D” is given a value of 1 point, and an “F” is worth 0 points.
- (b) For purposes of achieving the clearest and most uniform application of the policy for those schools which use a numerical grading system, all numerical grades shall be converted to the corresponding letter grade. Each letter grade shall be assigned the appropriate value as set forth above, and the average thereof computed to determine whether the student is eligible. No enhanced value should be given for a “plus” or “minus” designation such as “B+” or “C-”; all grades with the same letter designation, have the same numerical value in the 4.0 scale.
- (c) In computing a student’s “grade-point average” (GPA) for purposes of this policy, all subjects undertaken by the student and for which a final grade is recorded are to be considered. Athletic and cheerleading practice may not be counted as a subject. The total number of classes taken is divided into the total number of “grade points” earned to determine the GPA. Classes for which a pass/fail is awarded will be included in computing the GPA only if the student failed the class.
- (d) The student’s eligibility will be determined for each semester by his or her GPA the previous semester.
- (e) If a student does not maintain a 2.0 average for the first semester, he or she will be ineligible for participation in the second semester.
- (f) If a student does not maintain a 2.0 average for the second semester, he or she may attend summer school to raise the GPA. For purposes of computing the GPA after summer school, all the student’s grades from the second semester plus his or her grade from the summer school will be used to determine the GPA.
- (g) In the case of handicapped students, if grades are given, all grades received from placements in regular classrooms and special education classrooms should be included when computing the GPA. Handicapped students placed in ungraded programs will be eligible for participation in extracurricular activities if their records indicate that they are making satisfactory progress in meeting the objectives of their IEP.
- (h) A student who has not achieved a 2.0 GPA the previous semester may have his or her eligibility reinstated at mid-semester if the student has attained at least a 2.0 GPA for the most recent grading period the current semester and, in cases where grades are not given at mid-semester, is continuing to maintain a 2.0 GPA at mid-semester.

Computing the 2.0 average

(1) The basis for computing the grade-point average (GPA) will be the number of regularly scheduled periods, exclusive of study hall, non-graded classes, audited classes, or pass/fail classes for which a passing grade is given.

(2) One grade will be given for each period. If two (2) or more classes are taken during a period within a semester, the letter grade for each class will be converted to its appropriate grade point and averaged by the number of classes to determine a grade point for that period.

Examples:

(1) 2 classes

9 weeks class - grade B - 3

9 weeks class - grade C - 2

5 :- 2 = 2.5 average

(2) 3 classes

6 weeks class - grade B - 3

6 weeks class - grade D - 1

6 weeks class - grade D - 1

5 :- 3 = 1.66 average

The letter grade for each of the other periods will be converted to a grade point. Then all the grade points will be totaled and divided by the number of periods.

Examples:

(1)	2 classes in one period	2.5 average
	Math ----- C=	2.0
	Social Studies ----- C=	2.0
	English ----- F=	0.0
	Science ----- C=	2.0
	Music ----- B=	3.0
	-----	11.5 :- 6 = <u>1.916 ineligible</u>

(2)	3 classes in one period	1.7 average
	Math ----- B=	3.0
	Social Studies ----- C=	2.0
	English ----- B=	3.0
	Science ----- D=	1.0
	-----	10.7 :- 5 = <u>2.14 eligible</u>

STUDENT EXPECTATIONS, PRIVILEGES AND RIGHTS

1. Student athletes that represent South Harrison Middle School on an athletic team are expected to conduct themselves in such a manner as to reflect credit on the district and the community.
2. All participants in the athletic program must understand that they are students first and athletes second. Participation in athletics is a **privilege** to students, not a right guaranteed to them. Students have rights regarding athletics. They have the right:
 - a. To participate at a level commensurate with their maturity and ability.
 - b. To qualified, adult leadership.
 - c. To participate in a safe and healthy environment.
 - d. To proper preparation for participation in sports.
 - e. To be treated with dignity.
 - f. To have fun in sports.

Participation, however, still remains a privilege!

3. Being a member of an athletic team does not entitle any student to any special privilege in school. Rather, it may be a burden in the face of peer pressure when asked to be involved in some action that might violate school rules. The athletes at South Harrison Middle School are expected to be examples of good citizenship and cooperation that will reflect positively upon themselves as individuals and upon all our athletes in general.
4. Students afforded these privileges must assume the responsibilities that accompany them at all times.

The West Virginia Secondary School Activities Commission (WVSSAC) is the governing body for West Virginia interscholastic high/middle school sports.

GOALS AND OBJECTIVES

It is the desire of the Department of Athletics to achieve the following goals and objectives:

- A. To develop the student athlete physically, socially, mentally and emotionally.
- B. To develop in each student athlete the concepts of loyalty, cooperation, fair play, dedication, determination and self discipline through individual and team participation.
- C. To develop a positive sense of self respect and self confidence in each individual.
- D. To develop positive attitudes that will enable students to function as responsible citizens.
- E. To develop in each student athlete healthy and constructive attitudes towards winning and losing.
- F. To develop in each student athlete the desire to develop his or her talents to the best of his or her ability, to strive to be the best that they can be.
- G. To develop a high degree of sportsmanship and respect for fellow athletes, coaches, and officials.
- H. To develop in each student athlete positive habits of good health, personal hygiene and safety.
- I. To develop in each student athlete a sense of pride in oneself, the team, the school and the community.

ATHLETIC PRE-PARTICIPATION FORMS

Athletes must have all Pre-Participation Forms on file with his or her Head Coach prior to any participation in that sport. All Forms must be signed and returned to the Athletic Director prior to the start of the season.

**ALL PRESEASON FORMS ARE AVAILABLE ON THE SHMS WEB SITE,
FROM THE HEAD COACH, AND THE ATHLETIC DIRECTOR.**

A. Emergency Medical Form

All athletes must have a signed Emergency Medical Card on file with the School Nurse, Athletic Director, and Head Coach prior to participation in a sport.

B. Volunteer Driver Form

Any parent wanting to be a volunteer driver must complete and return a Driver Volunteer Form with proof of insurance to the school office prior to the start of a particular sport season. Volunteer drivers **must be approved by the Harrison County Board of Education** before they transport any student athlete to an event. Forms must be renewed annually for the current school year.

C. Physical Examination

1. All athletes are required to get a physical examination by a licensed Medical Doctor (M.D. or D.O.).
2. **An athlete will not be allowed to participate in any way until cleared.** This includes: practice, scrimmages, or games.

D. Student Athlete Handbook Signature Page

The Student Athlete Handbook Signature page, acknowledging that the student athlete and his or her parent/guardian has read and understands the rules, regulations, and procedures of the Athletic Department, must be signed by both the athlete and a parent/guardian and returned to the Athletic Director in order to participate in athletics at SHMS..

ATHLETIC PROGRAM CONFLICT RESOLUTION PROCESS

Athletic involvement, while fun and rewarding, can be very emotional and time consuming. Due to the level of effort and emotion invested, conflicts between coach and player will occasionally arise. All conflicts are to be addressed immediately and professionally. The following steps will be used:

First Step: Student Athlete – Coach Contact

The student athlete will meet individually with the coach to discuss the conflict/issue. It is the student athlete's responsibility to make every attempt to meet with the coach before any other people get involved.

Times to be avoided:

- ⇒ **Either immediately prior to or right after a contest**
- ⇒ **During an active practice session**
- ⇒ **During a time when other students are present or when the discussion is readily visible by others**
- ⇒ **When it is apparent that there is not sufficient time to allow for a complete discussion.**

During these situations, a student should set up a time to meet with the coach.

Second Step: Parent of Student Athlete / Coach Contact

Only after the student athlete has made every effort to contact the coach should the parent of the student athlete get involved. The parent will follow the guidelines in First Step. The student athlete must be present with the parent during the parent – coach meeting.

Third Step: Student/Parent / Athletic Director Contact

If a satisfactory resolution is not reached through direct contact with the coach, the student and parent should contact the Athletic Director. The coach must be informed that this contact is going to be made. If a meeting is to take place between the student, parent and athletic director, the *coach must be present*.

Fourth Step: Student / Principal Contact

If a satisfactory resolution has not yet been reached, the student and parent should contact the middle school principal. The Athletic Director should be informed that this contact is going to be made.

Eligibility of members of clubs and activities associated with athletics

Eligibility rules and regulations for cheerleaders and other SHMS clubs and activities associated with athletics will be the same as those for other sports programs.

ATHLETIC DEPARTMENT GUIDELINE AND EXPECTATIONS

While team expectations may vary, the following Athletic Department Guidelines and Expectations will exist for all athletic teams:

1. Student athletes are expected to be at all practice sessions throughout the season.
2. Student athletes are expected to be on time to all practices, team meetings, and athletic events.
3. No cleats or spiked shoes are to be worn in the gym or auxiliary gym (weight room).
4. Injured student athletes are expected to attend all practices, team meetings, and athletic events unless physically unable.
5. The use of alcohol, tobacco (smoke, smokeless) and drugs are not permitted.
6. Student athletes are expected to maintain high ideals of citizenship and sportsmanship. Improper conduct and any violation of federal, state, local or school laws may result in suspension from the team.

All athletes should adhere to SHMS Guidelines and Expectations.

DRESS CODE

As personal appearance is a direct reflection on you, take an interest in how you appear, especially when traveling with your team. The dress code for each team varies from coach to coach. Your Head Coach will let you know if he/she requires a specific dress code. In general, however, you should always exercise good judgment concerning the appropriateness of your attire, taking into consideration the location or function you are attending. Normally, shoes, slacks or shorts, and a collared shirt are required dress for male student-athletes. Female student-athletes should wear shoes and tasteful attire. As has been said before, you are a highly visible representative of the South Harrison Middle School and, as such, you are responsible for using good judgment in your overall appearance.

TEAM GUIDELINES AND EXPECTATIONS

All athletic teams, to improve consistency in dealing with student athletes, shall utilize the following Team Guidelines and Expectations:

1. All student athletes are expected to attend every scheduled practice, scrimmage, team meeting and athletic event unless excused by the coach.
2. Absences will be determined excused or unexcused by the Head Coach.
3. The following guidelines shall be used when dealing with unexcused absences:
 - ⇒ 1 unexcused absence – will result in decreased playing time at the discretion of the head coach.
 - ⇒ 2 unexcused absences – will result in the maximum of being withheld from playing the next two regularly scheduled games
 - ⇒ 3 unexcused absences – the Head Coach will counsel the student athlete with the Athletic Director and may be dismissed from the team.
4. If a student athlete is absent from a practice, team meeting or athletic event, the student athlete should notify the Head Coach *prior* to the absence.
5. All student athletes are expected to be on time to all practices, team meetings, and athletic events. All student athletes are encouraged to attend academic extra help if needed. If a student athlete attends academic help and will be late to practice, the student athlete should bring a note from the teacher.
6. The Head Coach will determine excused and unexcused lateness to practice. Athletes should note that unexcused lateness will result in decreased game playing time. Continued unexcused lateness may result in dismissal from the team.
7. If a student athlete is aware that he/she will be late to a practice, team meeting or athletic event, it is the student athlete's responsibility to inform the coach prior to the practice, team meeting or athletic event.

For every game or practice missed, an athlete may be withheld from playing the next regularly scheduled game.

Athletes should note that absence from and tardiness to practice, team meetings or athletic events will result in decreased playing time and may lead to dismissal from the team.

SUSPENSION OR DISMISSAL FROM TEAM

Suspension or dismissal from an athletic team is at the discretion of the Head Coach, Athletic Director and SHMS Administration. Violations for suspension or dismissal from an athletic team shall include, but not be limited to, Outside School Suspension (OSS), insubordination, profanity, fighting, unsportsmanlike conduct, repeated unexcused absence from or tardiness to practice, unsatisfactory attitude or failure to follow any additional rules and regulations that the Head Coach deems necessary to maintain discipline and to facilitate the efficient execution of daily procedures.

*****Students who accrue ten days of (OSS) Outside School Suspension from school in an academic year will automatically lose their privilege to participate in SHMS athletic programs for the remainder of that year.***

If an athlete is suspended or dismissed from a team, the Head Coach will notify the Athletic Director and SHMS Administration. The Head Coach and the Athletic Director will counsel the athlete and the athlete's parents will be informed of the suspension or dismissal.

LOCKER ROOM RULES AND REGULATIONS

The following rules and regulations shall be in effect for all student athletes when utilizing the locker room:

1. Athletes should not be in the locker room without the supervision of a coach or school official.
2. Athletes are not permitted in the coaches' office, physical education office, or weight room without the supervision of a coach or school official.

All athletic teams and student athletes have a responsibility to help maintain a clean locker room.

SHMS – GENERAL RULES AND REGULATIONS

All student athletes should follow the following additional rules and regulations of the SHMS:

1. Student athletes are not permitted in the main storage areas without permission or supervision from a staff member.
2. Cleats or spiked shoes are not permitted in the school building. This includes the gym.
3. When using the fields at any of the district's other schools, student athletes should remain out of the building with the exception of using the bathroom facilities. All accumulated trash, paper cups, ice bags, etc. shall be cleaned up before leaving the host school's bench/playing field.

CARE AND COLLECTION OF UNIFORMS AND EQUIPMENT

All student athletes are responsible for the care and maintenance of their equipment from the time it is issued until the time that it is collected. Check with your coach regarding the proper care and maintenance of your uniforms and equipment when they are issued. The following guidelines should be used when caring for your equipment:

1. When equipment is issued, check the equipment for any damage and notify the coach immediately if any damage exists.
2. Athletic equipment and uniforms should be worn during practices, scrimmages, and games only.
3. Student athletes should not leave equipment, personal belongings or uniforms unattended in the locker room. Check to see that all equipment, uniforms, and personal belongings are put away before leaving the locker room and check to make sure that your locker is locked. This will greatly reduce the possibility of theft.
4. When a student athlete leaves a team, he or she should inform the Head Coach and turn in all equipment immediately.
5. At the conclusion of the season, student athletes should turn in all equipment and uniforms to the Head Coach immediately after the last athletic contest or on an announced date by the Head Coach.

Note: Student athletes are responsible for all equipment and uniforms that have been issued to them.

SCHOOL ATTENDANCE

Student athletes are expected to attend school and be on time.

1. If a student athlete is absent from school on the day of a game, a scrimmage, or a practice, he or she is not permitted to participate that day. (*Students excused by a doctor or attending a funeral will be allowed to participate providing they have the appropriate documentation.*)
2. If a student athlete is absent from school the day before an athletic contest, he or she is permitted to participate the next day provided that the administration has not placed restrictions on that participation (i.e. absent Friday, game Saturday).
3. All student athletes must be in school for the equivalent of ½ day to participate in athletics.
4. If a student athlete is present in school and leaves school due to illness, the student athlete is not permitted to participate that day.

PHYSICAL EDUCATION EXCUSES

All student athletes are required to participate in physical education classes. An injured in season athlete may be excused from participation in physical education for the purpose of rehabilitation of an injury. An in season student athlete with a medical excuse from physical education will not be allowed to participate on his/her athletic team until released in writing by a medical physician.

TRANSPORTATION

Transportation is provided for all athletic teams and all student athletes are required to travel to and from athletic competitions on school provided transportation.

All student athletes, when using school provided transportation, must observe the following guidelines:

1. All student athletes should remain seated when the bus is moving and should not yell or reach out the windows. Noise should be kept to a minimum.
2. Student athletes should enter and exit the bus from the front of the bus only.
3. All trash should be properly discarded and the bus should be clean when departing at the conclusion of a trip.
4. All student athletes should be courteous and polite to the bus driver at all times.

PARENT TRANSPORTATION

Note: It is strongly encouraged that all student athletes travel to and from all athletic events with their team.

Permission for parents to provide transportation to an athletic competition for their son or daughter should be requested in writing and submitted to the Head Coach prior to the event. Permission for parents to provide transportation from an athletic competition for their son or daughter should also be done in writing prior to the event, but may be done in person at the conclusion of the athletic event.

Students will only be released if their parent or guardian is physically present, on time and has signed a release form with their child's coach.

EARLY DISMISSAL FOR ATHLETIC EVENTS

Every effort will be made to avoid early dismissal for athletic events so that student athletes miss as little classroom time as possible. There are certain times; however, because of travel it will be necessary to dismiss student athletes early. When an early dismissal does become necessary, **it is the student athlete's responsibility to make up any and all work or assignments missed.**

PRACTICE

All student athletes are expected to attend all team practices.

Athletic teams may practice on Saturday (particularly during the preseason). Sunday practices are not permitted. If there is an early dismissal from school because of weather conditions, practice and athletic events scheduled for that day will be cancelled. When school is closed because of weather conditions, practice and games are cancelled.

ATHLETIC SCHEDULES

Athletic Schedules are available at the middle school and on the South Harrison Middle School website. You can also log onto **www.wvssac.org** to view schedules.

SOUTH HARRISON MIDDLE SCHOOL

Student Athlete Handbook Signature Page

I _____, and my parent/guardian,
_____ have read and understand
the issues set forth in the South Harrison Middle School Student Athlete
Handbook. We agree to follow its policies and procedures in order to compete in
interscholastic sports at South Harrison Middle School.

Athlete's Signature _____

Parent/Guardian Signature _____

Date _____

