

**Woodbury Middle School
Student Athlete
Handbook**



Athletic Department Philosophy

Woodbury Middle School's Athletic Department's mission is to provide a comprehensive, diverse, wholesome and dynamic program consistent with the basic philosophy of Regional School District #14. As an integral part of a student's total education, WMS' athletic program makes a significant contribution to the personal growth and development of those involved.

Although Woodbury Middle School is looking forward to the success of its many programs, it does not condone a "win at all costs" attitude. The purpose of the program is to ensure a positive experience for those students who choose to participate. Another goal is to provide all student-athletes with an opportunity to learn the importance of ethical behavior, good sportsmanship, positive values and a realization of their self-worth.

It is equally important for the athletic department to stress the development of each student-athlete in the areas of physical, emotional, social and cognitive growth. Our goals in these areas are listed below:

Physical Growth

1. Improve Skills
2. Improve personal health and wellness
3. Improve self awareness

Emotional Growth

1. Promote self-esteem
2. Promote self-confidence
3. Promote an appropriate understanding of success and failure

Social Growth

1. Develop interpersonal relationship skills that promote positive teamwork
2. Develop a sense of responsibility to a group
3. Develop positive community awareness

Cognitive Growth

1. Understand the rules of the athletic program and the sport
2. Understand leadership, team roles and responsibility
3. Understand and demonstrate good sportsmanship

Woodbury Middle School seeks to produce well-rounded individuals with interests and abilities in many areas. Specialization in one sport during the middle school years to the exclusion of others or other equally valuable activities is not encouraged.

Woodbury Middle School's Athletic Department has a professional staff which take great pride in both preserving and promoting the welfare of each athlete. The staff is cognizant of the tremendous influence a coach has on an athlete and is committed to instilling the highest ideals and character traits in our students.

Shutterfly page for WMS Athletics

Please join our Shutterfly page where you can upload photos of our athletes in action. To request being added to the WMS Athletics Shutterfly website please email your request to cmcgrath@ctreg14.org

Athletic Opportunities at WMS

Fall: Tryouts take place the 1st week of school

Cross Country - Boys and Girls

Field Hockey - Girls

Soccer - Boys and Girls

Winter: Tryouts take place around the 1st week of November

Basketball - Boys and Girls

Cheerleading – Co-ed

Spring: Tryouts take place as soon as weather permits for spring season

Boys Baseball

Girls Softball

Track - Boys and Girls

League Affiliations

The **Berkshire League** is our primary league for Nonnewaug High School. At the middle school level, we will strive to compete against many of the teams in this league. However, many of the schools are quite a far distance. Therefore, we will also seek competition with other schools closer to home. Here is the list of schools which we mainly compete against but are not limited to: Litchfield, Eli Terry Terryville, Thomaston, Wamogo (Region 6), Shepaug Valley (Region 12), Southbury/Middlebury (Region 15), Great Oak in Oxford and Whisconier in Brookfield.

Schedules

All of WMS' Sports games/contests will be posted on the Woodbury Middle School Athletics Page at www.ctreg14.org . Here you will find the time and location of the activity as well as the posting of any cancellations or changes.

Coaches may also hand out hard copies of the game schedule with each child.

Directions to the contest can also be found on the website under the link “directions to away games”.

Tryouts / Tryout Evaluations

- All students at Woodbury Middle School are eligible to tryout for the sports team of their choice.

- Most of the teams have tryouts and team size is determined based on the sport and the number of players a coach feels is needed for competition.
- Tryouts will typically last 2-5 days depending on the turnout for the sport. Coaches will use sport specific criteria in order to choose their team.
- Managers may be chosen for teams at the individual coach's discretion.
- Students will get a feedback letter at the end of the tryout process which will identify their strengths and areas in need of improvement.

All you need for your child to tryout is:

- Family ID registration completed
- Up to date physical on file with the school nurse

Standards and Expectations

Woodbury Middle School students who wish to participate in the athletic program must set priorities and make wise choices. Academic performance takes precedence over participation in athletics. Students who must receive extra help after school or make up academic work should bring a note from the faculty member to their coach upon arriving at practice. Any disciplinary actions, including detentions, take precedence over athletic practices. Suspensions take precedence over both athletic practices and contests. Consequences for athletes in violation of these rules include suspension or dismissal from the team, loss of captaincy and loss of nomination for awards.

In summary, as a student athlete you are expected to represent your school, coaches, family, community, and teammates, through the following:

- Exemplary school citizenship.
- Consistent attendance in class and school.
- Consistent attendance at team practices and games.
- Positively influencing team morale.
- Respect to your coach.
- Meeting or exceeding standards for academic eligibility.
- Display of exemplary sportsmanship toward teammates, opponents, opposing fans, officials and others.

Participation

Athletes may participate in only one Woodbury Middle School sports program per season. If an athlete quits a team or is asked to leave a team, he or she cannot join another sport already in season. An athlete may also not tryout for a team once the coach has given the official roster to the athletic department. Transfer students are an exception to this rule.

Eligibility

All student athletes must be considered in good academic standing to participate in Woodbury Middle School athletics. Administration reserves the right to determine athletic eligibility based on individual student academic performance. Athletes may be required to participate in an academic improvement plan to maintain eligibility.

Student Behavior

Student Athletes are expected to represent themselves in an appropriate manner. Student Athletes who display disrespectful or inappropriate behavior towards their teachers, peers, coaches, opponents or officials may be subject to disciplinary action.

Playing Time

Playing time is decided on by the coach. All attempts should be made by the athlete to discuss playing time with his/her coach if a concern arises. Our coaches are more than happy to discuss any and all concerns with members of their team. If your child has a concern, please encourage him/her to discuss it with the coach first.

Practice

Practices will take place directly after school following wave 2 dismissal until either 4 or 4:30pm. (Basketball may go until 5:30pm). Being on a school team is a valuable experience and requires commitment. Unexcused absences from practice or games may result in the loss of future playing time.

Parent Pick Up

Our student athletes depend on you to pick them up from practices and home games. In consideration of our coaches time, please be prompt and on time when picking up student athletes. Consistently being late for pick up may result in a parent meeting with administration.

Attendance (School and Class)

Participation in an athletic team is a privilege granted after a student's academic responsibilities are met. Attendance in the classroom is an important requirement for a good education, as is attendance at team activities. Attendance requirements for participation in a sport are as follows:

- Athletes will attend all classes regularly and be on time. Tardiness to class and cutting class will not be tolerated.

- Athletes who come in late or leave early and miss a portion of the day due to a medical appointment must provide a note to the main office from the health care provider in order to participate that day.
- All students must be in attendance at school to take part in or attend any after school athletic event.
- Athletes will not use a sport as an excuse to miss class or portions of a class unless the team is departing early from school. In the case of an early dismissal, the Athletic Director and/or the coach will notify the athlete's teacher.
- Athletes must participate in physical education during the day if scheduled. Notes excusing students from physical education will also make students ineligible for participation in games or practices on that day.
- A student suspended from school (in or out of school suspension) may not participate in a practice or a game during the effective date(s)

Attendance (Practice and Games)

Attendance at all practice sessions and games (including post and pre season scrimmages/tournaments) for all team members is mandatory. If for some reason you will be absent or tardy for a practice or game, you must speak personally to your coach prior to that practice or game. Failure to abide by this may result in game/team suspension or dismissal from the team.

Transportation

The Region #14 School District shall provide transportation for all players, personnel and coaches of athletic teams in authorized school vehicles when a contest or practice has been scheduled away from the school site.

In the interest of building and maintaining team spirit and unity and limiting athletic program liability, all players and managers are strongly encouraged to return to the school on the team bus.

- Parents will not transport athletes unless face-to-face verbal and written requests are submitted to the Athletic Director or coach for approval (coaches have a sign out sheet for parents to fill out).
- Athletes will remain with their team and under the supervision of the coach.
- Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and with the coach's pre-approval.

- Parents may not take other students home with them from away games where buses are provided. Exceptions are discouraged and will be honored only in rare instances with prior notification and administrative approval.

Locker rooms

Each student at WMS has a locker assigned to them in the locker room. It is their responsibility to provide a lock to ensure that their personal belongings are safe and secure. In order to prevent theft or loss of equipment, students should secure their belongings, lock lockers, and refrain from sharing locker combinations.

Team Apparel / Uniforms

Uniforms and equipment are on a loan basis and are to be worn only when authorized by the coach. Only uniforms issued by the Athletic Department will be permitted to be worn for contests. **The athletic department does not issue additional uniforms if a student forgets theirs on game day.** All uniforms and/or equipment are the responsibility of the athlete during the season and must be returned at the conclusion of the season. If lost or stolen, the replacement cost of the uniform or equipment will be assessed to the students. You will not be allowed to tryout for or play on a team during the next season until you have returned or paid for the replacement uniform or equipment.

All team members will be provided a uniform for their respective sport. Some teams may require additional items to supplement uniforms. Coaches will inform athletes of these items prior to team tryouts.

Fundraising

Fundraising will be done on a limited basis and all funds will go directly to support the WMS Student Activity Athletic Fund.

Hazing / Harassment / Bullying

Woodbury Middle School Athletics will follow the Region 14 policy on bullying and harassment. Any violation of this policy will result in consequences defined in this policy:

https://www.ctreg14.org/uploaded/BOARD_OF_EDUCATION/Policies/5000_Series/5131.911_adopted_06.18.2018-revised_08.1.19.pdf

Hazing or initiations of student athletes by other team members are not acceptable and any practice of this type of behavior will not be tolerated. Actions of this type may be illegal, and those involved may be subject to police action, as well as additional school consequences up to and including: dismissal and/or suspension from participation in any athletic program, and/or suspension and/or expulsion from school.

Medical Health Issues / Physicals

In order to be eligible for participation (including tryouts) students must have a current physical on file (dated within the last 13 months). Student/parent must also complete necessary registration in FamilyID prior to practicing or tryouts. If an athlete suffers any injury, which requires the attention of a doctor during a sport season, the athlete must secure from a doctor a note indicating that he/she may resume participation. This note will be given to the coach and athletic director who in turn will give it to the nurse. Without this note, the athlete will not be allowed to participate.

Allergies/Asthma – Student Athletes with allergies and/or asthma should have an Inhaler/ EpiPen with them at all times. For those individuals without an EpiPen, there is one in each medical kit which is brought to practices and games. Questions regarding medical clearance should be directed to the nurse.

Triangle of Communication

Please make every attempt to talk to your son/daughter regarding any issue you may have with their performance, playing time as they should be openly communicating with their coach. Of course there will be instances where talking directly to the coach is necessary. However, this should be done in a positive manner and should be time appropriate. Having your son/daughter as part of a team should open up many opportunities for open discussion. Take advantage of these opportunities and create a positive environment where your son/daughter doesn't feel judged or ridiculed. Keep the lines of communication open and positive. Please take a moment to view this short video from the CIAC and the CHCA regarding Parenting the Athlete.
http://ciacsports.com/site/?page_id=190.

Concussions

The importance of concussion recognition and treatment is critical. At this time, the most important thing is for the athlete to be completely **HONEST WITH THEMSELVES, THE COACH, AND PARENTS regarding symptoms**. Athletes can't return to the team unless symptom free for 24hrs after a concussion has been diagnosed, pass an exertion test, and are cleared by a licensed physician. More information on concussion protocol can be found here:
<http://concussioncentral.ciacsports.com/>.

Injuries and Accident Forms

Any injury sustained by an athlete during practice or during a game is to be reported immediately to the coach. This is the responsibility of the student athlete. The coach will then complete an accident form and submit it to the nurse and athletic director.

Athletes with an illness or injury sustained in an athletic event or any other activity which requires a visit to the doctor, hospital, or primary care facility **must receive written clearance by a physician** in order to return to participation in athletic activities. Written clearance by a physician to return to participation must be submitted to the Athletic Director, School Nurse or Principal.

SPECTATOR EXPECTATIONS

- **RESPECT DECISIONS MADE BY CONTEST & SCHOOL OFFICIALS.**
- **CHEER FOR OUR TEAM, NOT AGAINST OUR OPPONENTS.**
- **RECOGNIZE & ACKNOWLEDGE OUTSTANDING PERFORMANCES BY ATHLETES ON BOTH TEAMS.**
- **RESPECT ATHLETES, COACHES OFFICIALS & FANS.**

BE A FAN... NOT A FANATIC!!

Signature Page

I have read, understand and agree to comply with the provisions set forth in the pages of this athletic handbook.

Date / Student Athlete's Signature

I agree to pay for any and all equipment, uniform, or school own property which I may lose, misplace or damage through carelessness or intent. I further agree to assume full responsibility for all equipment, uniform, or school owned property issued to me, and to confine the use of that equipment to practices, games, meets, etc.

I, as parent of _____,
have read the rules and policies set forth for athletic participant at Woodbury Middle School, and give my son or daughter permission to participate under these conditions. I will do my part in seeing that he/she follows these rules and regulations. I also give permission to the attending physician to give first aid and emergency treatment to my son or daughter should he or she require assistance.
