

COUGAR PRIDE



ATHLETIC HANDBOOK

Dear Student-Athletes, Coaches and Parents:

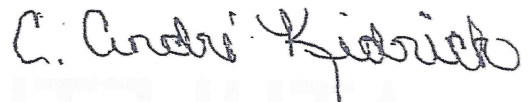
This handbook is an effort to increase understanding of rules and expectations for those involved in our athletic programs. We want to remind everyone that our primary focus at J-WMS is on the educational process. This means that academics have priority over sports. Through interscholastic competition, students are expected to learn and demonstrate appropriate behavior and sportsmanship while maintaining a good academic standing. Your support in assisting us in meeting the guidelines in this handbook will be greatly appreciated.

Sincerely,

Evan Robb—Principal



Andre' Kidrick - Athletic Director



ATHLETIC REGULATIONS

J-WMS is a charter member of the Northern Valley Junior League. Our regulations reflect the NVJL constitution for student eligibility.

Age Limit - A seventh grader may not be 14 years of age prior to August 1 of the school year in which participation is expected. An eighth grader may not be 15 years of age prior to August 1 of the school year in which participation is expected. Seventh grade students may participate on a seventh or eighth grade team, but not both. Eighth grade students may only participate at the eighth grade level of competition at the middle school. They may be a member of a high school freshman or junior varsity team only if they are not participating in a middle school sport. Sixth grade students, who meet eligibility standards, will be eligible to practice in cross-country, wrestling and track. They may not participate in league competition, but may be allowed to compete in non-league events. If no seventh or eighth student who meets the requirements is available or has expressed an interest, a sixth grade student may be a manager if he/she meets eligibility requirements.

Academic Regulations - Grades from the most recent nine-week grading period are used to determine eligibility for participation. Students with failing grades in more than one course (Double Language Arts is considered one course) become ineligible. If a student becomes eligible for a sport mid-season, the student can try out only if, at the coach's discretion, mid-season tryouts are held for the purpose of adding additional team members. A student is eligible for fall sports if he/she has been promoted to the next grade level from the previous school year. Students who have been retained in a grade must meet the age requirements and academic regulations of the current school year. The team of teachers may generate weekly reports of academic progress and behavior. Contracts may be developed from these reports to ensure the athlete is being a successful student.

All student athletes will be required to submit weekly progress reports filled out and signed by their teachers. If a student is failing more than one course during the nine week grading period, the student will be suspended from practice and games until low grades are raised.

J-WMS Policies - If an athlete has not fulfilled an obligation (such as a school financial obligation, equipment return, etc.) he/she may be denied the privilege of participation in any athletic program. A student must be eligible for any sport before he/she is permitted to try out or practice for said sport.

The financial responsibility for athletic injury rests solely with the student and parents. It is hoped that adequate insurance can be provided. The school may require the student to provide evidence of a certain type of insurance.

All students participating must have a yearly VHSL physical examination by a licensed physician prior to participation in athletics. Cost involved in physical examinations is the responsibility of the parents, unless prior arrangements are made and approved by the Athletic Director and Principal. Students may not try out for a sport without a current sports physical on file.

Student athletes are expected to dress up on days of games. This will include collared shirts and slacks for boys and dress or slacks for girls. Coaches may allow athletes to wear their game jersey for certain home games.

Athletes are expected to finish the season as a member of the team in good standing in order to be awarded an athletic certificate.

Students may not participate in more than one sport during a given season. This includes sports offered to eighth graders by the high school. No student will be added to a roster after it has been filed with the league.

All athletes are expected to stay and support fellow athletes until the end of the competition. They may not leave an away site unless a parent or guardian signs them out. Coaches will honor signed notes from parents wishing their child to leave with another parent.

Discipline Policy - Appropriate behavior and sportsmanship are expected from all athletes at all times.

Other consequences relating to school discipline:

Detentions & Grade Level Team Discipline Offenses

1st Student must attend a conference with the coach and the athletic director. The purpose of this meeting is to clarify the consequences for further violations.

2nd Parents will be notified that the student will be suspended for the next game or meet.

3rd Student will miss the next game and be temporarily suspended from the team until he/she meets with the coach, parent, athletic director and administrator. This meeting will be used to determine whether or not the student will be reinstated.

ISR/OSS

1st Student will miss the next game, match or meet.

2nd Student will miss the next game and be temporarily suspended from the team until he/she meets with the coach, parent, athletic director and administrator. This meeting will be used to determine whether or not the student will be reinstated.

3rd Student will be removed from the team.

No student who serves ISR/OSS is allowed to participate in any extracurricular activity (practice or game) on the day the suspension is served.

The coach may also discipline any student who demonstrates poor sportsmanship and/or any behavior detrimental to the team. If a student fails to represent JWMS in a positive manner, they will be subject to the discipline consequences as stated above.

Practice/Game Expectations - Daily attendance at practice is considered to be mandatory. If a student is absent from school or if a parent has contacted the coach, they will be excused from practice.

Regular attendance in school is mandatory in order to participate in athletics. It is expected that student athletes be in attendance at school the ENTIRE school day to be eligible to participate in practice and/or athletic contests; the only exception is a doctor and/or court note, and must be approved by administration.

Other practice/game considerations are:

1. Non-participating students are not allowed in locker rooms.
2. Student managers and non-participating team members are expected to remain with the team during home and away events.
3. Students who leave school because they are ill on the day of a competition will not be permitted to play in the competition scheduled for that day.
4. Students must be present for the ENTIRE day of the school day to participate in practice or games, unless otherwise cleared through school administration.
5. Students must be ready to begin practice at scheduled time.

Playing Time-NVJL is a competitive league. Although we strive for equal participation from every athlete, the amount of playing time each will receive is determined solely by the coach. The coach is under no obligation to meet any individual's expectations for playing time.

Social Media - Student athletes are held to the student use policy and rules of good sportsmanship regarding other teams, schools, officials, etc. as it applies to all social media postings. Those that do not adhere to the rule may face team and/or school consequences.

- ***Any student-athlete that behaves in a way that violates community standards, including violations of the law or illegal activity may be denied the privilege of participation in all athletic activities for a period determined by the Athletic Director and Principal.***

COACHES

Expectations - Coaches will hold closed try-outs and select their team based on set criteria. All eligible students will be given the opportunity to try out and shall receive an explanation as to why they did not make the team upon request.

Coaches are responsible for understanding and enforcing the discipline policy fairly and promptly.

Coaches are responsible for the distribution and collection of all uniforms.

Coaches will issue a game and practice schedule to all athletes at the beginning of each season. Any changes to these schedules, with the exception of school closings, should be communicated to all athletes one day in advance.

Coaches are responsible for submitting an active and final roster to the athletic director.

Coaches will give all students an opportunity to compete for playing time during practice.

Coaches must remain at school until all of their players are picked up following a game or practice.

Coaches must represent J-WMS in a professional and positive manner at all times.

PARENTS

Expectations - Parents are encouraged to join the Cougar Booster Club. This is the only fund raising organization that exists exclusively for our athletes. This club sells refreshments at home events, sponsors athletic banquets, and holds other fundraisers for uniforms, trophies, and medals. The Boosters are vital to a successful athletic program and exist solely to support and recognize our student athletes.

Parents are responsible for maintaining and turning in any uniform issued to their child. They will be billed for any damaged or missing uniforms.

Parents are expected to pick up their child from practice and games within fifteen minutes following the event. After three late pick-ups, students may be subject to removal from the team.

It is our hope at J-WMS that parent's will support Cougar Athletics in some way. If you can't join the Booster Club, please come and cheer for our teams. By being a positive role model, you not only support and encourage your child; you become an important ingredient to the success of the entire program.