

---

# St. George School Student Athlete and Parent Handbook



---

# Athletes Pledge

As an athlete in my school, I promise:

To be a worthy representative of my teammates and coaches, abiding by school and community expectations.

To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.

To attend every practice unless excused by my coach.

To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.



To Players and Parents,

Welcome to Dragon sports!

Participation on athletic teams at the St. George School is a voluntary activity and a privilege. You, the player, made the decision to participate in this sport. By making that decision, you are responsible for accepting and following all the rules included in this publication.

To parents of school athletes, we understand the sacrifice that you make for your son or daughter to compete in such an activity, so we feel it is important that you be informed of what is expected of your child. It is important that we have your cooperation in helping your child abide by the following rules to make his or her experience and the team's experience a success. Please read the following material and discuss it with your child.

Sincerely,

Cheryl Worthing  
Athletic Director  
St. George School  
MSU St. George

---

## **Philosophy**

At the Middle Level, student athletes will have the opportunity to learn fundamental and sports specific skills, as well as other skills. The main focus is to provide student athletes with the skills they will need to become successful team members for as long as they play sports. The Athletic Department strives to provide these skills in addition to the following:

- \* To provide students with the opportunity to engage in competitive activities and to come to understand that the word "compete" comes from Latin words meaning "to strive together."

- \* To provide students with the opportunity to exemplify good sportsmanship as a means for learning good citizenship.

- \* To demonstrate to students that real, lasting satisfaction comes not so much from winning, as from doing the job to the best of their ability.

- \* To demonstrate to individuals that they are capable of achieving more than they believe they can.

- \* To provide students with the opportunity to experience a feeling of self-worth and to develop self-confidence.

- \* To provide the students with the opportunity to learn new skills.

## **Physicals**

---

All student athletes in MSU St. George are required to have a physical exam every two years to be eligible to play. Students will not be able to practice or play without a current physical on record with the athletic director. You may contact the school nurse for a physical form, or use your doctors'. Many doctors' offices will fax something to the school to provide the date of the current physical.

### **Code of Conduct**

Your behavior, as a St. George School athlete, is a direct reflection of your coaches, parents, teammates, teachers and contributes to your school's reputation in the community.

People around town will identify you as a St. George athlete and will remember any actions they see you perform, especially the questionable ones. Be aware of this and strive to be worthy of representing your school and your community on and off the court or field.

**You are expected to follow these guidelines at all times.**

- All athletes must abide by all regular school policies during the full duration of your season.
- Appropriate care must be taken of all equipment, school facilities, and property. Athletes will be financially responsible for any damage or loss through their negligence, at the replacement cost.
- Treat your managers, scorekeepers, teammates, and coaches, with respect. Put aside any differences you may have with others and cooperate to achieve the goals of the team.

- 
- Opponents, officials and spectators also should be treated with respect and courtesy. (The Busline League awards a Sportsmanship Award each year to the school that demonstrates the best sportsmanship. I know the Dragons can bring that banner home to display in our school!)
  - On the field or court, let your skills do the speaking for you. Be positive, whether it be in a game or practice. Any criticism should be brought to the Coach or Athletic Director's attention.
  - Negative criticism of teammates will not be tolerated- on or off the court including the locker-rooms. If there is a problem, speak to the coach or AD.
  - Accept constructive criticism from your coach; it is meant to help you and the team learn and improve your skills.
  - Always show good sportsmanship! Be respectful to your opponents and their schools.
  - If you are taking any type of medication, it must be on file with the coach and AD. If you require an inhaler, you are responsible for having it on hand at each practice and game.
  - If you are injured and are under a doctor's care you must present to the Athletic Director a note from the doctor stating when you are able to participate again.
  - Attend all practices and games, be on time.
  - Ask permission if you must miss a practice. Let the coach you know the day before when possible.
  - Refusal to participate through to the end of the season will result in the loss of any awards or recognition.
  - Hustle at all times. Practice like you play.
  - Arrange for transportation home before practice begins.

- 
- The locker room is for changing and showering only. Leave the locker room as neat as or neater than when you entered. Keep your own locker clean and locked. The school cannot be responsible for items not locked up safely.
  - While on the bench, be in the game, constantly encourage your teammates. Always be ready to enter the game at a moment's notice.
  - For away games, always double check your equipment when you get on the bus both before and after the game.
  - At away games, sit as a team and cheer for the team playing before you. Remember, you are representing the St. George School.
  - At the end of ballgames and matches, be a good sport and congratulate your opponents.
  - It is the policy of MSU St. George to prohibit the use by students of any tobacco products, alcoholic products, or drugs not prescribed by a physician.

**The consequences for violating the MSU Code of Conduct policy are:**

- A verbal warning and reminder of consequences.
- A written warning.
- Suspension of playing privileges for two games.
- Expulsion from the team.

**Parental conduct**

---

Please remember how it felt to be a teenager, and how easily you were embarrassed by your parents. All children want the support of their parents, but often they would prefer you didn't draw attention to yourself. Here are a few reminders that may help your whole family enjoy your child's athletic experience:

- Don't shout advice to your child during the game. Shout encouragement, but let the coach run the team according to his or her plan.
- Please don't harass the referee or umpire. We are trying to teach your child to respect the game officials, and it is the team that wins or loses a game, not the officiating.
- Don't blame the coach for your child's problems or lack of playing time. If it is an issue for your child, encourage him/her to speak privately with the coach.
- Please don't razz the other team's players.
- Above all, be a positive role model for all of the children playing on the team. Good sportsmanship is an important part of learning to be a good athlete.

---

## **Parent/Athlete/Coach Communication**

Athletic achievement requires a sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur. The St. George school Athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff. The following guidelines can help all of us communicate more effectively.

Your expectations:

### **It is reasonable to expect your child's coach to inform you:**

- When and where practices and games are held.
- About his or her coaching philosophy.
- About the expectations he/she has for all athletes on the team as well as your individual child.
- What is required to be part of the team.
- If your child is injured during practice or a game.
- Whenever any disciplinary action results in your son/daughter being denied participation in a practice or game.

### **Typical concerns of parents that are appropriate to discuss with the coach are:**

- Unhealthy mental or physical strain you detect in your child at home (especially when it affects his/her academic performance)
- Any medical issues that your child has that may affect their performance or their ability to participate fully.

- 
- How are you can contribute to your child's skill improvement and development.
  - Any dramatic change in your child's behavior.

**Our expectations:**

- It is inappropriate to discussed with the coach:
  - Playing time.
  - Team strategy or play-calling.
  - Other Student athletes.
- **Coaches sometimes need parents to tell them:**
  - Any specific health concerns about your son/daughter . Express directly and informally to the coach at a mutually convenient time.
  - Notification of any schedule conflicts, well in advance.
- **If you have a concerns to discuss with the coach, what procedure should you follow?**
  - Make an appointment with the coach.
  - If the coach cannot be reached, call the athletic director to set up a time.
- Please do not attempt to confront a coach before, during, or directly after a game. These can be busy an emotional times for both the parent and coach, and this does not promote objective analysis of the situation.

What should you do if the meeting with the coach does not result in a the problem?

Call and set up an appointment with the athletic director to discuss the situation.

---

## **School Transportation Guidelines**

All students riding in district-provided transportation must abide by the following guidelines:

### **Bus driver responsibilities**

\*To provide a safe environment to transport students to and from scheduled events.

\*To communicate behavioral issues to the supervising and adult with the expectation that they will handle the situation.

\*To communicate any behavioral issues to the transportation supervisor at the conclusion of the trip.

### **Coach/Teacher/Supervising adult responsibilities**

\*To maintain an appropriate noise level. If the supervising adults can identify one voice above the others, that person is too loud.

\*To maintain appropriate bus behavior, stay seated, keep feet on the floor, don't vandalize, and keep students separated by teams for sporting events. One adult will sit in the back of the bus and one in the middle of the bus to facilitate supervision.

\*To have a written list of all students on the bus. A scorebook with the team roster may be appropriate. Coaches must update the list if alternate transportation is used after an athletic event. All students must ride on the bus unless they have written permission to ride with their parent/guardian.

\*To discipline students for inappropriate behavior.

\*To maintain the cleanliness of the bus.

---

\*To communicate behavior issues to the AD for athletic events and the building administrator when necessary.

**Consequences for inappropriate behavior will be:**

1. A verbal reminder
2. Suspension of playing privileges for that event, or a parent will be called immediately to transport the student home. If the inappropriate behavior is displayed by a group of students, the sporting event will be forfeited and the bus will immediately return to the school. If the game is forfeited, the coach will immediately call the opponent and apologize, tell them that we will pay the officials, and asked them to notify any parents from our school. The coach will also contact the athletic director. Students may be suspended from the bus at the discretion of the AD or the building administrator.

**Student responsibilities**

- To show respect for the driver, supervisor and others on the bus.
- To follow the district guidelines for appropriate bus behavior.
- To always remember that you are representing MSU St. George and your school.

---

## Extra curricular guidelines

The middle school staff believes that:

All students can find some areas of success in their middle school experience.

All students benefit from participating in a variety of extracurricular programs.

Students who do not experience academic success benefit most from direct participation in school-based extracurricular activities.

### **Eligibility:**

All students in grade 7 and 8 are eligible to participate in extra curricular activities during the school year. Sixth graders may participate in a given sport at the discretion of the coach and athletic director. Student participation maybe limited, however, based on the following factors:

- Grades: your child's habits for success in each class will be evaluated on the first Monday of each month to determine eligibility. If your child's habits grade is below expectations in any subject area, he/she will be required to attend a supervised study group after school each week in order to maintain eligibility. In that study group, a reflection of their habits and a plan to improve them will be completed. Ex: Why do you think your habits in this class are not meeting standards? Who can help you improve them?, How can I help you improve?, What strategies will you use to improve your habits?, How will you know if you are successful at improving your habits. This plan will be shared with your teaching team and evaluated daily. When consistent improvement is demonstrated, you will once again to be eligible. This study group will meet two days a week. In the event that an away game is

---

scheduled for one of those days, the student and parents are responsible for providing transportation to that game.

**Inappropriate behavior and detentions.**

Students receiving a detention will be required to serve the tension on the day of which it is scheduled. It becomes the student's responsibility to attend practices and games, as is possible. Individual coaches may elect to provide specific consequences for being late to practices, missing games or behaving inappropriately.

**Inappropriate behavior on the bus.**

Student athletes are expected to follow all district rules whenever riding school transportation. Failure to do so may result in a suspension or expulsion from the bus. Students would then be responsible for their own rides to and from games. See school transportation guidelines.

---

# Forms

Please sign and return the following 3 pages to Ms. Worthing

---

## Student athlete contract

I, \_\_\_\_\_, while a participant on the  
\_\_\_\_\_ team promise to:

- Attend all practices and meetings faithfully.
- Contact the coach personally before a practice or meeting if I must miss it.
- Faithfully attend all games in uniform.
- Contact a coach or athletic director personally if I am unable to attend a game.
- Maintain my eligibility and academic standing.
- Refrain from using drugs, alcohol, and tobacco products.
- Replace any equipment or uniform issue to me, either by payment or the equivalent.
- Turn in before the first practice, all the necessary forms issued to me by the coach or athletic director.
- Report any personal injury or teammates injury to a coach immediately.
- Report any inappropriate behavior to the coach or AD immediately.
- Follow all reasonable requests made by the athletic director and coach, especially those involving practice, diet, rest, and competitions.

---

\_\_\_\_\_  
Athlete's signature

\_\_\_\_\_  
Coach's signature

---

---

---

Parent's/Guardian's signature  
signature

Athletic Director's

Permission to play

I, \_\_\_\_\_ give my  
child \_\_\_\_\_

permission to participate in St. George school athletics.

Parent

signature \_\_\_\_\_

Parents printed

names \_\_\_\_\_

Home mailing address

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Contact phone numbers

Home \_\_\_\_\_

Work \_\_\_\_\_

Cell

phone \_\_\_\_\_

Emergency contact

---

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone

numbers\_\_\_\_\_or\_\_\_\_\_

Relationship to

athlete\_\_\_\_\_

1.) My son/daughter's last complete physical was performed

by\_\_\_\_\_

on\_\_\_\_\_. I give the St. George School permission to

contact the physician's office to verify this information.                      yes                      no

Physician contact information Dr.\_\_\_\_\_

Address\_\_\_\_\_Phone

number\_\_\_\_\_

2.) We have read and understand the above rules and regulations related to

the Athletic Department code of conduct and transportation will abide by them.

We also understand the consequences and penalties for these rules if they are violated.

Student athletes signature

\_\_\_\_\_

---

Parent/guardian's  
signature\_\_\_\_\_

By signing you acknowledge and agree to abide by the school transportation  
guidelines.

We agree to abide by and support the school transportation guidelines.  
Athlete signature\_\_\_\_\_

Parent/guardian signature\_\_\_\_\_

Parent/guardian printed  
name\_\_\_\_\_