

SKOWHEGAN MIDDLE SCHOOL  
ATHLETIC HANDBOOK

SKOWHEGAN MIDDLE SCHOOL  
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(revised 9/06)

## **PHILOSOPHY**

It is the belief of Maine School Administrative District No. 54 that interscholastic athletics play an important role in the total educational development of our youth. Athletics allow the student to combine academic and athletic skills in a setting that enables the student to achieve his or her maximum potential. Competition in sports teaches a young person how to function as an individual within a team in such a manner that both the individual and team benefit. Competition under proper supervision teaches the athlete how to maintain a positive attitude while experiencing the emotions associated with both winning and losing.

High standards and expectations have been set for the athlete. Maine School Administrative District No. 54 believes it is a privilege and an honor for a student to be part of an athletic team and a representative of his or her school and community. Therefore, high eligibility standards, self-discipline, honor and pride will be continually stressed.

## **OUR CORE VALUES**

The Skowhegan Department of Athletics:

- Stands for the dignity and equality of all people.
- Believes that all people can learn throughout their lives.
- Encourages exploratory developmental participation in athletics.
- Supports academic excellence.
- Instills confidence through learning and achievement by positive reinforcement and constructive criticism.
- Encourages initiative and supports and channels individuality.
- Expects individuals to take responsibility for their actions and conduct themselves with integrity.

## SPORTS AT SKOWHEGAN SCHOOL

### FALL

7<sup>th</sup> and 8<sup>th</sup> Boys' Soccer  
7<sup>th</sup> and 8<sup>th</sup> Girls' Soccer  
7<sup>th</sup> and 8<sup>th</sup> Field Hockey  
Cross Country  
8<sup>th</sup> Football

### WINTER

7<sup>th</sup> and 8<sup>th</sup> Girls' Basketball  
7<sup>th</sup> and 8<sup>th</sup> Boys' Basketball  
Wrestling

### SPRING

7<sup>th</sup> and 8<sup>th</sup> Baseball  
7<sup>th</sup> and 8<sup>th</sup> Softball  
Track

## TRYOUTS

Tryouts for programs are open to all students providing they can meet the standards of:

- Academic eligibility
- School citizenship
- Parent permission
- Basic physical/health qualifications.

In some sports more people try out than can be kept on a team. When this situation occurs, cutting is necessary. Cutting students is a difficult and agonizing process, and all coaches realize that sensitivity and communication are essential.

During the tryout period the coach will explain expectations and criteria used to select players. It is the student's responsibility to demonstrate to the coach that he/she understands the information and can meet the criteria.

It is the coach's responsibility to evaluate and communicate with each athlete during the tryout period and decide which students will be placed on the team. After cuts have been made, students can approach the coach with questions specific to their own situations. Students cut from one team will be encouraged to participate on another team if there is space on that team.

## **PLAYING TIME**

There are many benefits to be gained by participation in athletics at the middle school level. Young people learn the values associated with discipline, performing under stress, coping, teamwork, sacrifice, commitment, effort, accountability, citizenship, sportsmanship, confidence, leadership, organizational skills, participating within the rules, physical well-being and striving towards excellence.

Although there are many measures of success in the minds of each participant, perhaps the most emotional is “playing time” during contests. If a student has questions as to his/her “playing time” he/she is encouraged to discuss them with the coach.

At the middle school level the emphasis is on participation. There are many factors that govern an individual’s playing time, but perhaps the most important are practice attendance, quality of effort, attitude, and commitment. Coaches will make a conscious effort to play all team members for as much time as is appropriate.

## **PARTICIPANT EXPECTATIONS**

### **Code of Behavior for Athletes**

Athletes must always 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. The player must also realize that it is a privilege to participate in his/her school’s athletic program. The athlete must remember that he/she is representing his/her family, school, and community both on and off athletic courts and fields.

The player will:

- Treat officials with respect and approach them courteously when asking for explanations.
- Accept victory modestly and graciously.
- Respect decisions as they are made and abide by them.
- Display positive emotion and behavior.
- Keep physically fit and observe all the training rules.
- Use his/her influence on and off the court/field to help develop good spectator sportsmanship.
- Exhibit courteous behavior towards visiting team members, team officials, and spectators.
- Play for the joy of playing and for the success of the team.
- Respect and return ALL equipment issued to the athlete for that sport. The athlete is responsible for any damage or loss of such equipment.

## Eligibility

A student must be declared eligible by the Director of Athletics according to standards listed in this section. Extra curricular activities shall be considered part of the educational program of students. Students shall be monitored to assess successful participation in their school programs.

### Guidelines:

1. Approximately every two weeks teachers will receive a list of all team and activity members and will attempt to identify students with deficiencies.
2. Students with deficiencies will be given verbal notification by the Athletic Director. A written warning notification will also be mailed home.
3. If the student/athlete does not show improvement by the next grade check, he/she will be removed from the team for the remainder of that sport season.

## Health Insurance

All athletes must be insured to participate. M.S.A.D. # 54 **does not** provide health insurance for students. Low cost insurance can be purchased through M.S.A.D. #54 at the family's expense.

## Physical Examination

Each athlete must have a current physical examination on file in the nurse's office to participate. The medical provider must specifically mention clearance to participate in sports. A physical is considered current **two years** from the date of the exam.

## Student Co-Curricular Policy

It is the belief of the Board of Directors of Maine School Administrative No. 54 that it is an honor and a privilege to participate in any co-curricular team in M.S.A.D. #54 as a member or manager. All members of a team are representative of not only their team, but of their school as well. As such, a representative, each is on display more than other school members are; therefore, more is expected from them. In view of these facts, the following regulations have been established for ALL team members.

1. **All trips** shall be made in M.S.A.D. #54 vehicles only. If prior arrangements have been made, players may return home with their parents. (See transportation policy section of student handbook-pg 7)

2. Attendance at every practice and game is mandatory unless excused by the coach.
3. A student who is suspended from a team is ineligible for other sports teams during the current season.
4. Students who are absent or tardy on the day of a practice or game will be allowed to participate **ONLY** with permission from the school administration. Exceptions will be made for medical appointments and other **SPECIAL** situations.
5. All team members making away trips will be appropriately dressed. Appropriate dress is to be defined by the coach.
6. Grade averages are governed by district eligibility policies. (See eligibility section in handbook-pg 5)
7. Violations of any of these regulations may result in suspension from the team.

**In addition to these regulations, the following are of utmost concern to MSAD #54 and violations will be dealt with more strictly.**

1. There will be **NO** consumption, possession, or sale of any alcoholic beverage or illegal drugs, nor shall there be any misuse of **ANY** drug.
2. There will be **NO** consumption or possession of tobacco in **ANY** form. This includes chewing tobacco.
3. There will be **NO** theft or vandalism.

Violations of drug or alcohol policies will result in the following:

1. Meeting with the athletic director, principal, and parent(s).
2. Minimum suspension from the sport program will be 10 days.
3. An awareness program will be set up by the school's guidance and/or substance abuse counselor. Withdrawal from or non-participation in said program will result in suspension from ALL sports until successful completion.
4. Further actions as deemed necessary by the athletic director or principal.

Distribution: If the student is in possession of any chemical substance with the intention of selling or furnishing the following will happen:

- Be removed immediately from that team.
- Law enforcement and parent(s) will be notified.
- Disciplinary actions will be determined by the principal.

Voluntary Referrals: Coaches need to inform athletes that disclosing information about a peer or yourself is actually helpful. Athletes need to know how to make a "concerned person referral." The important message is that it is NOT okay to use but that if someone needs help, it is safe to seek help.

In a self referral or a concerned person referral, the intent is to get the student help they need, not to discipline them.

## PROCEDURAL GUIDELINES FOR PARENTAL CONCERNS

Parents who have specific concerns regarding coaches, team procedures and other information pertaining to a specific sport should adhere to the following chain of command when attempting to resolve the problem:

1. Arrange for a mutual time to meet with the coach to discuss the problem.
2. Contact the Athletic Director to discuss the problem.
3. Contact the school Principal to discuss the problem.

## TRANSPORTATION POLICY

All team members representing MSAD #54 in interscholastic competition or attending MSAD #54 sponsored events must be transported to and from the site of the event on MSAD #54 vehicles except under the following circumstances:

1. A student may return home with the students' parent or guardian if the coach has received written permission from that parent or guardian. ( The adult will sign his/her child out with the coach)
2. In the event of an unusual or special situation a student athlete may ride home from an away contest with parents other than their own parents. **Written permission** must be obtained and approved by the Athletic Director or Principal. They shall approve only those situations where special circumstances exist or hardship is avoided through the approval process.

## PARENT/FAN RESPONSIBILITIES

Spectators should:

1. Realize that they represent the school and always conduct themselves in a sportsmanlike manner.
2. Respect the decisions of the officials.
3. Insist that visiting teams and spectators receive the utmost courtesy while in town and on school property.
4. Encourage and promote the school's support of its teams but never at the expense of friendly relations.
5. Inappropriate behavior at games may result in that individual being removed from the game site and being barred from future contests both home and away.

## ATHLETIC FACILITIES

**Locker Rooms:** Experience has shown that most losses are due to lockers being left open or unlocked. On road trips, when no lockers are available, it is highly recommended that students leave valuables at home or give them to parents or a member of the coaching staff for safekeeping at the game site. Students should never bring large amounts of cash or other valuable personal items to school, nor should they leave them at school.

**Care of Facilities:** Students are expected to treat all facilities, both home and away, with proper care. Vandalism is cause for dismissal from a team and further disciplinary action by the school administration.

**Athletic shoes:** At no time should shoes with cleated soles be worn inside the building. Serious injury could occur as well as destruction of the gym and hall floors.



**SKOWHEGAN MIDDLE SCHOOL INTERSCHOLASTIC SPORTS**

Please indicate the sport your child wishes to participate in:

_____ SOCCER	_____ FOOTBALL	_____ TRACK
_____ FIELD HOCKEY	_____ WRESTLING	_____ SOFTBALL
_____ CROSS COUNTRY	_____ BASKETBALL	_____ BASEBALL

I give permission for \_\_\_\_\_ ( full name ) to participate in sports at Skowhegan Middle School. I understand that these activities are approved by the Board of Directors of MSAD #54 and the State Principal’s Association.

I understand that it is the responsibility of each participant to obtain a complete physical exam from a licensed doctor of medicine every two years.

**WARNING, AGREEMENT TO OBEY INSTRUCTIONS, RELEASE, ASSUMPTION OF RISK, AND AGREEMENT TO HOLD HARMLESS**

I am aware that playing or practicing to play/participate in any sport can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing or practicing to play/participate in the above sport include the risk of serious injury or impairment to other aspects of my body, general health, and well being.

Because of the dangers of participating in the above sport, I recognize the importance of following coaches’ instructions regarding playing and training techniques, team rules, and other directions issued by the school, and agree to obey such instructions.

In consideration of MSAD #54 permitting me to try out for the above sports team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or playing/participating in that sport, I hereby assume all risks associated with participation. The terms thereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

_____	_____	_____
Student signature	Parent/Guardian signature	Date

By signing this, both the parents/guardians and the athlete acknowledge that they have read, understand and agree to abide by the stipulations set forth in the attached Athletic Handbook.

\*\*It is your responsibility, as a parent/guardian, to inform the school’s office staff, in writing, if any personal information regarding your child has changed.

