

# Bellmont Middle School Student-Athlete/Parent Handbook



**2023-2024**

***BELLMONT  
ATHLETICS***

***“PURSUING VICTORY WITH HONOR”***

# BELLMONT ATHLETICS

## STUDENT-ATHLETE/PARENT HANDBOOK

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# *Bellmont Middle School*

## *Athletic Ticket Prices*

### **2023-24**

### **Bellmont Middle School Home Event ADMISSION PRICES** for the 2023-24 school year will be as follows:

	<b>Middle School <u>Events</u></b>	<b>6<sup>th</sup> Grade <u>Only Events</u></b>
Adult	\$4.00	\$2.00
Student	\$4.00	\$2.00
Kindergarten and under	Free	Free

### **Bellmont Middle School Home Event ALL-SPORTS PASSES** for the 2023-24 school year will be as follows:

	<b><u>Entire Year</u></b>	<b><u>After November 1</u></b>	<b><u>After April 1</u></b>
Individual Adult	\$50.00	\$35.00	\$25.00
Individual Student	\$50.00	\$35.00	\$25.00
Four Member Family	\$100.00	\$80.00	\$65.00
Five Member Family	\$120.00	\$100.00	\$85.00
Six Member Family	\$130.00	\$110.00	\$95.00
Each Additional Member	+\$10.00	+\$10.00	+\$10.00
Kindergarten and under	Not required	Not required	Not required

\*\*\*\*\*

*\*Holders of these passes are entitled to admittance to all Bellmont Middle School HOME athletic events, with the exception of tournaments and invitationals hosted by BMS. Belmont Middle School will not honor BHS All-Sports Passes, nor will Belmont High School honor BMS All-Sport Passes.*

*\* The definition of "Family" as it relates to BMS Athletics, is for people living under the same roof.*

*\*All passes are non-transferable! Do not give your pass to anyone not listed on the pass for his/her own use. The penalties for misuse of passes may include ejection from the event, confiscation of pass and/or revocation of pass without refund.*

*\*All passes expire in June 2024.*

*\*Anyone interested in purchasing should call the Belmont Middle School Athletic Department at (260) 724-3137.*



## **BELLMONT MIDDLE SCHOOL INFORMATION**

<b>Address</b>	1200 North Adams Drive
<b>Location</b>	Decatur, IN 46733 (Adams)
<b>District</b>	North Adams Community Schools
<b>Enrollment</b>	317 (Grades 6-8)
<b>Colors</b>	Navy, Crimson & Cream
<b>Nickname</b>	Braves
<b>Founded</b>	1992-93
<b>Conference</b>	Northeast 8 Middle Schools (NE8MS) est. 2017-18 (Bellmont, Crestview, DeKalb, East Noble, Harding, Indian Springs, Leo, New Haven, Norwell, Riverview)
<b>Phone</b>	260-724-3137
<b>Fax</b>	260-724-4495
<b>Web</b>	<a href="http://www.nadams.k12.in.us">www.nadams.k12.in.us</a>

### **North Adams Community Schools Administration:**

Kim Hiatt, Superintendent  
Scott Miller, Director of Operations  
Vicki Girod, Transportation Secretary

### **Bellmont Middle School Administration:**

Kristie Schlemmer, Principal  
Abbey E. Bowers, Assistant Principal  
Timothy L. Myers, Athletic Director  
Aaron A. Bergman, Assistant Athletic Director

### **Support Staff:**

Bev Butler, Athletic Secretary  
DeAnna Myers, Athletic Trainer  
Beverly Lichtensteiger, Athletic Treasurer  
Laura Linder, Nurse  
Terry Free, Head Custodian  
Doug Mishler, Groundskeeper  
Tim Tricker, Groundskeeper  
Dylan Ketron, Groundskeeper

## **BELLMONT MIDDLE SCHOOL MISSION STATEMENT**

Through a nurturing environment, Belmont Middle School and its students, parents, staff, and community strive to meet our students' needs and to help them develop academic and life skills necessary to grow and succeed as productive citizens.





## **A Message from the Belmont Middle School Athletic Department**

The school and community are very proud of the athletic history and tradition of the Belmont Braves. The Belmont Athletics program reflects the school's overall commitment to excellence. We are proud to provide a number of athletic offerings for our young people. We believe that providing these opportunities for competition enhances the overall development of our student-athletes and extends the educational mission of our school.

If you believe that organized sports can contribute to living a healthy life, that the positive values and virtues developed on the playing field can last a lifetime, and that good character influences enjoyment, satisfaction and performance, then our athletics program is for you.

This handbook is designed to explain the expectations, regulations, and policies relative to participation in interscholastic athletics at Belmont Middle School. It is a privilege to participate in interscholastic athletics at Belmont. It is the responsibility of the student-athlete and parents to read this handbook and familiarize yourselves with the various policies contained within. The athletic department and administration need and depend on parent/guardian help and cooperation to aid coaches and the athletic director in promoting a successful athletics program. Please feel free to call the school whenever you have a question concerning our programs. We are here to serve you.

The faculty and staff of Belmont Middle School thank you for your continued support of Belmont Athletics. We invite you to share in our enthusiasm for the coming season!

Timothy L. Myers  
Athletic Director

Aaron A. Bergman  
Assistant Athletic Director

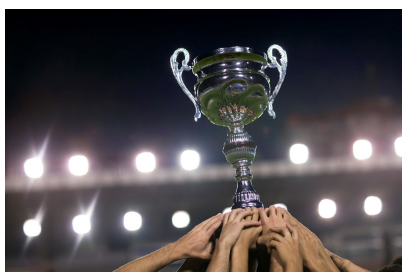


## 2023-2024 ATHLETIC PICTURE DATES

<u>DATE</u>	<u>SEASON</u>	<u>SPORTS</u>
Wednesday, August 23, 2023	Fall Sports	Cheerleading, Cross Country, Football, Volleyball
Wednesday, November 15, 2023	Early Winter Sports	Basketball, Cheerleading
Wednesday, January 24, 2024	Winter Sports	Swimming & Diving, Wrestling
Wednesday, April 10, 2024	Spring Sports	Soccer, Track & Field



## 2023-2024 NE8MS TOURNAMENT CHAMPIONSHIP DATES



### FALL SPORTS

Girls Cross Country	October 04
Boys Cross Country	October 04
Football	October 10-11, 17-18
Volleyball	October 05, 09, 10, 11

### 2023-24 NE8MS CHAMPION

Norwell  
Indian Springs  
Leo (7<sup>th</sup>)/East Noble (8<sup>th</sup>)  
DeKalb (7<sup>th</sup>)/**BELLMONT** (8<sup>th</sup>)

### EARLY WINTER SPORTS

Girls Basketball	January 10, 11, 17, 22
Boys Basketball	January 10, 16, 18, 23

East Noble (7<sup>th</sup>)/Norwell (8<sup>th</sup>)  
DeKalb (7<sup>th</sup>)/DeKalb (8<sup>th</sup>)

### WINTER SPORTS

Wrestling	March 15
Girls Swimming & Diving	March 11 & 12
Boys Swimming & Diving	March 11 & 13
Academic Super Bowl	March 25

Leo  
Norwell  
Norwell  
Norwell

### SPRING SPORTS

Girls Track & Field	May 10
Boys Track & Field	May 10
Girls Soccer	May 09, 14, 16 & 21
Boys Soccer	May 09, 14, 16 & 21

Indian Springs  
DeKalb  
Leo  
Harding



## **BELLMONT MIDDLE SCHOOL ATHLETIC DEPARTMENT PHILOSOPHY**

North Adams Community Schools believe a dynamic program of student activities is vital to the educational development of the students. The Belmont Middle School Athletic Program should provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a demographic society.

Athletics should function as an extension of the classroom. It should offer opportunities to serve the institution, to assist in the development of fellowship and good will, to promote self-realization and all-around growth, and to encourage learning the qualities of good citizenship.

Leadership should be the highest quality so as to exemplify to the participants the desired type of behavior to be developed from the athletic program. Measurement of leadership success should not be in terms of the tangible evidence of the victory and defeat record, but rather in the intangible personality development factors that are an outgrowth of the major objectives of the athletic program.

The athletic program should always be in conformity with the general objectives of the school. The athletic administration should be in line with the general policies of the institution. At no time should the program place the total educational curriculum secondary in emphasis. The program should constantly strive for the development of well-rounded individuals, capable of taking their place in modern society.

Listed below are statements that reflect the philosophy of the Belmont Middle School Athletic Program:

1. Develop a sound athletic program based on skill development in physical education classes and a competitive interscholastic athletic program.
2. Concentrate on the development of skill and on student participation in contests.
3. Develop athletes who have high moral and ethical values, standards and behaviors.
4. Develop athletes who demonstrate good sportsmanship. We believe that the basic guidelines of good sportsmanship consist of the following:
  - ❖ Show respect for opponents at all times
  - ❖ Show respect for officials and their decisions
  - ❖ Know, understand and follow the rules of the contest
  - ❖ Maintain self-control at all times
  - ❖ Recognize and appreciate skill performance regardless of affiliation.
5. Promote good sportsmanship by all spectators as defined above. We believe that being a spectator is a "privilege" and not a "right." It is a privilege to watch an educational process where teams demonstrate what they have learned in the athletic classroom. Spectators will be held accountable for good sportsmanship.
6. Develop a competitive winning attitude.
7. Encourage individual commitment to personal and team goals.
8. Promote pride in the school and the athletic program.
9. Emphasize the importance of academic achievement.
10. Encourage students to participate in a variety of sports.
11. Encourage parent and community participation in the total sports program.
12. Select coaches in a manner to ensure acquiring the best qualified person to work with our athletes.
13. Maintain an organized and continuing staff development program for coaches.
14. Develop and maintain quality facilities and equipment.
15. Develop a quality sports medicine program and provide appropriate training room facilities.
16. Discuss with our athletes the importance of a life-time positive attitude toward physical fitness.
17. Develop qualities of leadership among the participants in the athletic program.



## INTRODUCTION TO PARENTS AND ATHLETES

### To the Parent:

This material is presented to you because your daughter or son has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit her/him to compete. Your family's interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assists students in personal adjustments.

We, who are concerned with the educational development of boys and girls through athletics, feel that a properly controlled, well-organized sports program meets with the students' needs of self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity inside and outside the classroom.

### To the Athlete:

Being a member of a Belmont Middle School athletic team is a fulfillment of an ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad at BMS, you have inherited a wonderful tradition, a tradition you are challenged to uphold. It will not be easy to contribute to such a great athletic tradition. **When you wear the colors of our school, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them.**

RESPONSIBILITIES TO YOURSELF: The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your middle school experiences. Your academic studies, your participation in other extracurricular activities as well as sports, prepare you for your life as an adult.

RESPONSIBILITIES TO YOUR SCHOOL: Another responsibility you assume as a squad member is to your school. Belmont Middle School cannot maintain its position as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on the athletic squad. The student body, our community and other communities judge our school by your conduct and attitudes, both on and off the field of play. Because of this leadership role, you can contribute greatly to your school spirit and community pride. Make Belmont Middle School proud of you and your community proud of your school by your faithful exhibition of these details.

RESPONSIBILITIES TO OTHERS: As a squad member, you also bear responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all the team expectations, that you have practiced to the best of your ability everyday, and that you have played the game "all out" you can keep your self-respect and your family can be justly proud of you. The younger students in the schools are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.



## REQUIRMENTS FOR PARTICIPATION

### 1. IHSAA PRE-PARTICIPATION PHYSICAL EVALUATION HISTORY

All Belmont athletes are required by state law to have a yearly physical form completed and on file in the office before starting any sport. The physical form must be completed by the physician and submitted to the Athletic Director PRIOR to practice and participation. The physical covers all sports for the entire school year provided the examination occurred AFTER APRIL 1ST. The form will be kept on file in the athletic office.

### 2. BMS ATHLETIC AND EXTRA-CURRICULUM CODE OF CONDUCT AND LEGAL REPORTING WAIVER

All prospective Belmont Middle School athletes will be required to sign and have on file a “Legal Reporting Waiver” in order to participate in any sport.

### 3. SCHOLASTIC ELIGIBILITY

Because participation in extra-curricular activities is a privilege that must be earned, BMS has minimum academic standards that students must meet in order to participate in athletic contests with students of other schools. These requirements are that a student participating in an athletic season must be passing all subjects on a weekly basis. Failure to do so would render the student-athlete ineligible for the following week’s athletic contests. Specifically, a student receiving an overall grade of an “F” at the end of a week will not be eligible to play in games during the week following the grade check. At the end of the week of ineligibility, another grade check will occur. If the student were passing all classes at that time, he or she would regain eligibility. If the student were not passing all subjects, he or she would again be ineligible for the next week’s athletic events. This pattern of checking grades will continue throughout the athletic season. During any period of ineligibility, the student must continue to practice to remain a member of the team. Coaches have the option whether or not to allow any ineligible athletes to travel with the team or sit with the team during events. **If a particular student would remain ineligible for a period of four consecutive weeks, they may be ineligible to compete for the team for the remainder of the season.** All students representing Belmont Middle School in extra-curricular athletic activities are subject to these same standards.

### 4. BMS CONSENT FOR MEDICAL TREATMENT & NON-PRESCRIPTION MEDICATION OF A MINOR CHILD

Emergency medical information supplied by the parent prior to the start of each season and will be available to the coach during the season. This information will be used when the parent(s) are not available.

### 5. CONCUSSION AND SUDDEN CARDIAC ARREST ACKNOWLEDGEMENT AND SIGNATURE FORM

Due to Indiana law, schools are required to distribute information sheets to inform and educate student athletes and his/her parents of the nature and risk of concussion, head injury and sudden cardiac arrest to student athletes, including the risks of continuing to play after concussion or head injury. The law requires that each year, before beginning practice for an interscholastic or intramural sport, a student athlete and the student athlete’s parents must be given an information sheet, and both must sign and return a form acknowledging receipt of the information.

### 6. FINANCIAL OBLIGATIONS AND EQUIPMENT

- a) Uniforms - In several sports, athletes may be required to purchase a portion of the practice uniform, which will become their property.
- b) Equipment- All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only for contest and practices. Students will be held financially responsible for items not returned in clean, good condition at the end of the season. Therefore, it is important to turn in your uniforms at the end of the season personally and not allow anyone else to turn them in to the coach.



## GENERAL POLICIES & INFORMATION

### BMS ALL SPORTS PASS

Bellmont Middle School will be offering all-sports passes for purchase during the school year. Anyone interested in purchasing an individual or family pass should call the BMS Athletic Office at 260-724-3137

### ATHLETIC DEPARTMENT FUNDRAISER

In the event that the Belmont Middle School Athletic Department should hold an annual fundraiser in support of athletics, it is expected that all student-athletes fully support the fundraiser to the best of their ability. All proceeds from the fundraiser will ultimately benefit the student-athletes of BMS.

### ATTENDANCE

An athlete should always consult his/her coach BEFORE missing practice. They are not to have anyone else inform the coach about the absence. Communication is key. **To be eligible to participate in any athletic extra-curricular school activity, including practice sessions, a student must have been in school the last one-half (in by 11:30 AM) day school was in session prior to the activity, or the Friday before a Saturday event.** Students missing school for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of this rule will rest with the Athletic Director. **On any given day, an athlete who is unable to participate in physical education class or swim class may not participate in athletics.**

### CUTTING POLICY

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. The only sports affected are the volleyball, basketball, soccer and cheerleading squads. Prior to trying out, the coach shall provide the following information to all candidates for the team:

1. Extent of try-out period
2. Criteria used to select the team
3. Number to be selected
4. Practice commitment if they make the team
5. Game commitments

### EQUIPMENT

School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it CLEAN and in GOOD CONDITION. **Loss of equipment is the athlete's financial obligation.** Uniforms range in price from \$20 to \$65 per item. You are responsible for their care. NO student-athlete shall be permitted to leave the culminating event of the season in possession of a BMS uniform. All athletes should bring clean clothes in order to change into at the final event and return uniforms to the coach, as he or she shall complete an inventory at the scene. All coaches will wash the uniforms before preparing an end-of season inventory. Below are some additional suggestions in the care of all BMS equipment:

1. **Uniforms** - you are responsible for their care during the season. Whether the coach allows you to take these home or you use our equipment, uniforms should be washed after each competition. Since our school colors include navy, it is imperative that you take extra caution in washing uniforms. **Always use cold water when washing any Belmont uniform** with navy on it and be extremely careful with the heat of the dryers. If necessary, hang dry the uniforms instead of tumble-drying in clothes dryers. Do not use liquid fabric softener or spray-wrinkle free products on uniforms. At the end of the season, make sure your uniforms are clean before turning them in to the coach.
2. **Lockers** - If you use the athletic locker room, clean it out after your season.

### HOLIDAY AND INCLEMENT WEATHER POLICY

"School activities" would include, but not be limited to meetings, practices, rehearsals, work sessions, competitions, and performances.

- a. There shall be NO ACTIVITY sessions on Thanksgiving, Christmas, Christmas Eve or Good Friday.
- b. All activities are cancelled on days when the North Adams Community Schools are closed or dismissed early due to inclement weather.

The director of transportation shall direct building administrators to cancel or postpone any school activity which requires bus or van travel if in the director's opinion such travel would be unsafe due to inclement weather.

### ILLNESS

Athletes who are physically unable to practice for FIVE (5) CONSECUTIVE DAYS due to illness or injury are to present to the Athletic Director a statement from a PHYSICIAN STATING THEY ARE AGAIN PHYSICALLY FIT TO PARTICIPATE IN INTER-SCHOOL ATHLETICS. The parents must sign this form, which is available from the coach, or in the Athletic Director's office.

### IMPACT TESTING

Each student-athlete at Belmont Middle School must complete the ImPACT test one (1) time during their middle school tenure. This test will establish a baseline in which ImPACT trained physicians may use in the event that a future concussion would occur. Because of the seriousness of concussions, it is important that all athletes complete the test in a professional manner.



## **INJURIES/ATHLETIC TRAINER**

In the event that a middle school athlete would need medical attention from the athletic trainer, the student must inform the head coach and he or she will make contact with the high school trainer to make arrangements. No student may enter the BHS training room without permission from the head coach. In the event that it becomes necessary to see the trainer, all BMS student-athletes must give priority to any BHS students in need of medical attention. The athletic trainer will determine when an injured athlete can return to action.

## **LOCKER ROOM REGULATIONS**

Roughhousing, excessive mischief, and throwing towels or other objects are not allowed in the locker room. Hazing of other players is not allowed. All showers must be turned off. The last person to leave the shower room is expected to check all showers.

No one except coaches and players are allowed in the locker room. **NO GLASS CONTAINERS ARE ALLOWED IN THE LOCKER ROOMS.** All shoes with spikes or cleats must be put on and taken off outside of the building. No metal or hard plastic spikes or cleats are ever allowed in any other part of the school building.

## **PARTICIPATION**

An athlete may participate in one sport per season. Student athletes will participate in at least 10 separate days of organized practice under the supervision of the coaching staff preceding the date of participation in interscholastic contests. Only one practice may be counted for any one day. Most teams practice each day of the week, Monday through Friday. Coaches may schedule optional practices during the season. Athletes not participating in optional practices will not be penalized or their status on the team jeopardized. Athletes may not practice in an upcoming sport until their current sport has concluded.

## **PRE/POST PRACTICE SUPERVISION**

Coaches shall plan on arriving at least 10-15 minutes before the start of practice and shall plan on staying until all athletes have left after practice. Coaches will notify the Athletic Director of problems created by students arriving too early or staying too late. Students are not to stay after school for a "late" practice or game unless supervised by the coach.

## **SPORTSMANSHIP**

Bellmont Middle School continues to address issues pertaining to sportsmanship as they relate to athletes, coaches and parents. A true sport shows a combination of values and attitudes, all in a positive light. Sportsmanship is an honorable quality that desires to be courteous, fair, and respectful. It is a blending of cheers for the "home team" and applause for the "visitors", observing the letter and spirit of the rules, and showing consideration for opponents. It is playing by the code of conduct, "treat other participants and spectators as you would want to be treated."

Fundamentals of Sportsmanship:

- (1) Show respect for the opponent at all times.
- (2) Show respect for the officials.
- (3) Know, understand, and appreciate the rules of the contest.
- (4) Maintain self-control.
- (5) Recognize and appreciate skill in performance regardless of affiliation.

The lessons of good sportsmanship--playing the game hard but fair, winning humbly, losing gracefully, developing respect for discipline and authority, playing and living by the spirit as well as the words of the rules-are not confined to those who play the game. **EVERYONE** should see the full impact and potential of middle school athletics as an educational experience. This is a challenge that we must pursue.

## **SQUAD SELECTION**

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Belmont Middle School, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport. Athletes must complete 10 organized practices before competing in contests as explained under the "Participation" section. Exceptions to this may occur when the athlete is completing one season and starting the next.

**\*\*\* Non-BMS students who attend a private or parochial school within NACS boundaries and also plan on attending Belmont High School are permitted to participate on BMS teams with the release of their home school Athletic Director. Home-schooled students may not participate on BMS athletic teams.** Parochial students are held to the same requirements on academics and conduct as are the BMS students. It is important to remember that no BMS student-athlete shall be "cut" in order to ensure a position for a parochial athlete.

## **SUPERVISION/BUILDING SECURITY**

All athletes are to use the athletic entrances only for arriving and leaving from practices. If locked, doors must be unlocked by the coach for the arrival of players but will be locked after all players have arrived. Athletes should not be permitted in other areas of the school after a game and/or practice without. **NO ATHLETES ARE TO BE IN THE BUILDING WITHOUT A COACH.**





## TEAM RULES/PRACTICE POLICY

All coaches shall have written team rules. These rules shall be well communicated with athletes, their parent/guardian, and the administration. Such a policy should cover attendance and penalties for lack of attendance.

## TRAVEL

All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless the parents, for exceptional situations, make previous arrangements with coaches. If this situation arises Parents/Guardians must sign the school provided form after each athletic event to take their child with them.

1. The coach, on each team trip, has the same responsibility that a teacher has in the classroom.
2. The coach must ride the bus on each team trip and is responsible for discipline on that bus.
3. The coach should demand that all students conduct themselves as ladies and gentlemen.
4. Noise is a definite safety factor. Please keep voices down and all radios turned down to a low volume.
5. All students should remain in their seats at all times.
6. Our transportation policy allows no eating on the bus.
7. Athletes are expected to ride the bus to and from away contests, unless a sign out sheet is signed by the parent at the event. **Student-athletes may only ride home from contests with their parent/guardian.**
8. Coaches shall make certain their athletes pick up all trash before exiting the bus at the end of a trip.
9. Please do not litter or throw anything from the windows.
10. Coaches may choose to have the bus stop at a restaurant on the way home following an away event; however this will not be conducted during the weeks of ISTEP.

## UNDUE INFLUENCE FOR PARTICIPATION

1. It shall be the philosophy of the Belmont Middle School athletic department that athletes shall enjoy as many sport seasons as the student athlete and their parents wish them to participate in without influence from any coach to specialize in one sport. All coaches should encourage participation in other sports.
2. Although athletes may choose the sport they wish to enjoy, once the season has started, **NO ONE SHALL CHANGE SPORTS WITHOUT THE CONSENT OF EACH COACH INVOLVED.**
3. At Belmont Middle School, we understand that sports are an important part of school life. Therefore, we encourage student athletes to devote themselves to Belmont athletics above any and all club sports while in season at Belmont Middle School. **An athlete's first responsibility is to the school and club/intramural second.** Students may practice with a club after their school practice has concluded. Parents are encouraged to speak with the coach and Athletic Director should there be any questions.
4. It shall be the philosophy of Belmont Middle School that no student athlete be retained for the purpose of benefiting an athletic program.
5. No athlete who is dropped from one squad for disciplinary reasons or who "quits" shall be eligible to compete in another sport for that particular season.
6. No athlete may start another sport until the previous one has been completed and returned all equipment.





# BELLMONT MIDDLE SCHOOL ATHLETIC INFORMATION 2023-2024

The athletic program is an integral component in the middle school curriculum. Consequently, it follows that the athletic program is compatible with the middle school philosophy. In essence, students are given the opportunity to develop proficiency in the basic skills in a variety of sports. Another concept of the program is to provide the athlete a smooth transition from many exploratory athletic experiences to more advanced athletic organizational patterns.

## EXTRA-CURRICULAR ELIGIBILITY POLICY

### I. ACADEMIC

Because participation in extra-curricular activities is a privilege that must be earned, BMS has minimum academic standards that students must meet in order to participate in athletic contests with students of other schools. These requirements are that a student participating in an athletic season must be passing all subjects on a weekly basis. Failure to do so would render the student-athlete ineligible for the following week's athletic contests. Specifically, a student receiving an overall grade of an "F" at the end of a week will not be eligible to play in games during the week following the grade check. At the end of the week of ineligibility, another grade check will occur. If the student were passing all classes at that time, he or she would regain eligibility. If the student were not passing all subjects, he or she would again be ineligible for the next week's athletic events. This pattern of checking grades will continue throughout the athletic season. During any period of ineligibility, the student must continue to practice to remain a member of the team. Coaches have the option whether or not to allow any ineligible athletes to travel with the team or sit with the team during events. **If a particular student would remain ineligible for a period of four consecutive weeks, they may be ineligible to compete for the team for the remainder of the season.** All students representing Belmont Middle School in extra-curricular athletic activities are subject to these same standards.

### II. ATTENDANCE

**To be eligible to participate in any athletic extra-curricular school activity, including practice sessions, a student must have been in school the last one-half (in by 11:30 AM) day school was in session prior to the activity, or the Friday before a Saturday event.** On days when school is canceled, if school policy permits conduct of an activity, everyone is considered present as pertaining to this regulation. Any student serving in ISS, OSS, or RISQ will not be allowed to participate in any extra-curricular activities or practices on that day. In addition to any other applicable penalties, during an out-of-school suspension period, which will include weekends and holidays if suspensions extend beyond such periods, a student will not be allowed to actively participate in practices or contests. Coaches, sponsors, and/or directors of activities are responsible for enforcement.

### III. CODE

The North Adams Community Schools encourages participation in extra-curricular and inter-scholastic activities because they provide students the opportunity to cultivate good habits and to develop their mental and physical abilities. The following are rules of conduct for students participating in these activities. These rules shall apply throughout the calendar year, beginning from the time the student is enrolled until the time the student's senior season is completed. **BE WARNED: THESE RULES APPLY EVEN WHEN SCHOOL IS NOT IN SESSION.**

### RULES OF CONDUCT

#### General

- All rules prescribed by the Student Code of Conduct and Attendance Policy listed in the Student Handbook currently in effect shall apply to participants at all times.
- Athletes shall conduct themselves at all times to promote knowledge and learning generally and to maintain an orderly and efficient educational system.
- Athletes shall follow any additional rules and regulations established by the individual sponsor or coach responsible for the field of activity in which the athlete is engaged. These rules will be established by the sponsor or coach prior to the beginning of said activity, in writing and distributed to the athlete.
- When a rule violation occurs and an athlete is to serve a suspension for that violation then he/she must finish that sport season in good standing with the team/coach. Failure to comply will result in revocation of said penalties and must be served prior to participation in contests in any other sport.
- If the total punishment cannot be fulfilled during that sport season, the remaining percent of the penalty will be carried over into the next sport season in which the athlete had previously participated during the prior year.

#### A. Category A Rules

1. All rules prescribed by the Student Code of Conduct and Attendance Policy listed in the Student Handbook currently in effect shall apply to participants at all times.



2. Participants shall not possess, use, consume, buy, sell or transfer any tobacco products at any time.
3. Participants shall conduct themselves at all times to promote knowledge and learning generally and to maintain an orderly and efficient educational system.
4. Participants shall follow any additional rules and regulations established by the individual sponsor or coach responsible for the field of activity in which the participant is engaged. These rules will be established by the sponsor or coach prior to the beginning of said activity, in writing and distributed to the participant.

**B. Penalties for violation of Category A Rules**

**1st Offense** - The student will be suspended for 20% of the scheduled contests during that sport season. If the total punishment cannot be fulfilled during that sport season, the remaining percent of the penalty will be carried over into the next sport season in which the athlete had previously participated during the prior year.

**2nd Offense** - The student will be suspended for 50% of the scheduled contests during that sport season. If the total punishment cannot be fulfilled during that sport season, the remaining percent of the penalty will be carried over into the next sport season in which the athlete had previously participated during the prior year.

**3rd and any Subsequent Offense** - The student shall be prohibited from participation in any activity for a period of one (1) calendar year from the date of the determination of the commission of said violation.

When the basis for assessment of penalties is a violation of the BMS student code of conduct and attendance policy the extra-curricular penalty only applies if the curricular penalty involves an out-of-school suspension or expulsion.

If a disciplined athlete tries out for a sport that he/she has previously participated and is cut or dismissed the penalty carries over to the next sport of previous participation. Athletes who have completed the term of their out-of-school suspension, but have not yet fulfilled these penalties will be permitted to practice with the team.

**C. Category B Rules refer to North Adams Substance Abuse Policy which is applicable to all enrolled students.**

**D. Penalties for Violation of Category B Rules**

All students will be subject to the following penalties for possession, use, consumption, distribution or transportation of any “controlled substance” as that term is defined under the North Adams Community Schools Substance Abuse Policy (which definition includes, without limitation, alcohol or any alcoholic beverage), even if the violation occurs off school premises and/or at a non-school sponsored activity, at any time while enrolled at North Adams Community Schools.

**1st Offense** - Suspension for 50% of scheduled contests during that sport season. Suspension may be reduced to 25% if a Drug/Alcohol Needs Assessment is done and its recommendations completed. If the total punishment cannot be fulfilled during that sport season, the remaining percent of the penalty will be carried over into the next sport season in which the athlete had previously participated during the prior year.

**2nd Offense** - Suspension for 80% of scheduled contests during that sport season. Suspension may be reduced to 40% if a Drug/Alcohol Needs Assessment is done and its recommendations completed. If the total punishment cannot be fulfilled during that sport season, the remaining percent of the penalty will be carried over into the next sport season in which the athlete had previously participated during the prior year.

**3rd and any Subsequent Offense** - Student shall be prohibited from participation in any athletic extra-curricular activity for a period of one (1) year from the date of determination of the commission of the violation. Student could be reinstated after completion of a documented program of alcohol/drug abuse rehabilitation.

Violations will not transfer from the elementary school level to the middle or from the middle school to the high school level.

Eligibility for penalty reduction following completion of Drug/Alcohol Needs Assessment and its recommendations is subject to a strict requirement that such program be commenced with fifteen (15) calendar days of notice of the violation and to the delivery of due documentation of completion of such assessment and its recommendations. If the recommendations require a continuing compliance program, due documentation of such compliance will also be required for penalty reduction eligibility. Failure to comply will result in revocation of penalty reductions and reinstatement of original penalties. All information will be kept confidential and shared only with involve faculty/administration, counseling staff and student parents/guardians.

Jamborees and IHSAA controlled scrimmages do not count toward suspensions. The athlete will be allowed to participate in these contests. If a disciplined athlete tries out for a sport that he/she has previously participated and is cut or dismissed the penalty carries over to the next sport of previous participation. Athletes who have completed the term of their out-of-school suspension, but have not yet fulfilled these penalties will be permitted to practice with the team.

Any penalty reductions/revocations are subject to reversal, in discretion of the school administrator and/or Athletic Director, upon consideration of the following behaviors with respect to the affected student:

- Repeated truancy
- Belligerent and disrespectful of staff and other students



- Disruptive in classes
- Use of threat or violence on school grounds
- Vandalism
- Engaging in any activity forbidden by the laws of the State of Indiana
- Other activities or behaviors that the administrator deems relevant in his/her discretion

Voluntary Referral: Students who have never been subject to the penalties of this policy may voluntarily refer themselves to school for help in solving an alcohol/drug abuse problem. No penalties will be assessed for previous use if the student undergoes a Drug/Alcohol Assessment and the recommendations are followed. Subsequent voluntary referrals or violations will cause the student to be subject to the penalty schedules at the next higher level.

#### **E. Category C Rule**

Any participant who is determined by the school to have committed an act which meets the definition of a crime under city, state or federal law shall be deemed to have violated a Category C Rule.

#### **F. Penalties for Violating Category C**

1. If the act which constitutes a Category C Rule violation is classified as a misdemeanor, extra-curricular penalties will be assessed as a Category A violation.
2. If the act which constitutes a Category C Rule violation is classified as a felony, the participant shall be removed from extra-curricular participation for a period of one (1) year from the date the school makes its determination of a violation.

#### **G. Conduct Constituting a Violation of Multiple Rules**

Any conduct which could be found to be a violation of more than one category of these rules shall be dealt with in the manner which results in the maximum penalty hereunder for such violation.

#### **IV. APPEAL PROCESS**

Any athlete who is penalized, or his/her parent(s), may request an appeals hearing by notifying the Principal in writing: within five (5) days after the receipt of written notification of the athletic suspension. A review committee consisting of Principal, Athletic Director, and coach shall hear such appeal and decide its outcome. The determination of the committee is final and binding.





## PRE-PARTICIPATION PHYSICAL EVALUATION FORM (PPE)

The IHSAA Pre-participation Physical Evaluation (PPE) is the first and most important step in providing for the well-being of Indiana's high school athletes. The form is designed to identify risk factors prior to athletic participation by way of a thorough medical history and physical examination. The IHSAA, under the guidance of the Indiana State Medical Association's Committee on Sports Medicine, requires that the PPE Form be signed by a physician (MD or DO), nurse practitioner or physician's assistant holding a license to practice in the State of Indiana. In order to assure that these rigorous standards are met, both organizations endorse the following requirements for completion of the PPE Form:

1. The most current version of the IHSAA PPE Form must be used and may not be altered or modified in any manner.
2. The PPE Form must be signed by a physician (MD or DO), nurse practitioner or physician's assistant only after the medical history is reviewed, the examination performed, and the PPE Form completed in its entirety. No pre-signed or pre-stamped forms will be accepted.
3. **SIGNATURES**
  - The signature must be hand-written. No signature stamps will be accepted.
  - The signature and license number must be affixed on page three (3).
  - The parent signatures must be affixed to the form on pages two (2) and five (5).
  - The student-athlete signature must be affixed to pages two (2) and five (5).

Your cooperation will help ensure the best medical screening for Indiana's high school athletes.

Cover







BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21. Have you ever had numbness, tingling, weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or does someone in your family have sickle cell trait or disease?		
24. Have you ever had or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (CONTINUED)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of food and food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

Explain "Yes" answers here.

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I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: \_\_\_\_\_

Signature of parent or guardian: \_\_\_\_\_

Date: \_\_\_\_\_

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# PHYSICAL EXAMINATION

(Physical examination must be performed on or after April 1 by a health care professional holding an unlimited license to practice medicine, a nurse practitioner or a physician assistant to be valid for the following school year.) Rule 3-10

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_ IHSAA Member School \_\_\_\_\_

## PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
  - During the last 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or use any other appearance/performance supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5-14)



EXAMINATION					
Height _____	Weight _____	<input type="checkbox"/> Male <input type="checkbox"/> Female			
BP / ( / )	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected? Y N			
MEDICAL	NORMAL	ABNORMAL FINDINGS			
Appearance					
• Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)					
Eyes/ears/nose/throat					
• Pupils equal					
• Hearing					
Lymphnodes					
Heart					
• Murmurs (auscultation standing, supine, +/- Valsalva)					
• Location of point of maximal impulse (PMI)					
Pulses					
• Simultaneous femoral and radial pulses					
Lungs					
Abdomen					
Genitourinary (males only)					
Skin					
• MSV, lesions suggestive of MRSA, tinea corporis					
Neurologic					
MUSCULOSKELETAL					
	NORMAL	ABNORMAL FINDINGS		NORMAL	ABNORMAL FINDINGS
Neck			Knee		
Back			Leg/ankle		
Shoulder/arm			Foot/toes		
Elbow/forearm			Functional		
Wrist/hand/fingers			• Duck-walk, single leg hop		
Hip/thigh					

Cleared for all sports without restriction  Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_  
 Not cleared  Pending further evaluation  For any sports

Reason \_\_\_\_\_  
 Recommendations \_\_\_\_\_

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of Health Care Professional (print/type) \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_ License # \_\_\_\_\_  
 Signature of Health Care Professional \_\_\_\_\_, MD, DO, PA, or NP (Circle one)



## ■ PREPARTICIPATION PHYSICAL EVALUATION IHSAA ELIGIBILITY RULES



### INDIVIDUAL ELIGIBILITY RULES (Grades 9 through 12)

**ATTENTION ATHLETE:** Your school is a member of the IHSAA and follows established rules. To be eligible to represent your school in interschool athletics, you:

1. must be a regular bona fide student in good standing in the school you represent; must have enrolled not later than the fifteenth day of the current semester.
2. must have completed 10 separate days of organized practice in said sport under the direct supervision of the high school coaching staff preceding date of participation in interschool contests. (Excluding Girls Golf – See Rule 101)
3. must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take. Semester grades take precedence.
4. must not have reached your twentieth birthday prior to or on the scheduled date of the IHSAA State Finals in a sport.
5. must have been enrolled in your present high school last semester or at a junior high school from which your high school receives its students . . .
  - . . . unless you are entering the ninth grade for the first time.
  - . . . unless you are transferring from a school district or territory with a corresponding bona fide move on the part of your parents.
  - . . . unless you are a ward of a court; you are an orphan, you reside with a parent, your former school closed, your former school is not accredited by the state accrediting agency in the state where the school is located, your transfer was pursuant to school board mandate, you attended in error a wrong school, you transferred from a correctional school, you are emancipated, you are a foreign exchange student under an approved CSJET program. You must have been eligible from the school from which you transferred.
6. must not have been enrolled in more than eight consecutive semesters beginning with grade 9.
7. must be an amateur (have not participated under an assumed name, have not accepted money or merchandise directly or indirectly for athletic participation, have not accepted awards, gifts, or honors from colleges or their alumni, have not signed a professional contract).
8. must have had a physical examination between April 1 and your first practice and filed with your principal your completed Consent and Release Certificate.
9. must not have transferred from one school to another for athletic reasons as a result of undue influence or persuasion by any person or group.
10. must not have received in recognition of your athletic ability, any award not approved by your principal or the IHSAA.
11. must not accept awards in the form of merchandise, meals, cash, etc.
12. must not participate in an athletic contest during the IHSAA authorized contest season for that sport as an individual or on any team other than your school team. (See Rule 15-1a) (Exception for outstanding student-athlete – See Rule 15-1b)
13. must not reflect discredit upon your school nor create a disruptive influence on the discipline, good order, moral or educational environment in your school.
14. students with remaining eligibility must not participate in tryouts or demonstrations of athletic ability in that sport as a prospective post-secondary school student-athlete. Graduates should refer to college rules and regulations before participating.
15. must not participate with a student enrolled below grade 9.
16. must not, while on a grade 9 junior high team, participate with or against a student enrolled in grade 11 or 12.
17. must, if absent five or more days due to illness or injury, present to your principal a written verification from a physician licensed to practice medicine, stating you may participate again. (See Rule 3-11 and 9-14.)
18. must not participate in camps, clinics or schools during the IHSAA authorized contest season. Consult your high school principal for regulations regarding out-of-season and summer.
19. girls shall not be permitted to participate in an IHSAA tournament program for boys where there is an IHSAA tournament program for girls in that sport in which they can qualify as a girls tournament entrant.

*This is only a brief summary of the eligibility rules.*

*You may access the IHSAA Eligibility Rules (By-Laws) at [www.ihsaa.org](http://www.ihsaa.org)*

*Please contact your school officials for further information and before participating outside your school.*

*(Consent & Release Certificate - on back or next page)*

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■ PREPARTICIPATION PHYSICAL EVALUATION  
**CONSENT & RELEASE CERTIFICATE**



**I. STUDENT ACKNOWLEDGMENT AND RELEASE CERTIFICATE**

- A. I have read the IHSAA Eligibility Rules (*next page or on back*) and know of no reason why I am not eligible to represent my school in athletic competition.
- B. If accepted as a representative, I agree to follow the rules and abide by the decisions of my school and the IHSAA.
- C. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, and even death, is possible in such participation, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved, and agree to release and hold harmless my school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury or claim resulting from such athletic participation and agree to take no legal action against my school, the schools involved or the IHSAA because of any accident or mishap involving my athletic participation.
- D. I consent to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me, including but not limited to any claims or disputes involving injury, eligibility or rule violation.
- E. I give the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use my picture or image and any sound recording of me, in all forms and media and in all manners, for any lawful purposes.

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION. (to be signed by student)**

Date: \_\_\_\_\_ Student Signature: (X)

Printed: \_\_\_\_\_

**II. PARENT/GUARDIAN/EMANCIPATED STUDENT CONSENT, ACKNOWLEDGMENT AND RELEASE CERTIFICATE**

- A. Undersigned, a parent of a student, a guardian of a student or an emancipated student, hereby gives consent for the student to participate in the following interschool sports **not marked out**:  
**Boys Sports:** Baseball, Basketball, Cross Country, Football, Golf, Soccer, Swimming, Tennis, Track, Wrestling.  
**Girls Sports:** Basketball, Cross Country, Golf, Gymnastics, Soccer, Softball, Swimming, Tennis, Track, Volleyball.
- B. Undersigned understands that participation may necessitate an early dismissal from classes.
- C. Undersigned consents to the disclosure, by the student's school, to the IHSAA of all requested, detailed financial (athletic or otherwise), scholastic and attendance records of such school concerning the student.
- D. Undersigned knows of and acknowledges that the student knows of the risks involved in athletic participation, understands that serious injury, and even death, is possible in such participation and chooses to accept any and all responsibility for the student's safety and welfare while participating in athletics. With full understanding of the risks involved, undersigned releases and holds harmless the student's school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury or claim resulting from such athletic participation and agrees to take no legal action against the IHSAA or the schools involved because of any accident or mishap involving the student's athletic participation.
- E. Undersigned consents to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me or the student, including but not limited to any claims or disputes involving injury, eligibility, or rule violation.
- F. Undersigned gives the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use any picture or image or sound recording of the student in all forms and media and in all manners, for any lawful purposes.
- G. Please check the **appropriate space**:
 

<input type="checkbox"/> The student has school student accident insurance.	<input type="checkbox"/> The student has football insurance through school.
<input type="checkbox"/> The student has adequate family insurance coverage.	<input type="checkbox"/> The student does not have insurance.

Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION.**

(to be completed and signed by all parents/guardians, emancipated students; where divorce or separation, parent with legal custody must sign)

Date: \_\_\_\_\_ Parent/Guardian/Emancipated Student Signature: (X)

Printed: \_\_\_\_\_

Date: \_\_\_\_\_ Parent/Guardian Signature: (X)

Printed: \_\_\_\_\_

**CONSENT & RELEASE CERTIFICATE**

Indiana High School Athletic Association, Inc.  
 9150 North Meridian St., P.O. Box 40650  
 Indianapolis, IN 46240-0650

**File In Office of the Principal  
 Separate Form Required for Each School Year**



Bellmont Middle School Consent for Medical Treatment & Non-Prescription Medication of a Minor

This form and the physical form must be completed and submitted to the athletic secretary in order to participate.

Student Athlete (minor)

Full Legal Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_ Gender: Female \_\_\_\_\_ Male \_\_\_\_\_

I (we) \_\_\_\_\_ of \_\_\_\_\_, Indiana \_\_\_\_\_,  
(printed name of parent/guardian) (city) (county)

do hereby state that I am (we are) the parent(s) or legal guardian(s) of the above minor student athlete, who resides with me (us). In the event I (we) cannot be located; I (we) authorize

\_\_\_\_\_ fall coach early winter coach late winter coach spring coach

an adult, an administrator of North Adams Community Schools, including Belmont High School, Belmont Middle School and Belmont Elementary in the city of Decatur, county of Adams, state of Indiana to consent to any necessary examination, anesthetic, medical diagnosis, surgery or treatment, and/or hospital care to be rendered to the above named minor under the general or specific supervision and on the advice of any physician or surgeon licensed to practice medicine in the state of Indiana. I (we) understand that in such a case reasonable attempts would be first made to contact me (us), time and condition permitting.

Father's Name \_\_\_\_\_ Mother's Name \_\_\_\_\_

Work Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Allergies: \_\_\_\_\_ Asthma: \_\_\_\_\_ Diabetes: \_\_\_\_\_

Other medical conditions: \_\_\_\_\_

In order to administer non-prescription medication to a student, Indiana law requires that written parent permission be on file with the school. To make this process more convenient for parents and the athletic trainer or coach, the following check list and consent are being provided for your signature. The following non-prescription medications are available in the training room after regular school hours. Please check the non-prescription medicines that may be given to your son/daughter. If non-prescription medicine is not included on the list, please add in the blank provided. NOTE: Generic medicines may be substituted.

Tylenol Tums Aleve Ibuprofen Cough Drops Other \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



**Bellmont Middle School**  
**Athletic & Extra-Curricular Code of Conduct and Legal Reporting Waiver**  
**2023-2024**

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Please Print Athlete's Name

\_\_\_\_\_ 2023-24 Grade: \_\_\_\_\_  
Last Name First Name Middle Initial

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**Legal Reporting Waiver: Authorization for Release of Information**

I request and authorize: Adams County Probation Department, Law Enforcement Agencies, Adams County Prosecuting Attorney and/or the Courts of Adams County to release to: Belmont Middle School and Athletic Department regarding:

**Student's Name** (as printed above): \_\_\_\_\_ **Date of Birth:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

1. This information is for the purpose of continuity of goals between Student, Parents, Belmont Middle School and the above listed Adams County agencies.
2. I authorize the above parties to exchange information verbally or in writing concerning probation and/or supervision rules or activities that may be in violation of the Belmont Middle School Athletic Code of Conduct.
3. I hold harmless: Belmont Middle School/North Adams Community Schools, the above listed Adams County agencies and other designees in regard to the use of information authorized for release or exchange.
4. I understand that this form may be revoked by me at any time except to the extent that action has already been taken. I further understand that revocation of this form will result in the termination of participation in extra-curricular activities at Belmont Middle School. In the absence of revocation, this consent will expire upon the student's withdrawal from or graduation from Belmont Middle School.
5. A photocopy of this authorization is as authentic as the original Authorization of Release.

**Parental and Student Acknowledgements:**

1. I have read and understand the above and affirm that it was properly completed prior to my signature.
2. I have received, read, and understand the Belmont Middle School "Athletic and Extra-Curricular Guidelines" including specifically the Code of Conduct as spelled in the "Bellmont Middle School Student Handbook".

**Signatures:**

**Student:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/guardian Printed Name:** \_\_\_\_\_

**This Waiver, Authorization and Acknowledgement must be signed and on file in the Belmont Middle School Office prior to the student's participation in Athletic & Extra-Curricular Activities; and it remains in effect throughout the student's career at Belmont Middle School unless revoked by parents or replaced by a subsequent signed and dated document.**





# HEADS+UP

## CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

### What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> <li>• Headache or “pressure” in head</li> <li>• Nausea or vomiting</li> <li>• Balance problems or dizziness</li> <li>• Double or blurry vision</li> <li>• Sensitivity to light</li> <li>• Sensitivity to noise</li> <li>• Feeling sluggish, hazy, foggy, or groggy</li> <li>• Concentration or memory problems</li> <li>• Confusion</li> <li>• Just “not feeling right” or “feeling down”</li> </ul>	<ul style="list-style-type: none"> <li>• Appears dazed or stunned</li> <li>• Is confused about assignment or position</li> <li>• Forgets an instruction</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily</li> <li>• Answers questions slowly</li> <li>• Loses consciousness (even briefly)</li> <li>• Shows mood, behavior, or personality changes</li> </ul>

### How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

### What should you do if you think your child has a concussion?

**SEEK MEDICAL ATTENTION RIGHT AWAY.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

**KEEP YOUR CHILD OUT OF PLAY.** Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

**TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION.** Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

#### If you think your teen has a concussion:

Don’t assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

**It’s better to miss one game than the whole season.**

For more information, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).



# HEADS+UP CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

## Concussion facts:

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven't been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

## What are the symptoms of a concussion?

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

## What should I do if I think I have a concussion?

**DON'T HIDE IT. REPORT IT.** Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

**GET CHECKED OUT.** Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

**TAKE CARE OF YOUR BRAIN.** A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

## How can I help prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

## If you think you have a concussion:

Don't hide it. Report it. Take time to recover.

**It's better to miss one game than the whole season.**

For more information, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

April 2013





# SUDDEN CARDIAC ARREST

## A Fact Sheet for Parents

### FACTS

Sudden cardiac arrest is a rare, but tragic event that claims the lives of approximately 500 athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and in all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest.

### WARNING SIGNS

There may not be any noticeable symptoms before a person experiences loss of consciousness and a full cardiac arrest (no pulse and no breathing).

Warning signs can include a complaint of:

- Chest Discomfort
- Unusual Shortness of Breath
- Racing or Irregular Heartbeat
- Fainting or Passing Out

### EMERGENCY SIGNS – Call EMS (911)

If a person experiences any of the following signs, call EMS (911) immediately:

- *If an athlete collapses suddenly during competition*
- *If a blow to the chest from a ball, puck or another player precedes an athlete's complaints of any of the warning signs of sudden cardiac arrest*
- *If an athlete does not look or feel right and you are just not sure*

### How can I help my child prevent a sudden cardiac arrest?

Daily physical activity, proper nutrition, and adequate sleep are all important aspects of life-long health. Additionally, parents can assist student athletes prevent a sudden cardiac arrest by:

- Ensuring your child knows about any family history of sudden cardiac arrest (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Ensuring your child has a thorough pre-season screening exam prior to participation in an organized athletic activity
- Asking if your school and the site of competition has an automatic defibrillator (AED) that is close by and properly maintained
- Learning CPR yourself
- Ensuring your child is not using any non-prescribed stimulants or performance enhancing drugs
- Being aware that the inappropriate use of prescription medications or energy drinks can increase risk
- Encouraging your child to be honest and report symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

### What should I do if I think my child has warning signs that may lead to sudden cardiac arrest?

1. *Tell your child's coach about any previous events or family history*
2. *Keep your child out of play*
3. *Seek medical attention right away*

Developed and Reviewed by the Indiana Department of Education's Sudden Cardiac Arrest Advisory Board  
(1-7-15)



# SUDDEN CARDIAC ARREST

## A Fact Sheet for Student Athletes

### FACTS

Sudden cardiac arrest can occur even in athletes who are in peak shape. Approximately 500 deaths are attributed to sudden cardiac arrest in athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and in all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest. Once a cardiac arrest occurs, there is very little time to save the athlete, so identifying those at risk before the arrest occurs is a key factor in prevention.

### WARNING SIGNS

There may not be any noticeable symptoms before a person experiences loss of consciousness and a full cardiac arrest (no pulse and no breathing).

Warning signs can include a complaint of:

- Chest Discomfort
- Unusual Shortness of Breath
- Racing or Irregular Heartbeat
- Fainting or Passing Out

### EMERGENCY SIGNS – Call EMS (911)

If a person experiences any of the following signs, call EMS (911) immediately:

- *If an athlete collapses suddenly during competition*
- *If a blow to the chest from a ball, puck or another player precedes an athlete's complaints of any of the warning signs of sudden cardiac arrest*
- *If an athlete does not look or feel right and you are just not sure*

### How can I help prevent a sudden cardiac arrest?

Daily physical activity, proper nutrition, and adequate sleep are all important aspects of life-long health. Additionally, you can assist by:

- Knowing if you have a family history of sudden cardiac arrest (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Telling your health care provider during your pre-season physical about any unusual symptoms of chest discomfort, shortness of breath, racing or irregular heartbeat, or feeling faint, especially if you feel these symptoms with physical activity
- Taking only prescription drugs that are prescribed to you by your health care provider
- Being aware that the inappropriate use of prescription medications or energy drinks can increase your risk
- Being honest and reporting symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

### What should I do if I think I am developing warning signs that may lead to sudden cardiac arrest?

1. *Tell an adult – your parent or guardian, your coach, your athletic trainer or your school nurse*
2. *Get checked out by your health care provider*
3. *Take care of your heart*
4. *Remember that the most dangerous thing you can do is to do nothing*

Developed and Reviewed by the Indiana Department of Education's Sudden Cardiac Arrest Advisory Board  
(1-7-15)



**NORTH ADAMS COMMUNITY SCHOOLS  
CONCUSSION and SUDDEN CARDIAC ARREST  
ACKNOWLEDGEMENT AND SIGNATURE FORM FOR PARENTS AND STUDENTS**

**ALL STUDENTS MUST COMPLETE THIS FORM. THIS COVERS THE SCHOOL DAY, ALL EXTRACURRICULAR ACTIVITIES AND PHYSICAL EDUCATION CLASSES.**

Student Name (Please Print): \_\_\_\_\_

Sport Participating In (Current and Potential): \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

IC 20-34-7 and IC 20-34-8 require schools to distribute information sheets to inform and educate student athletes and their parents on the nature and risk of concussion, head injury and sudden cardiac arrest to student athletes, including the risks of continuing to play after concussion or head injury. These laws require that each year, before beginning practice for an interscholastic sport, a student athlete and the student athlete's parents must be given an information sheet, and both must sign and return a form acknowledging receipt of the information to the student athlete's coach.

IC 20-34-7 states that an interscholastic student athlete, in grades 5-12, who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received a written clearance from a licensed health care provider trained in the evaluation and management of concussions and head injuries, and at least twenty-four hours have passed since the injury occurred.

IC 20-34-8 states that a student athlete who is suspected of experiencing symptoms of sudden cardiac arrest shall be removed from play and may not return to play until the coach has received verbal permission from a parent or legal guardian for the student athlete to return to play. Within twenty-four hours, this verbal permission must be replaced by a written statement from the parent or guardian.

Parent/Guardian - please read the attached fact sheets regarding concussion and sudden cardiac arrest and ensure that your student athlete has also received and read these fact sheets. After reading these fact sheets, please ensure that you and your student athlete sign this form, and have your student athlete return this form to his/her coach.

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As a student, I have received and read both of the fact sheets regarding concussion and sudden cardiac arrest. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury, and the symptoms of sudden cardiac arrest.

\_\_\_\_\_  
(Signature of Student) (Date)

I, as the parent or legal guardian of the above named student, have received and read both of the fact sheets regarding concussion and sudden cardiac arrest. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury, and the symptoms of sudden cardiac arrest.

\_\_\_\_\_  
(Signature of Parent or Guardian) (Date)

Updated April 2020





**BELLMONT MIDDLE SCHOOL  
ATHLETIC CODE OF CONDUCT  
2023-24**

Minimum Expectations for Athletic Participation at Belmont Middle School:

1. Adhere to the Belmont Middle School Athletic Code of Conduct at all times.
2. Respect your teammates, opponents, coaches, and officials at all times. Obey your coaches' directives, as well as those of other adults in authority at all times.
3. If you must miss a practice or know you will be late for a practice, you must notify the coach beforehand. Do not have anyone else deliver the message for you.
4. Be ready to practice at the scheduled starting times. Do not arrive at the beginning of practice time. Arrive early and be ready on time.
5. It is not enough to just attend practice. When practice time begins, give the coach your undivided attention. Make a strong effort to learn and improve your skills. Playing time is dependent upon your effort and attitude, as much as it is your ability.
6. Act as a member of the team, not just as an individual.
7. Demonstrate good sportsmanship at all times.
8. Take care of school-issued equipment at all times and return it in good condition at the end of the season. Do not allow anyone else to turn it in for you.
9. Leave all school-facilities clean and in good condition.
10. No smoking, use or possession of tobacco in any way at any time.
11. No drinking or possession of alcoholic beverages at any time.
12. No use or possession of illegal drugs at any time.
13. Players are not allowed to be in attendance at student parties or gatherings where alcohol beverages and drugs are in use. If this situation arises unexpectedly, athletes shall leave immediately. Players should be accompanied by their parents at adult social functions where alcoholic beverages are served.

I understand that any infraction of the above Code of Conduct will result in consequences up to, and including, an immediate suspension from all athletic participation. I have read, understand, and will abide by the Code of Conduct for Belmont Middle School Athletes.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete's Printed Name



# BELLMONT MIDDLE SCHOOL PARENT/SPECTATOR CODE OF CONDUCT 2023-24

Athletics are an integral part of the learning experience at the middle school level. The North Adams Community Schools Board of Trustees has endorsed a participation policy that was written with the middle school philosophy in mind. While winning is important to participants, it should not be paramount. It is the goal of the BMS administration that each participating student-athlete gets a chance to experience some success. Our coaches are not hired for the purpose of winning. Rather, our coaches have the challenge of helping each student-athlete develop a good work ethic, a sense of responsibility, what it means to be a team player, as well as the fundamental sports skills needed to be successful in athletics.

Middle school athletics should be about each student-athlete doing his or her personal best-whatever that is determined to be. It is necessary that everyone involved in our athletic program, from coaches to parents to participants, keep the competitions in proper perspective.

For this purpose we have developed a parent and spectator code of conduct designed to make sports enjoyable for the reasons we have the programs-the kids. Should an individual be unable to keep the competitions in the proper perspective, that individual may lose their privilege of attending BMS sporting events.

The following points must be adhered to by all parents and other spectators at BMS sporting events:

1. Remain in the spectator area at all times during the competitions.
2. Refrain from advising the coaches on how to do his or her job or questioning their decisions.
3. Attempt to refrain from coaching your child during the contest.
4. Refrain from making derogatory comments about officials, coaches, players, etc.
5. Refrain from alcohol or other intoxicants prior to or while at athletic events.
6. Cheer for your team. Do not make negative comments toward either team.
7. Show interest, enthusiasm, and support for your child **AND** his or her teammates.
8. Control your emotions.
9. Assist a coach or official only when asked.
10. Thank coaches, officials, and others who conducted the event.
11. Realize that players, coaches, game workers, and officials are doing their best.
12. Use proper channels of communication and respect the chain of command. Take any concerns to the coaches first before approaching administrators.
13. Do not ever approach a coach or an official immediately following an event. Emotions generally run high at these times, and the likelihood of a very negative confrontation is much greater.
14. Keep things in perspective.

We/I, as parent(s) or guardian(s), have read, understand, and will enforce the Student-Athlete and Parent/Spectator Codes of Conduct and policies contained in this handbook. We/I understand that if we/I fail to enforce the rules, our/my child may be suspended from any and/or all-athletic teams.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

