

East Alexander Middle School Athletic Policy

The coaches at East Alexander Middle School are looking forward to working with the students and their parents this year. The athletic department is required to make you aware of the policies concerning your child's discipline while he or she is participating on our athletic teams. We think believe it is important that everyone involved has a clear understanding of what is expected. It will be our goal to establish an atmosphere that builds character through hard work and a team before self attitude.

The athletic department will make every effort to insure your child receives an opportunity to take part in a quality athletic program that promotes sportsmanship, equity, and citizenship. It is important that you stress to your child that playing on a school athletic team is a privilege and they are expected to conduct themselves in the classroom, community, and on playing field in a respectable manner. Coaching decisions are made in the best interest of the team and the individual and want you understand that your child may not play in any athletic event this year even though they are on a team. The following is an outline of information that we feel will be beneficial while participating on the team that they represent. Parents and students need to read and sign the Athletic Participation Form to acknowledge that you understand the Athletic Policy at East Alexander Middle School.

Information for the parents:

1. Directions for away games will be available for your convenience.
2. Your child may ride home with you from an away contest but **must be signed out** with the coach before leaving. **Your child may not ride home with anyone other than his or her parents or legal guardian.**
3. Please pick your child up promptly after practice and games. We will provide pick up time information for your child in advance. **Failure to pick up athletes in a consistent and timely manner may result in your child being dismissed from an athletic team.**
4. Please let us know of any medical conditions that we should be aware of. **If your child is asthmatic, make sure that they have their inhaler with them at all times.**
5. Conditioning plays an important role in the safety and development of your child's skills. Please do not associate conditioning with the outcome of a game.
6. Each coach has their own consequences for receiving lunch detention, academic team referrals, unsportsmanlike conduct and neglecting duties assigned to them.
7. Parents who have questions or concerns should follow the proper steps for addressing those concerns. **You should contact the coach first** to set up a convenient time for both parties to talk or leave a message on the coach's voice mail. **Please try not to approach the coach after the game as they have other responsibilities to take care of.**
8. We will be glad to discuss what your child needs to work on to become a more skilled athlete but will not discuss playing time nor will they be compelled to defend or discuss coaching strategies, philosophies or lineups.
9. An athletic awards day will be held at the end of the school year to recognize all athletes and will not be done during the season at sporting contests.

Rules for the Athlete:

1. **Maintain eligibility** as stated in the North Carolina Middle School Athletic Association policy and follow all district, school, and team rules and regulations.

Protect Your Eligibility by Knowing the Rules. To Participate in Athletics, You Must:

- **Attend the required pre-season meeting with the coach.**
- **Be a properly enrolled student in East Alexander Middle School.**
- **Live with your parents or person who has legal custody in that school district.**
- **Be under 15 years of age on August 31st of the current school year.**
- **Be in attendance 85% the previous semester. (13.5 days) Excused or Unexcused.**
- **Have passed 3 out 4 core subjects (Math, English, Social Studies and Science) the previous semester and met local promotion standards.**
- **Have & maintain a current medical exam good for 360 days from exam date.**
- **Upon entering the 6th grade have 6 consecutive semesters to participate in middle school athletics.**

2. **Follow the Progress Report Policy as Stated Below**

Grade Level teams will review individual student progress each week. Any student athlete with a course grade below **70** will be required to attend tutoring sessions until the grade is above **70**.

Student athletes with a failing class grade will be given until the next progress report period to improve their grade to a **60** or above.

If the student's grade is still not passing they will not be eligible to participate in any contests until the grade is a **60** or above. Once a grade of **60** or above has been met, the student athlete will be eligible to participate.

3. **Student-athletes who are absent from school are not permitted to participate in or attend interscholastic contests, athletic practices or team meetings on the same day of the absence. Please consult front office to determine what constitutes an absence.**
4. Athletes will be required to follow the school dress code policy during practice, contests and to and from all school sponsored events or contests.
5. Show respect towards coaches, teachers, teammates, managers and peers and represent EAMS with pride and first-class sportsmanship at all times.
6. Students are responsible for equipment and uniforms issued to them by the coach and **may only be worn during contests by the student it was assigned to.**
7. **We will not issue additional uniforms or equipment to a student who is not prepared for contests.** Students who do not have the appropriate uniform or equipment for contests will not be allowed to play unless they have pre-arranged for someone to bring those items to the student. The student will be allowed to play at the coaches discretion.
8. **Horseplay, bullying and hazing (practical jokes, harassment, & humiliation) is not permitted at any time and are grounds for dismissal.**
9. Injuries should be reported to your coach immediately so an athletic trainer can evaluate you. Early diagnosis helps to ensure a speedy recovery.

10. Athletes should inform the coach, an athletic staff member, the athletic director or EAMS administrators if they must leave school because of sickness, have an appointment, emergency or death that will result in missing a practice or contest. Not contacting any of the above mentioned people are considered unexcused absences.
11. Any student who quits an EAMS team may not play on another EAMS team until the existing team completes that season and/or may not tryout for a sport that follows the season they quit.
12. Bring a positive attitude and desire to work towards excellence to practice & games.
13. All student-athletes, including those who are injured and unable to play are expected to attend all practice sessions and contests. Parents and student-athletes are advised to review the district calendar, practice dates and game schedules and schedule appointments and vacations accordingly.

Excused Absences:

Excused absences will be made up. The make up for an excused absence is not punishment but is administered so that the athlete can make up missed work and conditioning. Absences excused by the school will also be considered excused absences from practices or contests.

Examples of excused absences are: illness, a death in the family, school sponsored activities, emergency situations or a prearranged absence. A note may be required by the coach.

Athletes should understand when they are going to miss, it is imperative that a coach be notified prior to the absence. The school number is 632-7565. You may leave a message for one of the coaches or the athletic director.

Unexcused Absences:

Athletes and parents should understand that failure to notify the coach prior to an absence will usually result in the absence being considered unexcused. Some extenuating situations will be considered with an excused absence without prior notification. If there is a question as to whether it is excused or not, the head coach, athletic director and/or administration will make the decision.

Disciplinary action for unexcused absences will be as follows:

Unexcused absences will accumulate on a per sport/per season basis. **3 Unexcused absences results in dismissal from the team.**

Consequences for Athletes

Missed Practices

- ❖ **Unexcused or Excused Practices** - Make up conditioning.
- ❖ **Excused Practice the Day Before a Contest** – Make up conditioning and play at the coach's discretion.
- ❖ **Unexcused Practice the Day Before a Contest** – Make up conditioning & will not dress for that contest.

Missed Contests

- ❖ **Excused** – Make up the conditioning and prior notice if at all possible.
- ❖ **Unexcused** – Make up the conditioning missed and sit out next contest.

After School Detention (ASD)

- ❖ **Practice Day** - Dress for practice, make up any conditioning missed, and complete consequence as determined by the coach after practice.
- ❖ **Contest Day** - Dress for contest, will not start in the contest & play at the coach's discretion.

In School Suspension (ISS)

Full Day

- ❖ **Practice Day** = Dress for practice, not take in team drills or regular practice but will complete the consequence as determined by the coach. If the next day is a game day the student will compete in the event only with the coach' consent.
- ❖ **Tryout Day(s)** = Students will not be allowed to attend tryouts on days they are serving full days.
- ❖ **Contest Day** = Will not dress, play, travel with, or be a part of the team that day.

In School Suspension (ISS)

One Half Day or Less

- ❖ **Practice Day** - Coach consequence.
- ❖ **Contest Day** - Dress for contest, will not start in the contest & play at the coach's discretion.

Physical Education Class

Athletes are expected, as a role model, to **dress out** and **participate** in P.E. class. The following action will be taken as a result of not dressing and participating in P.E. class.

- ❖ **Practice Day** = Coach consequence.
- ❖ **Game Day** = Will not dress or play but will travel and support the team.

Dismissal from the Team

- 1). A suspension resulting in OSS.
- 2). An accumulation of 5 full days of ISS.
- 3). Any violation of the smoking and tobacco policy including the use of or in possession of vaping, e-Cigarettes or vaping and e-cigarette paraphernalia.
- 4). Behavior which has been determined to be harmful or detrimental to the team.
- 5). Becoming academically ineligible at the beginning of the semester.
- 6). Three (3) unexcused absences from contests or practices.

Dismissal for the Year

- ❖ 2 Offense of OSS (regardless of the number of total days)
- ❖ 2nd Offense of the Smoking and Tobacco Policy or violation of the smoking and tobacco policy including the use of or in possession of vaping, e-cigarettes or vaping and e-cigarette paraphernalia
- ❖ Violations or Level Offenses under Category IV of the EAMS Student Handbook.

Season Defined: first day of tryouts until the last game of that sport season in that year.