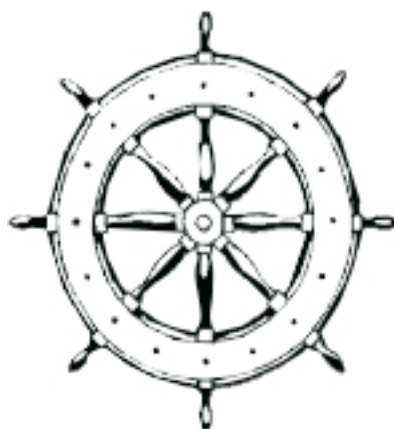


FALMOUTH MIDDLE SCHOOL

ATHLETICS HANDBOOK



YACHTSMEN

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FMS ATHLETIC PARTICIPATION REQUIREMENTS

Athletic participation at Falmouth Middle School encourages sportsmanship, fair play, teamwork, a sense of personal worth and a feeling of well being through physical fitness. Athletics also develops a sense of responsibility, commitment and school spirit, while encouraging the desire to develop to one's full potential.

- Proof of Physical Examination on file with the nurse office.
 - Updated proof of physical completed entering 6th and 9th grade.
 - Database provided to coaches each season.
- Code of Conduct on file with Athletic Director.
 - Signed by parent and athlete.
 - Completed once each school year.
 - Kept on file with A.D., database provided to coaches each season.
- Health Insurance Coverage Verification on file with Athletic Director.
 - Completed once each school year.
 - Kept on file with A.D., database provided to coaches each season.
- Emergency card submitted to coach.
 - Must be completed for each sport and returned to coach.
- Team Rules slip returned.
 - Optional for each sport.
- Physical examination, code of conduct and health insurance forms can be found on the high school athletics web site:
www.falmouthschools.org/athletics/athleticsHS.cfm

FALMOUTH MIDDLE SCHOOL ATHLETIC ACTIVITY OFFERINGS

Falmouth Middle School has a long tradition of excellence in athletic competition and supports the following activities:

➤ Fall Season

- Cross Country: Boys and Girls 6,7, & 8
- Field Hockey: 7 & 8
- Football: 7 & 8
- Soccer, Boys 7 & 8
- Soccer, Girls 7 & 8
- Tennis: Boys and Girls 7 & 8

➤ Winter Season

- Alpine Skiing, Boys and Girls 6, 7, & 8
- Basketball, Boys 7 & 8
- Basketball, Girls 7 & 8
- Hockey, Boys
- Indoor Track, Boys and Girls 6, 7, & 8
- Nordic Skiing, Boys and Girls 6, 7, & 8
- Swimming, Boys and Girls 7 & 8

➤ Spring Season

- Baseball 7 & 8
- Lacrosse, Boys 7 & 8
- Lacrosse, Girls 7 & 8
- Softball 7 & 8
- Track and Field, Boys and Girls 6, 7, &

ACADEMIC ELIGIBILITY GUIDELINES

Students must be passing in all subjects to be eligible to play inter-scholastic sports. If a student is failing any subject on a weekly report (Thursday or Friday), He/She will not be permitted to participate in contests for the following week (Sunday through Saturday). The student will remain on the academic ineligible list until he/she is passing in all classes on the weekly report the *following week*.

However, if the student, during the week of ineligibility, establishes a plan (scheduling extra help and make-up sessions, etc.) to work with the teacher of the class he/she is failing, and in the opinion of that teacher, faithfully executes this plan then he/she may be declared eligible on the following week's report even if the numerical grade does not yet reflect a passing grade. The student will be expected to attend all practices (after seeking academic help), and may be present for home competitions, but will not travel on the bus to away competitions. The middle school athletic administrator will be responsible for contacting the coaches with the names of student-athletes who are ineligible. Coaches will then notify the student athlete. A follow-up confirmation contact will be made to the parents by the athletic administrator.

ATHLETIC ELIGIBILITY

Daily Attendance: to participate in athletic practices and contests, the student must be in attendance for all classes during the school day. There will be five acceptable reasons for not attending classes: 1) An appointment with a health professional, 2) Observance of a religious holiday, 3) A family emergency, 4) A planned absence for a personal or educational purpose which has been approved in advance, 5) A field trip or other related activity.

Extra-Curricular and Co-Curricular Activities Code of Conduct for Middle and High School Students

Since participation in extra-curricular and co-curricular activities is a privilege, it is important that students, parents/ guardians, and other interested persons are aware of the following rules and regulations. As representatives of the Falmouth Public Schools, students are expected to exhibit appropriate behavior at all times. These rules are adopted by the Falmouth School Board in order to support the social, emotional and physical well-being of students and promote healthy, enriching and safe co- and extra-curricular opportunities for all students.

Students in good standing may participate in the co- and extra-curricular activities of their school. A student is considered in good standing if he/ she is not the subject of any disciplinary action for violation of any policy or school rule and is currently academically eligible based on MPA and Falmouth School guidelines.

All participants are expected to come to school ready to learn on all scheduled school days. For the purpose of this policy, any student who misses any portion of the school day unexcused (including a third occurrence of unexcused tardiness in a semester) may NOT participate in co- and extra-curricular activities. Also, all students (even with excused absences) are required to attend at least **3 hours of a school day** to participate in co- and extra-curricular activities. Any exceptions to this requirement must be pre-approved by a building administrator.

Students suspended from school (including in-house and out of school suspension) shall not practice, participate, attend, or compete in co- and extra-curricular activities during days of suspension.

Students are required to abide by all Board policies, school rules and any additional rules, and/ or training guidelines imposed by coaches or advisors. Any additional rule and/or training guidelines must be consistent with Board policies and be approved by the Athletic Director or Activities Director.

Student use of tobacco, alcohol and drugs is illegal and negatively affects student health, safety and performance. Students participating in co- and extra-curricular activities carry a responsibility to themselves, their fellow students, coaches/advisors, parents and school to set the highest possible example of conduct, sportsmanship and training, which includes avoiding any involvement with tobacco, alcohol and drugs. Therefore, students participating in co- and extra-curricular activities may not engage in the prohibited behaviors and activities described in Policy JICH (Student Drug, Alcohol and Tobacco Use) **at any time or place from the beginning of the student's first co- and extra-curricular activity of the school year through the end of the school year.**

Students and their parents/guardians are required to sign the Co-Curricular/ Extracurricular Contract as a condition of participating in the co- and extra-curricular activities. Students participating in fall sports (and their parents/ guardians) must sign the contract at the beginning of pre-season. All other students who plan to participate in other co- and extra-curricular activities at any time during the school year (and their parents/guardians) must sign the contract at the beginning of the school year (or upon enrollment in school if transferring to the school).

Students are expected to conduct themselves so as not to discredit themselves, their team or organization, their coach or advisor, and their school. If a student is charged with a crime, he or she may be suspended from participation in co- and extra-curricular activities until the case is adjudicated. A student who is convicted of a crime may be suspended from participation in activities for a period of time to be determined based upon the facts of the particular case.

Students shall be responsible for all equipment and uniforms issued to them by the school. It is also expected that this equipment and uniform will be returned at the completion of the season. Cost of replacing damaged or lost equipment/ uniforms will be the responsibility of the student.

Disciplinary Action

Improper conduct, as determined by the Athletic Director/coach, Activity Director/advisor and/or administration shall result in disciplinary action up to and including removal/ suspension from the team or activity (in addition to any discipline imposed under applicable Board policies or school rules). The Athletic/ Activity director and coaches/advisors are expected to ensure compliance with all policies and school rules at all times and to use their best judgment in applying penalties for violations. The advisor or coach shall consult the Athletic/ Activity Director prior to suspending a student from an activity or team.

The infractions involving drugs, alcohol and/or tobacco, disciplinary action will be taken as specified below (in addition to discipline imposed under JICH and JICH-R).

Coaches/activity advisor may not impose additional disciplinary consequences. Repeat or extreme violations will warrant administrative review and additional sanctions.

Violations are cumulative during a student's middle school career, but do not carry over to the high school. Violations during a student's high school career are cumulative.

- **Tobacco violations.**

- **First violation:** No participation in co- and/or extra-curricular activities for one week (7 calendar days). The student and his/her parent must participate in a meeting with an administrator and the Substance Abuse Prevention Coordinator prior to returning to the activity.
- **Repeat violations:** No participation in co- and/or extra-curricular activities for two weeks (14 calendar days). The student and his/her parent must participate in a meeting with an administrator and the Substance Abuse Prevention Coordinator prior to returning to the activity.

- **Drug and alcohol violations.**

- **First violation.** No participation in co- and/or extra-curricular activities for two weeks (14 calendar days) or duration of any extended out-of-school suspension. The student and his/her parent must participate in a meeting with an administrator and the Substance Abuse Prevention Coordinator prior to returning to the activity.
- **Second violation.** No participation in co- and/or extra-curricular activities for 30 calendar days. The student and his/her parent must participate in a meeting with an administrator and the Substance Abuse Prevention Coordinator prior to returning to the activity.

- **Repeat violations.** No participation in co- and/or extra-curricular activities for 60 calendar days. The student and his/her parent must participate in a meeting with an administrator and the Substance Abuse Prevention Coordinator prior to returning to the activity.

If a violation occurs near the end of the school year, the suspension shall carry over to the next school year. Any violations occurring during a student's Falmouth Middle School tenure will not carry forward to Falmouth High School. Violations which occur during a student's tenure at Falmouth High School will be cumulative.

Self-Reporting of Violation

A student who violates Policy JICI has the opportunity to report his/her violation to the Athletic and Activities Director by noon of the following school day. In such a case, the disciplinary action specified in the preceding section will be cut in half. This provision cannot be used to avoid discipline under this policy for a violation that has already been reported to the school or to avoid discipline for violations of Policy JICH, Student Drug, Alcohol and Tobacco Use.

Activity/ Team Leadership Positions – (First Offense Only)

A student elected to a leadership position for an activity/ team forfeits that position for the duration of any suspension from the activity or team. Once the student returns to the activity/ team, the other members of the activity/ team shall hold a meeting to make a recommendation whether or not the student may return to his/her leadership position. This meeting shall be facilitated by the Substance Abuse Prevention Coordinator and attended by the Athletic and Activity Director and the coach/advisor. A final decision will be made by the coach/Athletic Director or advisor/Activities Director, taking into consideration the recommendation of the students. A second violation of Policy JICI any time during the student's middle school or high school career will result in the loss of any leadership designation held.

Appeal of Suspension from Activity/ Team

- A student who wishes to appeal a suspension from a team/activity must first discuss the matter with his/her advisor or coach.
- Following that discussion, if the student and his/her parent/guardian wishes to appeal the suspension, it must be done in writing to the Athletic and Activities Director within three school days of notice of the suspension decision. The Athletic and Activities Director will conduct an investigation, as he/she deems advisable and render a decision, in writing, to the student and his/her parent/guardian within three school days.
- If the student and his/her parent/guardian are dissatisfied with this decision, the decision may be appealed in writing to the Principal within three school days. The Principal will conduct whatever investigation he/she deems advisable and render a decision, in writing, to his/her parents within a reasonable time. The Principal's decision is final.
- The student shall remain under suspension during the appeal process.

FALMOUTH MIDDLE SCHOOL ATHLETIC ACTIVITY RULES

I. General

1. Physical are required before a student may participate in any athletic program. Insurance is required of all student athletes. The family insurance policy number must be listed on both the blue emergency card and insurance verification form supplied to your child prior to the onset of each sport season.
2. It is important to note that as a member of an athletic team the student athlete can be injured, perhaps seriously. Injuries can occur as a result of direct participation in any one of the activities or events, or as a bystander simply being in the vicinity of an activity/ event.
3. Students must be present the entire school day on the day of a competition to participate. The exception to this rule a family arranged medical appointment which would allow for the student to attend classes before the scheduled appoint and/ or return to classes before the end of the regular school day.
5. Students are expected to adhere to and follow school rules. Your behavioral choices in one area will impact participation in other areas. Therefore, the behavioral choices you make while in school **DO** have an impact on your privilege to participate in athletics.
6. As listed in the Falmouth Middle School student handbook:
To participate in athletic practices and contests, the student must be in attendance for *all classes* during the school day. There are five acceptable reasons for not attending classes:
1) An appointment with a health professional 2) Observance of a religious holiday 3) A family emergency 4) A planned absence for a personal or educational purpose which has been approved in advance 5) A field trip or other school related activity.
7. Profanity or sudden outbursts of negative emotion will not be tolerated in any situation.

8. Each student should strive to be polite and courteous to other players, coaches and visitors
9. Uniforms are to be worn for competitions only. No part of the uniform may be worn at any other time. i.e.: practices, phys. ed., class, around home, etc. (An exception top this policy is on game days as a form of “team unity and spirit”).

II. Practice

1. All participants are to be in time for all practices. If a student needs individual attention from the coach, s/he should be at practice 15 minutes before the scheduled start time.
2. Athletes are expected to be in attendance at all weekday practices and contests. If an absence is expected, a note is to be supplied from a parent/guardian to the coach in advance of the planned absence. When a student is involved in other programs outside the school, it will be necessary to adjust the schedule to accommodate the middle school practice and game schedule. If a student athlete misses a practice without a valid reason, the student will not be allowed to participate in the next contest. Should this happen a third time, the student will be removed from the roster. Practices held on non-school days/ vacations are not mandatory.
3. Never criticize the abilities of other student athletes.
4. At no time, practices or game days are athletes to wear their cleats in the building

III. Day of Contests

1. The participant must be on time for contest days.
2. The student athlete must be in complete uniform or s/he will not participate.
3. Being late for warm-ups or arrival times without a valid excuse will result in the athlete not participation that day.
4. Proper attire, neat in appearance, is required for all contests, home and away. You are representing yourself, your school, your community, and your team. See the coach for requirements.
5. Attire worn during practices and games will be consistent with the middle school dress policy

IV. Bus Behavior

1. No excessive loud singing or noise making.
2. Only radios with headphones are acceptable.
3. Remain seated.
4. The bus is to be left clean and litter free.
5. No changing of clothes on the bus.
6. No cleats are to be worn on the bus.

Failure to adhere to these rules or to follow directions given by the coach or the bus driver will result in a suspension of travel privileges for the next away contest. Further infractions will result in suspension from such privileges for the remaining away contests. In such situations it would be necessary for the parent/guardian to personally supply transportation.

V. Travel

Buses, provided by the School District, will transport team personnel to practices and games that are held off campus. Team members shall travel to and from school-sponsored out-of-District competitions or practices on the bus or in vehicles authorized by the School District. Drivers must be adults authorized by the Superintendent or Principal. Students may return with parents, a relative or an adult neighbor provided the student's parents personally ask permission of the coach. Any other travel arrangements must be made with the Athletic Director in writing or in person. Ideally the notice will be given at least three days prior to the event.

Middle School Athletics, After School Supervision and Expectations for Athletes and Coaches

The purpose of these guidelines is to provide an organized, systematic means for ensuring the safety and well-being of the Falmouth Middle School student-athletes during the time between dismissal from school and the start of athletic practices and contests.

1. Guidelines for TEAMS WITH OUTDOOR PRACTICES ON CAMPUS:
 - a. Teams include: soccer, field hockey, baseball, softball, outdoor track, tennis
 - b. All student-athletes should report to the locker rooms immediately following the bell dismissing them from school.
 - c. All equipment, personal items and book bags will be taken to the practice site so that athletes do not need to return to the locker rooms (they will be locked) after practice.
 - d. Student-athletes should use common sense while waiting for their coach to arrive (for example: they will not be hitting or throwing balls, or engaging in activities that may endanger themselves and/ or others).
2. Guidelines for TEAMS WITH INDOOR PRACTICES ON CAMPUS:
 - a. Teams include: basketball, indoor track, swimming, baseball (indoor), softball (indoor).
 - b. All student-athletes will report directly to their practice site immediately upon dismissal from classes for all practices beginning between 2:30 and 3:00. For any practice starting after 3 and before 4 the student must be with a teacher or in designated supervised classroom. No students will be allowed to indiscriminately wander in the hallways or on the school grounds.
3. Student-athletes that have a **practice time of 4:00 pm or later** are required to take the school bus or other means of transportation home and return to the school or fields for practice.
4. Student-athletes that do not follow these guidelines and the requests/ guidance of the supervisors will be subject to disciplinary action accordingly:
 - a. First Offense: Warning (coach, athletic director, principal and parent/s notified).
 - b. Further Offenses: An additional offense of this policy could result in suspension from a practice. Continued violations could result in game and season suspensions.

FALMOUTH ATHLETICS PARENT – COACH COMMUNICATION GUIDE



This communication guide is designed for the parents of Falmouth public school athletes. This pamphlet supports communication between student-athletes, their parents, and the athletic department/coaches of their respective athletic teams. The topics of sportsmanship, sports etiquette, communication expectations, and some of the general rules of the athletic program are included.

SPORTSMANSHIP

We support the initiative that school athletics promote the values of respect, integrity, cooperation, self-discipline, sportsmanship and citizenship. It is important to learn to control ones emotions and conduct, not only in defeat, but in victory as well. It is our goal to have Falmouth recognized for our sense of fair play, sportsmanship, outstanding effort and character. We expect our students and parents to accept the officials’ decisions and conduct themselves in a respectful manner at all times. Violent, threatening, negative or abusive language and/or behavior have no place in our school-sponsored activities. Athletes, coaches, students, and parents are expected to demonstrate and promote the positive values and characteristics of good sportsmanship in all aspects of interscholastic athletics. Exhibiting inappropriate spectator behavior at school sponsored athletic activities may result in one or more of the following:

1. Directed to leave the facility for the remainder of the contest.
2. Prohibited from attending subsequent games.
3. Prohibited from attending remainder of season and/or future seasons.
4. Suspension from school.

SPORTS ETIQUETTE “The Team Bench”

The team bench is an athletic classroom. Athletes on the bench are expected to focus and concentrate on the game, listen to the coach and support their teammates. The bench area can provide an important and unique opportunity to learn and

teach. Athletes may be asked to go in any time. It is their responsibility to know what is going on: offensive game plan and defensive assignments, any adjustments already made, opponents defensive tendencies, key offensive and defensive strategies, techniques and skills the coach is trying to identify and teach.

We ask that parents and spectators afford the coach and players respect and courtesy that they would do teachers and students in the academic classroom. Most all of our playing fields provide ample spectator viewing areas located on the opposite sides or ends of our fields. Please maintain an appropriate buffer or distance as to allow an athletic classroom atmosphere around our team benches.

COMMUNICATION PHILOSOPHY

Both parenting and coaching are extremely difficult vocations. By establishing communication and an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice and commitment from parents, student-athletes and coaches.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Coach's and program's philosophy.
2. Individual and team expectations.
3. Location and times of all practices and contests.
4. Team requirements, i.e., practices, special equipment, off-season conditioning.
5. Procedure followed should your child be injured during practice.
6. Any discipline that may result in the denial of your child's participation.

COMMUNICATION COACHES SHOULD EXPECT FROM PARENTS

1. Concerns expressed directly to the coach. Email is utilized to forward information, not for voicing concerns.
2. Notification of schedule conflicts well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.
4. Support for the program and the attributes of dedication, commitment and responsibility that are essential ingredients for success and excellence. Encourage your child to excel.

While your child is involved in athletics at Falmouth, they will experience some of the most rewarding and inspiring moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve and develop.
3. Concerns about your child's behavior.

Coaches make decisions based on what they believe to be the best for the team and all the athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those below, should be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Call the coach for an appointment. If the coach cannot be reached, call the Middle School Athletic Administrator. (Bob Gilman @ 781-3740) A meeting will be set up for you.

Please do not attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and coach and this situation does not promote resolution nor objective analysis.

WHAT A PARENT CAN DO IF THE MEETING WITH THE COACH DOES NOT PROVIDE A SATISFACTORY RESOLUTION

Call and set-up an appointment with the Athletic Director (781-7429).

PARENTS ROLE AND RESPONSIBILITIES WHEN IN ATTENDANCE OF A CONTEST

1. Remain in spectator area during contest.
2. No derogatory comments directed towards officials, coaches or players of either team.
3. Do not officiate from the sidelines.
4. No attempts to coach from the sidelines during the contest.
5. Be in control of emotions.
6. Show interest, enthusiasm and support for your child.
7. Demonstrate and promote the positive values and characteristics of good sportsmanship.
8. Do not question or criticize the coach or his/her decision in front of your child.

9. Realize that athletics is an integral part of the school's total curriculum: the coach (teacher) and official (ed. tech.) help facilitate learning.



Research indicates that students involved in athletics are most likely to succeed at their chosen profession and make creative contributions to their communities. Many of the character traits, qualities and attributes required to be a successful student-athlete are exactly those that will promote a successful life after high school. We hope that the information provided within this pamphlet makes your child's and your experience with the Falmouth athletic program more enjoyable. We are constantly trying to improve communication with students and parents. For our programs to be successful it is necessary that everyone involved understand the direction and goal of the Falmouth athletic program.

**FALMOUTH MIDDLE SCHOOL ATHLETICS
ATHLETIC ACTIVITY RULES
PARENT/ STUDENT-ATHLETE
ACKNOWLEDGEMENT**

I have read and understand the rules and guidelines of the Falmouth Middle School _____ team and agree to abide by them.

Student's Signature: _____

Date: _____

Student Name (please print): _____

I have read and understand the rules and guidelines of Falmouth Middle School activity.

Parent Signature: _____ ***Date:*** _____