

RCMS Athletic Handbook

Sec. 1-Introduction

The rules and policies were written for the student-athletes at Richland County Middle School so that athletes and their parents may be better informed of the athletic rules and policies. Regardless of how complete they may be, we cannot anticipate all of the different situations that may occur. It is meant rather as a guide to point out the direction of the Athletic Department. The penalties noted herein shall be considered minimal and no way implies that more severe action cannot be taken.

Participation in competitive interscholastic athletics or extra-curricular activities is a privilege available to every student in the Richland County School District. The student, by accepting the privilege in athletic or extra-curricular activities, is a representative of both the middle school and school district on the playing field/court, in practice, and in the community.

Sec. 2-Philosophy

Extra-curricular activities are a valuable extension of the entire educational program. It is important to point out that student-athletes are to be students first, with participation in athletics being secondary. Athletics provide a positive arena to help our student-athletes learn the meaning of teamwork and develop a great work ethic, which will be a positive asset to their future. It is the goal that each student-athlete at Richland County Middle School develop positive attitudes and traits from the programs that are offered. In addition, participation in athletics can assist in the development of leadership qualities, self-discipline, and good sportsmanship as well as physical development.

Sec. 3-Student Athletic Requirements

- 1 Each student must have a current physical exam form or statement from his/her doctor indicating that he/she is physically fit to participate in sports. A copy of this exam or The statement must be on file with the athletic director BEFORE the student may try out, practice, or compete in a sport. All physical exams are good for 395 days from the date the physical was completed.
- 2 An information/parent permission form must be completed and signed by the parent/guardian and student.
- 3 The student-athlete and the parent/guardian must attend a mandatory fall athletic meeting at the beginning of each school year. This meeting will be publicized in advance and will be led by the Athletic Director and/or Principal to highlight rules and policies. In addition, coaches will have his/her own pre-season meeting that the

student-athlete and parent/guardian must attend.

Sec. 4-Eligibility

Each student must have a C average and not have more than one F in all their classes. Grades will be checked at the end of each week by the athletic director. Coaches and student-athletes will be notified by the athletic director of any student who is ineligible for the week. The week for ineligibility runs from Monday thru Sunday.

Sec. 5-Athletic Awards

Every student that becomes a member of a team and continues with the team until the completion of the season in good standing will receive an athletic award. The first time an athlete earns a letter in a sport, he/she will receive a letter and a sport specific pin. The second and third time an athlete has earned a letter in the same sport, the athlete will receive an additional sport specific pin but no additional letter.

Sec. 6-Practice Requirements

Student-athletes must attend all practice sessions prior to a contest unless excused by the coach prior to any absence. If a practice session is missed and is unexcused, then he/she will be subject to disciplinary action as deemed by his/her coach.

Sec. 7-Absence Policy

An athlete who is absent from school after 12:00 on the day of an activity is ineligible for any activity on that day unless the absence has been approved by the coach, athletic director, or principal. Exceptions may be made:

1)for a medical absence or 2)for a death in the athlete's family.

An athlete who is absent from school on a Friday before a Saturday event may be withheld from Saturday activities at the sole discretion of the coach.

Sec. 8-Behavioral Conduct

Misconduct by student-athletes will not be tolerated. Misconduct shall include but shall not be limited to:

- 1 Insubordination
- 2 Any behavior which disrupts the appropriate conduct of a school program or activity
- 3 Use of profanity
- 4 Exhibition of bad sportsmanship
- 5 Violation of any school rules or regulations or law

Coaches and school officials will impose disciplinary measures appropriate to the offenses committed. The discipline imposed for any particular offense shall be at the sole and exclusive discretion of the coaching staff and school officials.

Sec. 9-Behavior During Practice/Games

It is the student athlete's responsibility to learn and demonstrate proper behavior that promotes cooperation and learning, encourages a profitable work ethic and results in excellent competition on the playing field.

Therefore, if improper behavior is observed in practice or game situations, corrective disciplinary action will be taken. The coach will establish guidelines to determine what disciplinary action will be taken, which will be fair and consistent throughout the season.

Sec. 10-School Uniforms/Equipment

All uniforms and equipment issued to the student-athlete must be returned and accounted for after the last game of the season. Lost or stolen items are the responsibility of the player, and he/she must pay the present day replacement cost of any items not returned. The same would be if the equipment was damaged that is not the result of normal wear.

Sec. 11-Transportation

All athletes shall travel to and return home from athletic events with the team by use of school approved means of transportation. Certain situations might dictate to travel home with a parent upon approval of the athletic coach. This must be a written request submitted prior to the day of the contest. No oral requests will be valid. All riders on team bus are to behave in a manner expected of school representatives

Sec. 12-Cut Policy

Student-athletes may be cut from all levels of competition. Tryouts may be conducted by the coaching staff.

Coaches may cut the squads based on the following criteria:

- 1 The number of uniforms available for the players
- 2 Improper attitude of the individuals
- 3 Overall talent and ability
- 4 Character, attitude, and personality of the individual
- 5 Work habits and loyalty to the program
- 6 Classroom work

The criteria are in no particular order and a coach may have more criteria to use.

Sec. 13-Participation in Concurrent Sports

Student-athletes will be allowed to participate in two sports. It is the responsibility of the coaches to work out an acceptable schedule for the student-athlete's participation, thus preventing extreme practice demands being placed on the athletes.

A student who starts an activity is required to complete that activity and may not quit to participate in another activity.

Sec. 14-Rules for Student-Athletes

At no time, including times of the year when a student is not participating in athletics, is a student allowed to use or be in possession of any form of alcoholic beverage, tobacco, or drug not prescribed by a licensed physician.

Violation of this would result in the following discipline:

These are considered minimum standards. Individual coaches may set standards above these minimums.

- 1 Tobacco
1st offense one game or meet suspension, plus extra work at practice

2nd offense three game or meet suspension, plus extra work at practice

3rd offense suspension from team

2 Alcohol/Drugs

1st offense two game or meet suspension, plus extra work at practice

2nd offense suspension from the team

Sec. 15-Roles & Responsibilities

Student-Athlete

Meet classroom expectations

Be positive and have a good attitude

Know and follow school and team rules

Support your team and teammates

Challenge yourself as a participant and person

Communicate with the coach

Enjoy

Parent

Support your student-athlete

Set a good example in your conduct

Respect the coach's role as a teacher

Practice time is class time and games are performance assessments

Scheduled meetings with coaches should occur at a mutually agreed upon time

Coach

Be a good role model by respecting all students and setting a good example for fans

Be positive, fair, and consistent with the participants

Use appropriate language

Communicate with students and parents

Set goals, procedures, and rules

Protect the safety of all participants

Be available to talk with participants and parents

Sec. 16-Chain of Command

Most problems can be solved by going through proper channels. If the student-athlete has any questions or concerns he/she should contact the coaching staff first. If the parent/guardian of the student-athlete has a question about his/her son/daughter, he/she should first talk with the son/daughter. If further inquiry is needed follow the following order of command. Always do with a prearranged time and place:

Coaching staff, Athletic Director, Principal, Superintendent, Board of Education.

We have read and understand the rules and conduct that is expected of student-athletes at Richland County Middle School and agree to abide by the rules and procedures of the Athletic Department.

Parent or Guardian Signature Date

Student-Athlete Signature

Date