

**MIDDLETON HIGH SCHOOL**  
**ATHLETIC HANDBOOK**  
**2023-2024 School Year**

**MIDDLETON HIGH SCHOOL ATHLETIC DEPARTMENT**  
**1538 Emmett Road Middleton, Idaho 83644**

# **Middleton High School Athletics**

Middleton High School believes that interscholastic athletics are a significant part of the educational process. Athletics increases the opportunities for our students to grow through providing an educational opportunity outside the classroom.

## **Vision**

Middleton High School student-athletes will have an exceptional high school athletic experience.

## **Mission**

The athletic department and individual programs will create a culture that provides our student-athletes with an experience that is more than just a particular sport. The culture will emphasize excellence in life, in the classroom, and on the field. We will strategically develop student-athlete character and proper attitude. This development will give our student-athletes the tools to pursue their best in life, in the classroom, and on their respective playing fields.

It is our desire that this journey emphasizes the total person and the impact our athletes can have within the school and community.

## **EXPECTATIONS**

### **Athletes**

1. Be committed to excellence in all your endeavors
2. Put the team first and play in your assigned role
3. Represent Middleton High School with high standards
4. Communicate clearly and effectively with your coach and teammates
5. Understand the hard work needed to experience success
6. Comply with all school rules as established by the administration of Middleton High School, and all team and athletic rules established by coaches and the athletic director
7. Respect the rights and property of others
8. Refrain from the use, possession, sale or distribution of alcohol, tobacco, controlled substances, drug paraphernalia, or any other illegal or illicit substances of any kind at all

times.

9. Refrain from any other unacceptable conduct contrary to the ideals, principles and standards of the school and school district, including, but not limited to, conduct inappropriate on social media, sexting, cyberbullying, bullying, criminal behavior, etc.
10. Assume full financial responsibility for any school property that is lost, damaged, or stolen through negligence

**The School will:**

1. Provide professional/competent instruction in the chosen activity
2. Organize and monitor a regular program of practice during the activity season
3. Provide safe, up-to-date equipment, uniforms, and safe/clean facilities
4. Inform athletes of policies/procedures for their team, the school, and the district

**The Athletic Director will:**

1. Support all programs, coaches, and athletes
2. Help put programs in position to have success
3. Build relationships with athletes, parents, and fans
4. Communicate to all athletic stakeholders

**The Coaches will:**

1. Create a culture that leads to a great experience
2. Communicate clearly with all program stakeholders
3. Be committed to our players regardless of ability
4. Build young men and women to impact society
5. Coach players to maximize their ability
6. Positively represent the high school, school district, and community
7. Pursue excellence in life, in school, and on the field

**The Parent will:**

1. Support the program in a positive fashion
2. Be willing to be involved if/when asked
3. Follow procedures when wishing to discuss an issue with a coach
4. Model proper sportsmanship at all games

5. Allow the coach to coach during games (1 voice)

### **STEPS TO PARTICIPATE**

1. Must have a Health Questionnaire / Physical on file - IDHSAA
2. Must have an Interim Questionnaire on file (10th and 12th grade) - IDHSAA
3. Must sign the Parent and Student Athlete Participation/Release Form
4. Must fill out and sign the MHS insurance/emergency information form
5. Fees - Pay to Participate - \$80 per sport (third sport is free)

### **INSURANCE**

Each student is encouraged to participate in some type of insurance program paid for by the parent/guardian

Middleton School District does not assume any financial responsibility for medical or hospital expenses incurred because of athletic injuries. All injury related expenses shall be the responsibility of the student's parent/legal guardians.

\*\*\* Recognizing that, as a result of enrollment or participation in a school program or activity, emergency medical care may be necessary and that school personnel may be unable to contact parents/guardians for their consent for emergency medical care, parents/guardians must do hereby consent in advance to such emergency medical care, including tests, x-rays, surgery and hospital care for their child as may be deemed necessary and agree to be responsible for and pay all costs incurred.

### **ATHLETIC TRAINER**

Middleton High School contracts with St. Luke's Sports Medicine to provide a full-time athletic trainer. Middleton High School is fortunate to have an athletic trainer on staff. The athletic training room is located on the east side of the gym by the weight room. Our athletic trainer is the first step in regards to evaluating injuries and providing treatment. However, the athletic trainer works with all doctors, PT's, chiropractors, etc., to make sure the proper treatment is being provided for injured athletes. The following are the steps we take with all injured athletes:

1. Evaluation of the injury

- a. If further or more extensive care is need the AT will make recommendations regarding visiting a doctor or sports injury specialist
2. Discussion with athlete, parents, and coach about the evaluation
3. Developing a treatment to plan to provide rehabilitation of the injury and to prevent further injury
4. Monitoring the treatment plan and follow up with athlete, parents, and coach about progress
5. If parents disagree with the evaluation and treatment plan provided by the AT. They are free to visit a doctor for another opinion. The doctor's plan/evaluation will then become the plan our AT will follow.
6. If parents believe there is not an injury. They must sign the release of the prevention liability form. Our AT will then not check the student-athlete regarding that injury.

### COMMUNICATION

Communication will consist of the following from coaches/athletic director to team and parents.

1. Team App
2. Emails
3. Face to face meetings
4. Phone calls

### Steps for handling issues or potential issues

1. The player should discuss the problem/concern with the coach in an appropriate manner and try to arrive at a solution to the problem.
2. The parent should call/email the coach and schedule an appointment for the player, parent, and coach to meet at an appropriate time.
3. If the above steps do not remedy the problem, the parent should call the Athletic Director to schedule a meeting with the player, parent, Athletic Director , and coach to arrive at a situation.
4. If the above steps do not remedy the problem: The Principal, Athletic Director, Parents, and Player will meet regarding the situation

Communication from Coach to Students/Parents will include:

1. Participation policies and eligibility requirements
2. Individual and team expectations (in-season and off-season)
- 3.. Practice: location and times
4. Fundraising information
5. Discipline matters: Individual and team related

Communication from Parents/Students to Coach will include:

1. Notification of any schedule conflicts well in advance of practice or events.
2. Specific concern in regards to a coaches philosophy or expectations
3. Treatment of student-athlete
4. Ways to connect with student-athlete

Concerns Parent can address with coaches include:

1. Treatment of student-athlete
2. Ways to help student-athlete
3. Behavior Concerns

Concerns Parents should not discuss with the coach

1. Playing time
2. Team Strategy
3. Play calling
4. Other student participants

**PLAYING TIME**

Playing Time is **not guaranteed** and is based on the Coaches discretion. The following factors help determine playing time:

- Practice performance
- Attendance at practice
- Attitude/body language
- Type of teammate
- Classroom behavior
- Academics
- Game day match-ups
- Game situations
- Game day performance.

\*\*All playing time concerns need to be handled with clear communication from coach to player and player to coach\*\*

### **ATHLETIC DISCIPLINE**

Conduct deemed by the coach or the high school administration to be inappropriate or to reflect negatively upon you, your team, Middleton High School, and your community will be dealt with in an individual manner.

- Punishments for such conduct, include, but are not limited to: extra conditioning, practice suspension, partial game suspension, multiple or total game suspensions, exclusion from the sport or sports, or denial from all MHS extra-curricular activities
- During any suspension period, the student will be required to adhere to training rules and practice sessions. The student will be required to attend home events. A student suspended from athletics may not dress down with the team or travel with the team to away contests during the period of suspension.
- \*\* Alleged Violations: The coach, athletic director, and/or school administration will investigate any alleged violation and upon verification of an offense the athletic director and school administration will proceed in administering consequences.

### **Behavior Issues**

Each behavior incident is different. The high school administrative team will work diligently to make sure the correct discipline is administered. All behavior will be handled according to where the action took place. All in school behavior violations will be handled according to the student handbook. The principal or vice principal will then discuss with the athletic director to

see if athletic discipline is needed. All behavior violations that occur during a practice or game will be handled by the head coach and athletic director. Off campus behavior violations will be handled by the principal or vice principal and the athletic director in conjunction with the head coach.

### **Possession or Use of Illegal Substances**

Students participating in interscholastic activities are prohibited from possessing, using, or distributing tobacco, alcohol, illegal drugs, and/or paraphernalia.

Students involved in tobacco (including vaping) and alcohol (on or off campus) will be dealt with in the following fashion:

1. First offense. Suspended 2 competitive weeks - will carry over to next season
  2. Second offense. Suspended 5 competitive weeks - will carry over to next season
  3. Third offense. Suspended for 10 competitive weeks - will carry over to next season
- \*\*\* If applicable will be carried over to the next school year.

### **Attendance Issues**

Attendance will follow policies as listed in the student handbook:

Absences - If a student misses more than the allotted days they will be dismissed from all athletics

Tardies: 4 to 5 in a class - Coach will be notified and the coach is responsible for discipline  
6 to 8 - Coach and parent will be notified and playing time taken away  
9 or more - The student athlete will be removed from the team

Truancies: 1st time offense will be handled by the Head Coach.....If a 2nd time offense game or games suspension will take place. (3 or more = removal from team)

### **Communication Regarding Discipline**

To help maintain consistent communication between the school and parents the following steps will be followed in the event an individual or team has violated or is alleged to have violated an athletic/school rule:

1. The Head Coach will discipline the student-athlete based on the extent of what took place and inform the parents.
2. If an issue that involves Administration - Administration, the athletic director, or the head coach will inform the team member(s) and parents of the violation or alleged violation and the



investigation at the beginning of the process.

3. The athletic director or head coach will inform the team member(s) and parents at the conclusion of the investigation regarding the results of the investigation and consequences.

4. The athletic director or head coach will notify the parents and student-athletes of the results of the investigation and the consequences.

\*\*The High School Administration reserves the right to lengthen or lessen suspensions based on new information\*\*

## ACADEMIC POLICY

### **ELIGIBILITY AND PARTICIPATION IN INTERSCHOLASTIC ACTIVITIES POLICY 3072**

The Middleton School District will follow all current and subsequent academic eligibility requirements as set by the Idaho High School Activities Association. All students wishing to participate in extracurricular activities must meet these academic eligibility standards.

#### **Procedures**

IDHSAA.org: Rule 8-1 to 8-1-6

1. Must be enrolled full time (4 classes or more) when participating.
2. Must be on target to graduate - A Student not having the necessary number of credits to graduate with their class through the normal school day program, must have a graduation plan that provides for receiving a diploma by the end of the summer following their senior year to be eligible for activity participation.
3. Must have earned passing grades/credits in the required number of courses the previous semester.

3 classes available	Must pass all three
4 classes available	Must pass all four
5 classes available	Must pass at least four
6 classes available	Must pass at least five
7 classes available	Must pass at least five
8 classes available	Must pass at least six
4. Must have satisfactorily completed the preceding semester and the academic eligibility requirements to be eligible for the current semester.
5. Students participating with a cumulative GPA below 2.0 must have an academic improvement plan in place. This plan must include monitoring, additional assistance,

- time provided for assistance, and an appropriate timeline.
6. In cases where a student is enrolled in an approved special education program in which the IEP is the standard of measurement for progress toward graduation, the district shall verify that student is making satisfactory progress and meeting the standards of the IEP.
  7. Dual-enrollment athletes: Will follow IDHSAA rule 8-16

#### Academic Improvement Plan

1. The student-athlete will meet with a coach every two weeks for a grade check
2. The Athletic Director and head coach will communicate on the student-athletes academic progress
3. The Athletic Director and/or head coach will collaborate with the student-athletes counselor on the following: class schedule, after school study opportunities, and alternative class opportunities (on-line, etc.)
4. If cumulative GPA is above a 2.0 the student is no longer on probation
5. If semester GPA is above 2.0, but cumulative is below GPA the student will remain on academic probation.
6. Practice and playing time can be taken from a student-athletes on academic probation if:
  - The student is not keeping current on assignments
  - The student has earned an F in a class or classes
  - The student does not meet with the Head Coach
  - The student has inappropriate school behavior
  - The student has 4 or more tardies in a class
7. The Athletic Director and the student-athletes head coach will work together to determine the best discipline plan for them

#### Graduation Plan

The student's counselor will provide the graduation plan for the student-athlete.

#### Grade Checks - For Students not on Academic Probation

The Athletic Director will conduct a grade check once every two weeks. The grade check will include all students participating in athletics. The Athletic Director will send the grade check to the team's head coach. The head coach or assistant coaches will connect with student-athletes struggling in a class or class. This information will be used to determine if the student will face academic discipline. Each student athlete and their situation is unique and will be evaluated accordingly.

Concerns: F or Multiple F's  
Multiple D's  
F and Multiple D's  
Multiple missing assignments in a class or classes

### **GAME DAY**

The Idaho High School Activities Association, through its member schools, defines sportsmanship as those qualities of behavior that are characterized by generosity, respect, and genuine concern for others. Further, an awareness of the impact of one's influence on others' behavior is an important aspect of sportsmanship.

It is our desire that Middleton High School creates a great game day atmosphere that follows the ideals of sportsmanship.

The following are important guidelines for game day behavior:

1. The Head Coach must set the standard for game day behavior
2. We expect our athletes and coaches to show good sportsmanship and compete in a worthy manner.
3. We expect our fans to cheer loud and show good sportsmanship.
3. IHSAA Rule 4-3 (ejections)
  - A. First Ejection
    - This applies to coaches, athletes, and fans.
    - Removed from the rest of that game and suspended (not allowed) for the next game.
    - Required to take a NFHS sportsmanship class
  - B. Second Ejection
    - Removed from that game and suspended the next two games.
  - C. Third Ejection
    - Will be suspended the rest of the season
4. IHSAA Rule 9-1
  - A. Students, parents, and fans are not allowed on the playing surface during game time or after the game until the opposing team and officials have left the playing area. Administration, or their designees, from each school is responsible for keeping their fans off the playing surface and in their designated seating areas. Rushing the court or field after games or interfering or attempts to interfere with any contest is not allowed.

### **OTHER**

## **ATTENDANCE**

Participation is a privilege, not a right.

Student-athletes are expected to attend school for a minimum of a half day in order to practice or participate in any activity that day.

If there is a reason for an absence or missing of classes this must be cleared by the athletic director prior to that day's activity (doctor/dentist app., funeral, etc.)

## **CLUB PARTICIPATION**

We fully support any student's desire to play club athletics to improve their skill set.

However:

1. Middleton High School does not have any affiliation with 9th-12th grade club teams
2. Club participation does not guarantee you a spot on a Middleton High School team
3. You cannot participate in club ball during the High School season of the same sport

## **TRANSPORTATION (GAMES & PRACTICES)**

- Athletic Transportation to away games will be provided by the high school to and from games, unless other plans have been developed (depending on the game situation) by the principal, assistant principals, head coach, and the athletic director.
- Student-athletes can be checked out after away games by their parents, but must ride home with their parents.
- If an unique situation arises (emergency), please contact the athletic director (and/or principals if AD cannot be reached) and ask for permission for someone else to check out your student-athlete. Please do so before the day of the game or before the event if possible.
- If unable to make the bus/van for an away game because of a pre-existing schedule: doctor / dentist / eye appointment. Please contact the athletic director (and/or principals if the AD cannot be reached) and let us know that you (the parent) will be taking your student-athlete to the game.
- Unless otherwise stated by the head coach, student-athletes are responsible for providing transportation to and from all practices.

## **VARSITY LETTERING CRITERIA/ THREE SPORT-FOUR YEAR AWARD**

A student will receive a varsity letter based upon fulfillment of qualifying criteria that is established and disseminated by the head coach of each sport. The criteria for earning a varsity letter shall include but not be limited to:

1. Qualifying for a position on a varsity squad
2. Acceptable attendance and effort at practice and games
3. Complete the season in good standing
4. Be a positive contributing member of the team
5. Other sport specific criteria

The above criteria will be monitored and evaluated by the coaching staff. Students may earn a varsity letter in the following sports: Football, Volleyball, Boy's Soccer, Girl's Soccer, Boy's Cross Country, Girl's Cross Country, Boy's Basketball, Girl's Basketball, Wrestling, Baseball, Softball, Swimming, Boy's Golf, Girl's Golf, Boy's Track, Girl's Track, Boys' Tennis, Girl's Tennis, Cheerleading and Dance.

### **PARTICIPATION IN TWO SPORTS DURING THE SAME SEASON**

In a situation where an athlete wishes to compete in two sports at the same time, for example Cross Country/Soccer or Volleyball/Cross Country, or Basketball/Cheer, etc, the coaches of both sports must agree (in advance of the season beginning) on their arrangement of sharing the athlete. The athlete must select one sport to be his/her main sport. He/She may not miss any first sport contests, district, or state tournaments to compete in the second sport. If both coaches involved insist upon the athlete being at all practices and contests, then the athlete will need to choose a single sport for participation.

### **TRYOUTS**

The following sports will require tryouts:

- Boys/Girls Soccer, Volleyball, Boys/Girls Basketball, Baseball, Softball, Golf, Cheer, Dance
- Coaches will communicate that it is a try-out sport and let interested students know (if possible) how many spots might be open
- Coaches will evaluate players through-out the year
- Official tryouts will take place the first 2 days of official practices
- Majority of tryout spots are for incoming freshmen and new students.

### **Appeal Process - Suspension from Team or Multiple Games**

Decisions regarding disciplinary action taken against any student athlete by a coach or the

Athletic Director may be appealed by a parent/guardian using the following procedure:

A request for a hearing with the Appeals Panel (Principal, AD, and Head Coach) to appeal a suspension from athletics as a result of misconduct must be made in writing to the Principal within seven (7) calendar days of receipt of the suspension announcement. Within seven (7) calendar days of receipt of the hearing request, the Principal will set the hearing date for the appeal.

Should the student-athlete decide to submit an appeal, a panel composed of the Principal, Athletic Director, and Head Coach will convene upon the Principal's receipt of a written request for a hearing/review. The request should clearly state the reasons why the hearing is being requested. The decision of the review panel after closed discussion shall be final.

In addition to the Appeals Panel, the following individuals shall be present at the hearing: the student athlete, his/her parent(s)/guardian(s), legal representative (if the appellant so desires), and the Athletic Director. No other individuals will be present at the hearing, and all matters discussed at the hearing will remain confidential.

During the hearing, the student athlete and his/her parent(s)/guardian(s) will have an opportunity to speak and to present any evidence on his/her behalf. The Athletic Director will present pertinent verbal and written statements gathered as a result of the investigation leading to the suspension.

Upon conclusion of the hearing, the Appeals Panel will go into closed session to deliberate regarding whether to sustain or reverse the suspension. All votes of the Panel will be taken as confidential, written votes, and will not be disclosed to the appealing parties. The Appeals Panel will render their decision in writing to the appealing parties, but the Panel may also verbally relay the results to the appealing parties after the conclusion of the closed session.

If the parents/guardians feel that the appeal process has not been followed, a request for a review of the process may be made to the District Superintendent. However, the Superintendent will not review the facts or merits of the decision. Such a review must be requested in writing within seven (7) calendar days of the date on which the Panel decision was rendered, and must identify the specific actions or failures to act that are the basis for the appeal.

The Superintendent or his/her designee will review the process and render a decision in writing with seven (7) calendar days. The decision of the Superintendent or his/her designee is final.