

Frenchtown Middle School

GO TERRIERS!

Student/Parent Athletic Handbook

Central Office Administration

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INTRODUCTION

This handbook has been prepared to enhance communication between parents, student/athletes, coaches and school administrators. Parents and athletes are asked to familiarize themselves with the contents of this handbook. Any concerns or questions should be directed to the Principal's office at **996-2751**. Questions regarding specific sports should be directed to the coach of the team.

At the start of each season, a parent/coaches meeting may be held. This is an important meeting and all parents/guardians will have the opportunity to meet with their son/daughter's coach and discuss items relative to their program.

We strongly encourage parents/guardians to demonstrate their support for their son/daughter by attending as many athletic contests as possible.

The purpose of our athletic program is to provide the student/athlete with an opportunity to compete while cooperating with teammates and coaches, and to exhibit traits of self discipline, responsible decision-making, and social and intellectual growth. The development of good citizenship and the ability to enhance positive social values are also desired outcomes from our athletic programs.

Athletic participation is filled with a great many challenges. Winning is everyone's goal, but striving to win is the most important goal. Parents can make a big difference in the success of the athletic program by encouraging their student/athletes and by supporting their coaches, as well as the official's decisions during game/event time.

LETTER TO PARENTS

The role of the parent in the education of a youngster is important. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school in the classroom and through co-curricular activities.

A student's involvement in the classroom and other activities contributes to the development of a value system which has been established in the home. Integrity, fairness and respect are life-time values taught through athletics. These are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

A good sport, student or parent is a true leader in the community. As a parent of a student at our school, your sportsmanship goals should include:

- To realize that athletics are part of the educational experience and the benefits of involvement go beyond the final score of a game;
- To encourage our students to perform their best, just as you would urge them on with their class work;
- To participate in positive cheers that encourage your student and to discourage any cheers that would redirect that focus, including those that taunt and intimidate opponents, their fans and officials;
- To learn and understand the rules of the game and to respect the officials;
- To respect the task our coaches face as teachers and to support them as they strive to educate our youth;
- To respect our opponents and acknowledge their efforts;
- To develop a sense of dignity under all circumstances.

These and other expectations are included in the attached guidelines, which we hope you will take a few moments to review. They provide a roadmap to follow on a journey toward a more educational atmosphere for interscholastic athletics.

You can have major influence on your student's attitude about academics and athletics. The leadership role you assume in sportsmanship will influence your child for years to come.

We look forward to serving you in the year ahead, and appreciate your continued support.

GUIDELINES FOR PARENTS

PARENT/COACH RELATIONSHIP

Both parenting and coaching come with both challenging and rewarding aspects. By establishing an understanding of each position, we are better able to understand the actions of the other and provide a greater benefit to the children. As parents, when your children become involved in our program, you have the right to understand what is expected of your child. This process begins with clear communication from your child's coach.

COMMUNICATIONS YOU CAN EXPECT FROM YOUR CHILD'S COACH

- Philosophy of the coach.
- Expectations and goals the coach has set for your child and the team.
- Location and times of all practices and games.
- Team requirements, special equipment, and conditioning program.
- Procedure if your child is injured during participation.
- Team rules, guidelines and consequences for infractions.
- Team selection process, if necessary.

COMMUNICATION COACHES CAN EXPECT FROM ATHLETES /PARENTS

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts in advance.
- Notification of illness or injury as soon as possible.

As your child becomes involved in the programs at Frenchtown, he or she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things may not go the way you and your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACH

It is sometimes difficult to accept your child not playing as much as you might hope. Coaches make decisions based on what they believe to be best for all student-athletes involved. As you have seen from the list above certain things can be and should be discussed with the coach. Other things, such as those listed below, must be left to the discretion of the coach. Always have your child talk to the coach first prior to you attempting to talk to the coach.

There are situations that may require a conference between the coach and the player or coach and parent. It is important that all parties involved have a clear understanding of the other person's position. When a conference is necessary, the following procedure should be used to help resolve any concern.

- Please call the coach to set up an appointment.
- If the coach cannot be reached, please call the Principal and a meeting will be scheduled.
- Please do not attempt to confront a coach before or after a contest or practice; this is not an appropriate time.

THE NEXT STEP

If the meeting with the coach does not provide a satisfactory resolution, parents should set up an appointment with the Principal to discuss the situation.

STUDENT/ATHLETE PARTICIPATION

Participation in athletic sports and all activities in Frenchtown Middle School is a privilege which carries with it certain responsibilities. A student is a representative of the school and the entire community. There are certain basic standards expected of our participants in athletics.

- All students who represent Frenchtown Middle School on a team are expected to conduct themselves in such a manner as to reflect excellent credit upon our school.
- All students must remember they are students of the school first and participants second. Participation in athletics is a privilege granted to a student, not a right guaranteed to them.
- Being a member of a team does not entitle any student to any special privileges in the school. Rather, it may carry a burden of being a good citizen in the face of peer pressure to become involved in some action which might violate school rules. Our athletes are expected to set examples of good school citizenship and cooperation which will reflect upon them as individuals and upon all of our athletes in general.
- Students afforded these privileges must assume the responsibilities which accompany them at all times.

Frenchtown
Interscholastic Team Rules for Players and Parents

1. The coaching staff in each sport determines who will become a member of that team. All students who try out for a team may not be selected for that team.
2. In order to participate in an athletic event, a student must arrive at school **no later than 11:30 a.m.**
3. Student athletes must meet eligibility standards in order to participate throughout the season. An eligible student must carry a 75% grade point average.
4. Student athletes must participate in Physical Education classes in order to participate that day in their sport. Any student who does not take Physical Education that day may not participate in their sport for that day.
5. A Student may be removed from a team for unacceptable behavior based on the student Code of Conduct.
6. Daily practice schedules are available on the school website calendar. If you will be absent, please inform the coach 1 day in advance if possible.
7. Parents may take their child home from an away event after speaking to the coach. Students going home with someone other than a parent must have written permission from the parent to do so.
8. Coaches will dismiss athletes promptly from practices. Please be prompt in picking up your child. Students walking home need to have parent permission slip signed in the main office.
9. Coaches are required to stay until their last player has been picked up.
10. Pickup times for games vary. Please be at the school at the time indicated by the coach.
11. All valuables must be kept in the students' hall locker or backpack that is stored in the gym.
12. Due to Frenchtown School's commitment to not impose cutting procedures, students and parents are reminded that there is no guaranteed playing time for any individual member of a team.
13. Students must be present for 3 practice days in order to be considered for playing time. It will give each coach ample time to evaluate each player.
14. Students who do not have proper gear and/or equipment will not be allowed to participate. This includes soccer shin guards, cleats, and sneakers.
15. Uniforms are to be returned clean 3 days after the end of the season. Any student failing to return the uniform will not participate in the team celebration and will lose PowerSchool access to their grades.

The Responsibility of Sportsmanship

The Coach

- Treats own players and opponents with respect;
- Inspires in the athletes a love for the game and the desire to compete fairly;
- Is a role model for student athletes;
- Addresses unsportsmanlike behaviors in athletes and
- Knows he/she is a teacher and understands the athletic area is a classroom.

The Official

- Knows the rules and their interpretations.
- Places the welfare of the participants above all other considerations.
- Treats players and coaches courteously and demands the same from them.
- Works cooperatively with fellow officials for an efficient contest.
- Is fair and firm in all decisions.
- Maintains confidence, poise, and self control from start to finish.

The Player

- Treats opponents with respect.
- Plays hard and respects the rules of the game.
- Exercises self control at all times, setting the example for others to follow.
- Respects officials and accepts their decisions without gesture or argument.
- Wins without boasting, loses without excuses, and never quits.
- Always remembers that it is a privilege to represent the school.

The Spectator

- Appreciates a good play no matter who makes it.
- Shows compassion for an injured player; applauds positive performances, does not heckle, jeer or distract players; and avoids the use of profanity.
- Respects the judgment and strategy of the coach and does not criticize players or coaches for a loss.
- Respects the decisions of officials during and after the game.

Code of Ethics for Coaches

- Always conduct myself with the best interests of the community, school, and team in mind.
- Develop a complete understanding of the rules and regulations of the sport and coach within that framework.
- Display a respect toward the officials and their duties.
- Refrain from the use of profanity under any circumstances.
- Understand and respect the individuality of each member of the team.
- Develop a set of training and team rules that are fair to all members of the team.

Code of Ethics for Athletes

- Represent my school and team with the highest standards of proper behavior.
- Respect the integrity and personality of my teammates, opponents and coaches
- Abide by the rules of the game in letter and spirit, with modesty in victory and graciousness in defeat.
- Respect the integrity and judgment of officials.
- Be responsible for the uniform and equipment issued to me as something to be used not abused.
- Report for practice and competition properly attired.
- Refrain from using profanity under any circumstances.
- Strive for the maximum achievement in scholastic and athletic competition.
- Practice good health habits and adhere to the training rules established by the coach.
- Strive to develop the qualities of leadership, initiative, and good judgment.
- Demonstrate good sportsmanship in winning as well as losing.

Transportation

- Athletes must remain seated, use seat belts, and obey all requests of the driver.
- Athletes are not to throw anything from the bus.
- The coach must ride the bus with the athletes at both departure and return unless other arrangements have been made with administration.
- Parents may take their child home from an away event after speaking to the coach.
- The coach must check the bus at the conclusion of the trip.
- The coach must supervise all athletes to be picked up after returning to FES.
- Athletes must have written permission from a parent/guardian to go home with someone other than their own parent.

Discipline Guidelines

Each head coach will ensure that his/her student athletes understand the following policies, which apply to *every* member of an FES athletic team.

Suspension

During the time of a suspension, in-school or out-of-school, a student is barred from participation in athletic events.

Detention

A student athlete who has detention *may not* participate in athletic events until the detention is served.

Hazing

Hazing is a form of harassment and will not be tolerated. It is the right of every student in the district to be free from the humiliation and danger of school affiliated hazing. Students who participate in the district's extra-curricular and/or co-curricular activities should not plan, encourage or engage in hazing. This policy applies to the behavior of students that are participating in these activities that occur on or off school property, during and after school hours, and/or any school sanctioned activity.

Hazing is defined as a "willful act occurring on or off school property, directed against a player or prospective member of a school sponsored team or activity, that endangers the mental or physical health or safety of a player or member of an activity for the purpose of initiation, admission into, or continued membership on any such team or activity"

Consequences for hazing violations may range from individual suspension from participation in the athletic program or activity for a period of time, to cancellation of an athletic schedule or activity depending on the magnitude of the incident and number of people involved.

Consequences for hazing violations brought to the attention of the administration after the season may be applied to subsequent athletic participation and/or loss of athletic awards.

***The FES Administration will determine consequences.
Apparent permission or consent by a person being hazed
does not lessen the prohibitions contained in this policy.***

Eligibility

The process is as follows:

- Administration will check student averages either at the mid-marking period and at the conclusion of a marking period. Student athletes must meet eligibility standards in order to participate throughout the season. An eligible student must carry a 75% grade point average.
- The student will be *ineligible* only when the coach has received written notification from the Principal.
- The student remains *ineligible* until the coach receives written notification from the Principal indicating the student is passing.
- The student will become eligible as soon as he/she is over the 75% average.
- The student may become eligible at the beginning of a new marking period.

Team Size*

Cutting is avoided whenever possible. At times it becomes impossible to accommodate each student who wants to participate in a particular program. In such cases, the principal will be informed of the plans and intentions of the coach, in advance, along with the method used to reduce the squad. As soon as it becomes apparent the reduction in squad size will be inevitable, the coach will inform all candidates of the procedures that will be used. When decisions are made candidates will be informed. Lists will not be posted. A candidate may request a private conference to go over the reasons he/she did not make the team.

The coach will inform all candidates of the procedures that will be used. When decisions are made candidates will be informed. A candidate may request a private conference to go over the reasons he/she did not make the team.

*Due to Frenchtown's small student population, cutting of student athletes will only be used if needed.

Athletic Policy on Attendance: Clubs/Rehearsals

The Frenchtown Athletic Program recognizes the diverse needs and interests of student athletes throughout the various athletic seasons. Frenchtown coaches and administration support our students participating in as many programs as possible.

Our expectation is that student athletes maintain appropriate communication with their coaches, music directors, and club advisors, especially regarding scheduled practices, rehearsals, and meetings. Student athletes and coaches will work together to determine an acceptable solution when a scheduling conflict arises.

NURSE/HEALTH INFORMATION PAGE

RETURN THE FOLLOWING FORMS TO MRS. GRIMES OFFICE.

****ALL FORMS CAN BE FOUND ON THE SCHOOL'S WEBSITE****

Required Paperwork:

Physical Form signed by a physician

Concussion Consent Form

Sudden Cardiac Death Brochure and sign off

Sports-Related Eye Injury Form

Physicals are good for one calendar year! If you have a physical on file already in the

Nurse's office, please return all other paperwork!

Deadlines for 2017-18 School Year

Fall Sports – August 25, 2017

Winter Sports – TBD

The Athlete and Parent's Pledge

Individual and team success in sports result from commitment. The extent to which young athletes are able to make such a commitment reflects their maturity, as well as their dedication to family, friends, school, and team.

I wish to be a member of the Frenchtown interscholastic _____ team. I understand that I must meet all eligibility requirements to participate. I have read and reviewed the Student-Athlete Handbook.

As an athlete in Frenchtown Middle School, I promise to:

- Be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of commitment to hard work and fair play.
- Maintain my health and fitness levels.
- Reflect the knowledge that commitment to success is nothing without the commitment to hard work in practice.
- Attend every practice and game unless excused by the coach.
- Understand that my future as a responsible adult relates more to my academic abilities than my athletic activities.
- Accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
- Acknowledge the ultimate authority of the coach to determine player selection, playing time, and strategy.
- Understand that I am not guaranteed playing time.

Student's Signature

Parent's Signature

Date

Parent's Pledge

Cooperation among coaches, athletes, parents and school personnel is essential if students are to realize the values of athletic participation. Like athletes and coaches, parents must make commitments to assure such cooperation. We ask you to read, sign, and return the following Parent's Pledge. Thank you for your time, support, and cooperation.

As a parent of a student athlete in the Frenchtown Middle School I pledge to:

- Work closely with all school personnel to assure an appropriate academic as well as athletic experience for my child while he/she is at the Frenchtown Middle School.
- Assure that my child attends all scheduled practices, games, and meets.
- Promote mature behavior from students and parents during all athletic events.
- Work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for our children.
- Understand there is no guaranteed playing time.

Name of Student Athlete

Date

Parent's Signature

Date