

Monrovia Middle School



2008-2009

Athletics Handbook

for Students & Parents

MONROVIA MIDDLE SCHOOL ATHLETIC DEPARTMENT

Fall Sports

8th Grade Cheerleading
7th Grade Cheerleading
6th Grade Cheerleading
6th, 7th, & 8th Boys' & Girls' Cross Country
8th Grade Football
7th Grade Football
8th Grade Volleyball
7th Grade Volleyball
6th Grade Volleyball
Boys & Girls Golf

Winter Sports

8th Grade Cheerleading
7th Grade Cheerleading
6th Grade Cheerleading
8th Grade Boys' Basketball
7th Grade Boys' Basketball
6th Grade Boy's Basketball
8th Grade Girls' Basketball
7th Grade Girls' Basketball
6th Grade Girl's Basketball
6th, 7th, 8th Grade Coed Wrestling

Spring Sports

Middle School Softball
6th, 7th, 8th Grade Boys' Track
6th, 7th, 8th Grade Girls' Track
Middle School Baseball

REQUIREMENTS FOR MONROVIA MIDDLE SCHOOL ATHLETIC PARTICIPATION

1. A completed Monrovia Middle School/IHSAA Physical Examination form must be on file in the athletics office before the first day of practice/tryouts. This form is available online and in the athletics office.
2. The consent/parent & student certification/emergency medical information form must be on file in the athletics office before the first day of practice/tryouts. This form is found on the back cover of this handbook. It needs to be completed just one time for the entire school year. It requires BOTH parent and student signatures.
3. Parents and athletes must read this handbook prior to the first day of practice/tryouts. There is a considerable amount of very important information regarding such items as insurance, academic eligibility, injuries, conduct, financial obligations, training rules, and important dates.

GO BULLDOGS!

WELCOME TO BULLDOG ATHLETICS!

A message from the Athletic Director

Dear Student and Parent (s),

The Monrovia Middle School Athletics Department would like to extend an invitation to all students to participate in the many interscholastic athletic programs offered. We believe that the mental, physical, and emotional growth of a student can be greatly enhanced by participating in a well-organized sports program.

This athletic handbook is designed to inform each of you of valuable information relating to participation in interscholastic sports at Monrovia Middle School. Please feel free to contact me if you have any questions.

PLEASE READ all of this handbook before signing and returning the parent & student consent and emergency medical information sheet found on the back cover. Your signature indicates that each of you has read, understands, and will abide with the policies as stated. Concerns regarding policies should be addressed before there is a problem.

We are counting on the support of parents of students involved in our athletics program as we assume the tremendous *joint* responsibility for the education of your child. We need the support of all parents in reinforcing that academic responsibilities come first and that each student-athlete must learn to manage his/her time, energy, and talents in such a way as to excel in the classroom as well as athletics.

I would also like to ask you to consider becoming a Bulldog Athletic Patron. Donations from patrons will provide a major portion of the funds to operate the athletics program since tax revenues cannot be used for most athletic expenses. Your support will be greatly appreciated by *all* the student-athletes at Monrovia Middle School.

The Monrovia Middle School Athletics Department is here to serve the students and parents of this community. Please let us know when we can be of assistance to you.

Sincerely,

Larry W. Mayes, AD
Monrovia Middle School

POLICIES AND GENERAL INFORMATION FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS

*Participation in athletics is a privilege earned by meeting the rules and standards set by the school and in conjunction with the Interscholastic Guidelines for Middle Level Schools as established by the Indiana High School Athletic Association. Students who have questions concerning eligibility should contact the Athletic director or Principal **BEFORE** they endanger their athletic eligibility.*

ACADEMIC ELIGIBILITY

To be eligible for athletics, a student must . . .

- Maintain a C (2.0) grade average in all subjects enrolled with no failing marks(F). Nine weeks grades as well as Midterm grades will be used to determine eligibility for athletes. A student must be enrolled in a full course of study to be eligible to participate in interscholastic athletics. A full course of study is defined as a minimum of six classes in a seven period day.
- **PROVISION:** A student-athlete who has lost his athletic eligibility due to academic deficiencies may regain his/her eligibility after two weeks by following these guidelines:
 1. The student-athlete must notify the athletic director of his/her intent to attend the success period program. **This should be done no later than the second school day after grade cards are issued.**
 2. The student-athlete must attend the success period program for the number of sessions offered in the three-week period. The athlete must present to the study hall teacher a form that must be signed by the teacher verifying attendance. **Failure to document attendance properly will forfeit one's opportunity to regain eligibility prior to the next grade card certification date.** Attendance is mandatory. A request to make up time due to an excused absence must be made to the Athletic director by the next school day. Unexcused absences, arriving late, or leaving early will not be tolerated, and the student-athlete will forfeit his/her opportunity to regain eligibility prior to the next grade certification date. (Practice is permitted during the 3-week probationary period)
 3. Upon completion of three weeks in the program, the student-athlete must obtain an athletic grade check form at the athletic office when presenting the completed success period session form. The student-athlete must then obtain his/her grade from all of his/her current teachers in each class. After obtaining this information, the student-athlete must submit his/her form to the athletic director.
 - Upon review by the coaches and athletic director, the student-athlete may be granted eligibility to return to the team for the remainder of the grading period if the student-athlete has raised his/her grade to an acceptable level (2.0 with no more than one failing mark). Eligibility is effective the date on which report cards are issued. *The final grading period determines eligibility for the beginning of fall sports for students returning to a middle school in the Monroe-Gregg Schools.*

ABSENCE DUE TO ILLNESS OR INJURY

An athlete who misses 5 consecutive days of school or athletic participation due to illness or injury must obtain written permission from a physician and present this to the athletic director or coach before he/she may again become eligible for participation. Additional practices are required before regaining eligibility after an extended absence due to illness or injury.

ACADEMICS

In order to participate in athletics and achieve successfully in academics, student athletes should manage their time in such a way as not to have to miss practices, competitions, or school. If this cannot be done, students should NOT be involved in athletics. Academics must always be a higher priority than athletics.

AGE

Athletes may not have reached their 16th birthday on or before the date of the county championship of that sport. For those junior high/middle school sports where there is not a county championship held, an athlete must not have reached his/her 16th birthday on or before the date of the last interscholastic competition held in that sport.

AMATEURISM

Students shall not play under assumed names; accept remuneration directly or indirectly for athletic participation, or participate in athletic activities, tryouts, auditions, practices, and games held or sponsored by professional athletic organizations, clubs, or their representatives.

ATTENDANCE

Student athletes are expected to make school attendance a priority. **Students must be in attendance by 4th period and attend all afternoon classes to be eligible for extracurricular activities that day.** Exceptions to this would be a pre-arranged absence or an absence resulting from a school-related function.

Students with excessive tardies to school or class may be suspended from a team or placed on athletic probation. Excessive tardies is defined as five (5) or more during a grading period.

An athlete who is unable to participate in physical education class may not participate in athletics.

AWARDS

Athletes who complete their season in good standing will be awarded a certificate of participation by the athletic department.

CONDUCT AND CHARACTER

Students shall not be eligible to participate in the athletics program who at any time, in or out of school:

- do not represent our school in a becoming manner, or
- exhibit habits, conduct, or character as to reflect discredit upon our school; as determined by the school administration.

Penalties administered to student athletes will carry over to all Monroe-Gregg Schools.

CHEERLEADERS

Cheerleading is considered sport at Monrovia Middle School. All requirements for participation which apply to other athletes (such as physicals, parent/student consent, attendance at practices and competitions, and adherence to training rules) apply equally to cheerleaders. The selection process for cheerleaders is determined by the coaches.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

Monrovia Middle School recognizes that every student should have the opportunity for a broad range of experiences in the area of extracurricular activities. Students should be cautious however about participating in too many activities. Conversely, students are also cautioned to refrain from “specializing” in one activity thus denying them a well-rounded scholastic experience. Every effort has been made by the administration to reduce the number of conflicts between athletics and other extracurricular pursuits. If a conflict does arise, the student is encouraged to communicate with all coaches/sponsors involved. If the conflict persists, the student and/or parent may contact the athletic director for assistance.

A commitment to the middle school team indicates that all non-school conflicts be resolved in favor of the school team. This would not, however, include such things as significant religious holidays, family weddings, or funerals.

ENTRANCE TO BUILDING AND PICK-UP OF ATHLETES

All student athletes should use the north entrances to the Middle School Gym for athletic practices and/or games. *Athletes should not be in any part of the building unless under the direct supervision of a coach. Athletes will not be allowed to return to their academic-area lockers after practice or games.*

Parents should also pick-up their son or daughter at the Middle School Gymnasium parking lot.

EQUIPMENT ISSUE AND RETURN

Monrovia Middle School endeavors to provide each team member with the best and safest equipment possible. All equipment issued to an athlete is expected to be returned in the same condition as when issued (excepting normal wear and tear) or the athlete is expected to compensate the athletic department for the lost or damaged equipment.

GROOMING AND APPEARANCE

Monrovia Middle School athletes act as representatives of the school and community and therefore are required to exhibit a well-groomed and appropriate appearance. The principal, athletic director and coaches will determine guidelines as needed concerning appearance of our athletes within the context of safety and accepted social norms.

Guidelines for Suspending a Student from Athletic Participation

1. A coach may suspend an athlete from a team for no more than five school days.
2. A coach shall confront the athlete and explain the rule(s) broken to cause suspension from the team.
3. A coach shall file a report with the Athletic Director within two school days stating (1) reason for suspension, (2) date of the violation, (3) action taken.
4. If the coach feels the violation warrants a longer suspension, he may so recommend to the Athletic Director.
5. If the Athletic Director, after investigation, feels a longer suspension is justified, he may extend the suspension up to ten additional days.
6. If the coach and Athletic Director feel the violation warrants a longer period than 15 days, then a recommendation shall be made to the Principal, who may extend the suspension.

7. A copy of all individual coaches' rules must be distributed and reviewed with all athletes and a copy filed with the Athletic Director.

INJURIES

All injuries should be reported to the coach and/or athletic trainer

INSURANCE

Monrovia Middle School administrators, coaches and trainers are safety conscious and are trained to instruct athletes in the safe and proper techniques of their individual sports. Due to the nature of athletic activity, however, injuries may occur. While the school provides the opportunity for such participation, the parents retain the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter. Parents are required to have an insurance policy to cover athletic injuries and the cost of treatment. Contact the athletic department for information about insurance plans that can be purchased by parents through the school to cover athletic injuries. *IT SHOULD BE NOTED THAT NEITHER MONROVIA MIDDLE SCHOOL NOR MONROE-GREGG SCHOOLS CARRY ANY KIND OF FIRST DOLLAR MEDICAL INSURANCE FOR ATHLETIC INJURIES.*

CHANGING SPORTS

An athlete may not quit one sport to join another until that team is no longer competing. Example: An athlete cannot quit the wrestling team to tryout for the baseball team until the wrestling season is completed. If an athlete is removed from a team for any reason (i.e. rules violation, grades, etc.) that athlete will not be allowed to participate in any practice, conditioning program or weight room activity until the completion of competition for the team from which the athlete was removed.

Athletes may transfer from one sport to another during the same season only upon mutual agreement of both coaches and the athletic director. If an athlete is cut from a team, he/she may join another team in that sport season.

NUTRITIONAL SUPPLEMENTS

The athletic programs of Monroe-Gregg Schools do not encourage or endorse the use of any type of nutritional supplement. The use of products such as protein supplements, amino acid supplements, creatine, weight gain and/or loss products. is a decision to be made by the student/athlete and his/her parents. This decision should be made in consultation with a physician.

PARENT MEETINGS

A parent is expected to attend an informational meeting conducted by the athletic department for each sport that their son or daughter participates in. The meetings are held after teams have been selected but before the first contest.

PARENT AND STUDENT CERTIFICATION

The parent and student consent form is found on the back cover of this handbook and online. It must be completed and returned in order for a student to be eligible for athletic participation. The signature of a parent and athlete indicates that each has read, understands and agrees to abide by the stated policies.

PARTICIPATION ON TEAMS OUTSIDE OF SCHOOL ATHLETICS

Participation in an athletic contest/practice on any other similar team during the same season in which they represent their school in that sport is strongly discouraged. Participation on a non-school team should only be done with knowledge of the middle school coach.

Participation on a Monrovia Middle School athletic team will take precedence over a non-school team if conflicts arise during the same sport season. Concurrent participation may compromise the student-athlete's ability to fully meet the requirements set forth by the coaching staff and Monrovia Middle School.

Participation with a non-school team that results in a conflict with any practice, game or scheduled meeting of the Monrovia Middle School team may result in suspension or removal from the school team.

PHYSICAL EXAMINATIONS

Students desiring to participate in interscholastic athletics must undergo a physical examination performed by a licensed medical doctor (M.D.) prior to the first practice or tryout session of any sport. The physical form, which must be signed by an M.D., may be obtained from the athletic office or online. The doctor's signature must be dated May 1 or later of the current school year to be valid. The student must complete the medical history and sign it to be eligible for participation.

PRACTICE SESSIONS

Most teams practice each day of the week Monday through Thursday. Some teams may practice on Saturday.

SCHEDULE LINE

Every effort is made to provide an accurate printed schedule of all contests. However, since schedules are often printed weeks or even months before the first contest, changes are sometimes necessary. Please check the link to our website for updated schedules.

SPORTSMANSHIP

Monrovia Middle School athletes and fans must understand that the primary focus of our athletic program is NOT winning games. Although we hope to be successful over the years and win many games and championships, our primary function is to use athletics as an extension of the classroom. Monrovia Middle School believes that having an understanding and respect for sportsmanship is just one of the many benefits of athletic participation. The Monrovia Middle School athlete is expected to:

- show respect for the opponent at all times.
- play hard, but play hard within the rules.
- exercise self-control at all times.
- show respect for the officials.

Poor sportsmanship displayed by any of our athletes may result in suspension from a team and/or athletic probation.

TRAVEL

Monrovia Middle School athletes are expected to travel to and from athletic contests and special events in school-approved vehicles (bus or activity bus) under adult supervision provided by Monrovia Middle School. Extraordinary circumstances should be submitted to the athletic director and coach in writing for his review prior to the day of the event. It is our desire that students participate fully with their team, including travel. We discourage parents from taking their children immediately after the competition concludes.

BULLDOG ATHLETIC PATRONS

Monrovia Middle School families support the athletics department by becoming Bulldog Athletic Patrons. Patrons' donations enable the athletic department to hire officials, buy uniforms, and pay workers for events, and purchase general equipment and merchandise for Bulldog athletic teams. Tax revenues cannot be used for such things as uniforms, equipment, game officials, and many other needs of the athletic department. Therefore, Bulldog Athletic Patrons' support and athletic fundraising activities are necessary as gate receipts fall far short of financing the needs of an athletic program such as the one at Monrovia Middle School. Contact the athletic office or go online for Patron donation forms.

MONROVIA MIDDLE SCHOOL ATHLETIC TRAINING RULES

Participation in school athletics is a privilege that carries with it varying degrees of responsibility, recognition, and reward. Participating students represent their school and other members of the student body, and it is their duty to conduct themselves in a manner that is positive for themselves, their families, their school, and their community. As rationale for all Monroe-Gregg Schools training rules IHSAA By-Law C-8-1 states:

Contestants' conduct, in and out of school, shall be such as (1) not to reflect discredit upon their school or the Association, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.

The following training rules shall apply to all athletes, cheerleaders, student staff, or any other Monroe-Gregg student associated with athletic teams in grades 6 through 12. Training between seasons is important. The following training rules apply at all times throughout the calendar year. Consequences for violations are cumulative, beginning with the 6th grade and ending with graduation from high school. Individual coaches may distribute additional training rules that are also valid and must be followed by students involved in their sport.

1. An act which would otherwise be a felony, misdemeanor, act of delinquency or status offense.

Maximum Penalty: Exclusion from athletics for 365 days (one calendar year) from the day that the violation is determined. The penalty is to be determined by the principal. Any student arrested or detained as a juvenile on such a charge may be suspended from any participation pending investigation of the incident.

This offense may be included toward the three step consequences stated below for a drug, alcohol, or tobacco violation.

Rationale: IHSAA By-Law C-8-1 (stated above).

2. USE, CONSUMPTION OR POSSESSION OF CONTROLLED SUBSTANCES (DRUGS), ALCOHOL (EXCEPT AS PRESCRIBED MEDICALLY BY A LICENSED PHYSICIAN), OR TOBACCO PRODUCTS (ANY FORM).

Penalty:

First Violation. The student shall be excluded from all athletics for 365 days (one calendar year) from the day that the violation is confirmed.

- a. Rehabilitation. The student may reduce the penalty to 50% of an athletic season by submitting to a substance abuse program of assessment, counseling, screening and/or indicated therapy. The program must have been approved by the Student Assistance Coordinator and may include a recommendation for parent or guardian participation. The cost of the program is the responsibility of the student and/or his parents or guardians. The student will serve the remainder of the entire 365 day suspension beginning with

notification from the Student Assistance Coordinator that the student has violated any of the stated conditions of the substance abuse program.

b. Self-reporting. The total penalty will be reduced to 25% of an athletic season if both of the following occur. 1) The student or the student's parents or guardians report the violation to the Athletic Director or a head coach within 48 hours of the violation or prior to the next athletic contest, whichever occurs first; prior to their independent confirmation of a violation and 2) the student submits to a substance abuse program as described above.

Second Violation. The student shall be excluded from all athletics for 365 days (one calendar year) from the day that the second violation is confirmed.

Third Violation. The student shall be excluded from all athletics for the remainder of their secondary school years (grades 6 - 12) from the day that the violation is confirmed.

Rationale: The use or possession of controlled substances (drugs) and/or alcohol is prohibited by law. Their use reduces physical and mental performance, and is injurious to one's health. Furthermore, the use of tobacco is injurious to one's health and in many cases is prohibited by law.

3. VIOLATIONS OF SCHOOL RULES.

Penalty: Students may not compete, practice or participate in any way with an athletic team during a suspension from school. Less serious violations of school rules are to be handled by the head coach.

4. PROBATION.

Any student who violates any provision of this policy may be placed on probation for a period of 365 days (one calendar year) from the day that the violation is confirmed. A student may be placed on probation for a violation of the Athletic Training Rules unless it is a drug, alcohol, or tobacco offense. A second or subsequent violation of any training rule (not already covered in the Athletic Training Rules) while on probation may result in the student being excluded from all athletics for up to 365 days from the day that the second or subsequent violation is confirmed.

5. SUSPENSION

For the purpose of determining the length of a suspension under this policy, "an athletic season" shall be defined at the high school as the maximum number of contests allowed by the IHSAA and at the middle school level by the actual number of contests scheduled. Appropriate percentages shall be rounded to the nearest whole number. Suspensions under this policy will take effect immediately upon the verification of any violation and will include games in succession, including all tournaments. Suspensions, which cannot be fully served during an athletic season, may be carried over to the next athletic season in which the student successfully completes (i.e., an athlete may not quit or be removed from a team and count the suspension served during that sport). A student who is serving a suspension at the end of any athletic season is not eligible for any athletic awards. A suspended student may continue to practice with the team and sit with the team during contests (in street clothes) at the discretion of the head coach. Any suspension enacted at the beginning of the season will include the scrimmage game.

Example: A boy who competes in basketball and football receives a 50% suspension with only 5 games left in the basketball season (25% of basketball season). The suspension would carry over to the first 2 football games (25% of football season). The boy would serve a 25% suspension if he were to be involved in a spring sport, but this would only satisfy the suspension if he completed the spring season in good standing.

For the purposes of this rule, school summer contests will be considered practices and therefore will not be counted towards completion of a penalty. Participation in high school summer programs by a student with a confirmed violation will be at the discretion of the head coach.

Length of suspensions for a second or subsequent violation may be reviewed and amended by the high school administration if the previous offenses occurred at the middle school level.

Revised 3/12/2008



Why do we charge admission to athletic contests?

Admission is charged to athletic contests at Monrovia Middle School in the sports of basketball, football, volleyball, and wrestling. The collection of admission serves as a *primary* source of revenue for the athletic department. The state of Indiana is one of three states that do not permit tax dollars to be used for athletics and extracurricular activities aside from coaches' stipends, building of facilities, and transportation. **No school monies are used for coordinating any part of the athletic program at Monrovia Middle School. The Monrovia Middle School Athletic Department must generate revenue for uniforms, equipment and operating expenses through gate receipts, concession sales, Bulldog Athletic Patrons, and other fundraising activities.**

It is the sincere hope of Monrovia Middle School that we will *never* institute a "pay for play" policy. We will be able to provide quality equipment and uniforms through the conventional means of raising revenue. We will be sensitive to our patrons and the costs of educating their children. Our philosophy remains that by charging admission, selling concessions and participating in occasional fund-raising activities, we can offer the quality program Monroe-Gregg Schools are known to provide.

Your paid admission helps to makes it possible for us to provide your child the opportunity to participate in interscholastic athletics at Monrovia Middle School.



STUDENT ACKNOWLEDGE & RELEASE (**to be signed by student**) I have read the rules and regulations of Monrovia Middle School and know of no reason I am not eligible to represent my school in athletic competition. If accepted as a representative, I agree to abide by said rules and regulations of my school and the IHSAA and abide by their decisions. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injuries, and even death, are possible in such participation, and choose to accept such risk. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved.

****DATE* _____ *PARENT/GUARDIAN SIGNATURE* _____

****DATE* _____ *STUDENT SIGNATURE* _____

