



CARVER EDISTO MIDDLE SCHOOL

ATHLETICS HANDBOOK

INTRODUCTION

The primary purpose of this handbook is to acquaint you with the rules and policies of the Carver-Edisto Athletics Program. **You are responsible to read, know, and understand the complete contents of this handbook.** In the event that there is something in this handbook you do not understand, please bring it to our attention as soon as possible.

WHAT YOU CAN EXPECT FROM YOUR COACHES

- To be loyal to you in all areas.
- To be totally honest.
- To provide the leadership and training necessary to achieve your goals.
- To work you harder than you have ever worked before.
- To assist you in any way possible now and after you graduate.
- To make decisions based on team first & individual second.
- To help you mature and grow as a young man/woman.
- To help you reach your goals athletically and academically.

ATHLETICS PHILOSOPHY

1. The process of athletics is very important, not just the end result of winning or losing. We will do everything possible to win, but the character traits derived from athletics in a good program in which a man or woman can carry on throughout his or her adult life are the most important aspects of the program. We truly feel that athletics and the competition in athletics is the greatest learning tool we can give a young person. It teaches you to never give up and never give in. You experience failure and learn to accept that failure and learn from it. It teaches you to face adversity and learn to overcome it. It teaches you to work together with many different groups of people to achieve a common goal.
2. Attitude and work ethic (effort) are the most important intangibles in this program.
 - a. 8% of success is because of innate ability - 92% by proper attitude.
 - b. 5% of success is determined by knowledge - 95% by effort.
 - c. A Harvard study showed 85% of success is related to one's attitude. Athletes must learn to control attitude, not to be controlled by attitude.

3. There are two phases of a player's life:
 - a. Athletics – Only 1 in 2,000 high school players make it to professional ranks and play for money. Character traits, not skills, will benefit you in the long run.
 - b. Academics - Students who excel in high school and college are more likely to become successful than those that don't.

4. Our athletics program will be built around the following objectives:
 - a. Train the athlete for leadership.
 - b. Encourage the athlete to achieve academic success at all levels.
 - c. Make the athlete concerned and aware of the importance of their self-discipline and commitment in all areas of life.
 - d. Develop, refine, and teach ethical values.
 - e. Teach the practice of excellence in competition and in the classroom.
 - f. Encourage our athletes to be concerned about their attitude in all aspects of life.
 - g. Make sure that our athletes have the fundamental skills and knowledge they need for their sport before they get to the high school.

BE DISCIPLINED

Discipline – to do what is right or necessary even when you don't want to.

Anyone can use drugs, drink alcohol, and use profanity. It takes a disciplined person not to. We expect you to be disciplined. None of this is allowed. **You can be dismissed for an evident lack of discipline. We cannot win with undisciplined players and will not tolerate them.**

CONCERN FOR OTHERS

Being late, absent, or stealing shows a definite lack of concern or respect for your teammates or other people. If you are going to be late or absent, call and let us know. If we are not informed, no matter the reason, this will be considered unexcused. All work must be made up when you are absent. Consistent problems will cause dismissal. Stealing is a total lack of respect for other people - you are subject to immediate dismissal if it's proven that you have so little regard for other people.

CONDUCT/CHARACTER

This program is being built on class! Don't do anything that is not first class in the hallways or community. We will be noted for our tough, clean, competitive play. We don't shoot our mouths off on or off the field/court. Talk is cheap. Conduct yourselves as gentlemen or young ladies at all times. You are a COUGAR Athlete 24 hours a day, 365 days a year, for the rest of your life. You are the only Carver-Edisto player some teachers or fans will see. Remember this - you are a living example of this program. Always remember who you are, where you are from, and whom you represent.

INJURY OR ILLNESS

If you have an injury please inform a coach. **If you must see a doctor, try to make the appointment some time other than during practice time. You will dress out and be with your group unless physically unable, but you are still required to be at practice and games when injured.** You can still learn even if you can't participate. If you are sick, remember to call in. If you are too sick to make practice, your coach must know beforehand.

PHYSICAL FORMS

1. In order to participate or be a member of any athletics team at CEMS, you must have an up-to-date physical on file at the middle school.
2. Physicals for the upcoming school year need to be completed after April 1st. Any physical completed before that day is not valid for the upcoming school year.
3. Physicals can be turned in to your head coach or to your head coach or to the Athletic Director (Coach Sutton).

CARE OF EQUIPMENT AND FACILITIES

Hang your equipment in your locker as appropriate. You will not be allowed to take your equipment home, so make sure you have clothes to change in to. Do not wear cleats in our dressing rooms or in the building. Toilets are to be flushed and showers and faucets are to be turned off after use. Put all trash in the trashcans. Take pride in what we have and keep it clean. **Remember - Don't leave anything out!**

QUITTING AND DISMISSAL

If at any time an athlete quits or is dismissed, they give up all rights. No player should be allowed to quit or be kicked off until the head coach has talked to their parents. Quitting is not going to be an option in this program. If you quit one sport, you can't go out for another sport until the original sport is over. **No one but the head coach, athletic director, or principal can dismiss a player!**

FUNDRAISING

Each sports team will conduct at least 1 to 2 fundraisers during their in/off season. These fundraisers are used to pay for player gear and to help support the program in upgrading and maintaining equipment. **These fundraisers are mandatory for each player to participate in if they are a part of the CEMS Athletics program.** Remember, being a part of a team means being a part of something bigger than yourself and helping to keep your athletics program running smoothly is a part of the responsibility of being a COUGAR.

TRANSPORTATION

All players are required to ride the team bus to and from each game where a bus is required. **No exceptions.**

PLAYING TIME

Every player wants to start for their team. Unfortunately, not all of you will. The coaches will determine who will start, and we feel it is important for you to understand how we will decide on Depth Charts as practices progress.

1. Knowledge of Assignment
 - a. We cannot play people who do not know their assignments. Your coach will spend extra time with you if you so desire. EVERYONE can and should know their assignments.
2. Hustle and Effort
 - a. EVERYONE will be expected to give 100% at all times. Your teammates will be giving 100%, and they will expect you to do so. Extra effort wins games. That is a fact.
3. Hitting and Mental Toughness (Football Only)
 - a. We will discover during practice who has a strong desire to take it to our opponents. Football is a contact sport and it must be played with mental toughness as well. EVERYONE can hit.
4. Contribution to the Overall Team
 - a. The individual who motivates their teammates to do better, is always enthusiastic and ready, will make a greater contribution than one who does not possess this quality. EVERYONE can be a team player. This is the most important asset of a successful team.
5. Talent
 - a. If the above four characteristics are equal, and they should be, then the athlete who has the most talent, and makes the biggest plays, will start. However, talent will not enter into our evaluation until we look closely at the first four qualities.

Our main concern is to be as fair as possible with you and to be truly honest with you. If you do not feel that you are being treated fairly, see your coach. We are here for the same reasons you are:

1. See that you get an education and work towards a diploma.
2. See that you mature and grow as a person.
3. See that you have the best team possible.
4. See that you have the time of your life.

Unfortunately, **we cannot guarantee that everyone will play equally or even play at all on game days.** That does not mean that coaches will not discuss how your child can improve so that they have a better chance to start. Our athletics program is an extension of the high school program. This is not Recreation league where everyone plays on game day. We as coaches can guarantee that each athlete will learn the skills they need to be successful in life and in the athletic programs at the high school level if they are willing to work. We will be happy to discuss any of the above areas that you need to improve to become a better player that will hopefully lead you to a starting position. There is a lot to be learned from hard work and perseverance. Just showing up every day doesn't equal playing time. Playing time is earned, not given.

Remember, our starters will be determined by their performance at practice and during games. Film doesn't lie. We have great respect for you and believe that you will know your assignments, give 100%, run, hit (FB only), and be a team player.

STAYING MOTIVATED IN SCHOOL

TAKE FULL RESPONSIBILITY for getting the best education possible. It will come your way, once you understand that you have to make it come your way, by your own efforts. Keep in mind that education is the surest way to ensure the kind of lifestyle you want. The more you put in, the more you'll get back - better pay, more interesting work, greater independence, more prestige, broader career options, and college.

People with goals succeed because they know where they are going. Set high goals for tests, examinations, projects, and research papers. Then, concentrate on learning, not grades. Success is a behavior pattern. Get into the habit of going the extra mile. Some people think that success is a matter of luck. Don't believe it. Luck is too unpredictable. It doesn't stand the test of time. **Luck is what happens when opportunity meets preparedness.** And, of course, the most predictable way to be prepared is to be well-educated. Educated people tend to be "lucky" people in the long term.

We have a Superintendent, School Board, and Administration dedicated to making this the best possible place for education. Take advantage of that. We have some truly outstanding teachers, use them and learn from them every chance you can.

ACADEMICS AND SCHOOL ROUTINE

All athletes are expected to be in regular attendance at school. We as a coaching staff will be very concerned with the number of absences our athletes accumulate. It is very important for our student athletes to be in school and at practice. If this becomes an issue, then you may have consequences, the most extreme being dismissal from the team.

Your conduct in class should be **ABOVE THAT OF OTHER STUDENTS.** If you need extra help in a subject, ask your teacher if you can come early before school, during the lunch period, or any time the teacher will allow. Most teachers will be more than happy to help you if you show proper respect and display an interested attitude of desiring to learn. These things will have a direct bearing on the kind of support we will receive from the faculty and administration. **WE NEED THEIR SUPPORT.**

NO PASS, NO PLAY

This has been a part of athletics for a long time and is a SCHSL rule. There should be no excuses for not knowing the consequences of failing. A student athlete that fails and is out of competition hurts the team. If the team cannot count on an individual to be disciplined and dedicated to passing, how can the team count on that individual to be disciplined and dedicated to building and maintaining a winning tradition?

All athletes must maintain a passing grade in all of their classes to play. If at anytime during the season a player's grades fall below passing they will not be allowed to participate in games. They are still required to attend all practices and games.

HAZING

"Hazing" means any intentional, knowing, or reckless act directed against a student, by one person alone, or acting with others that endangers the mental or physical health or the safety of a student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. The term includes but is not limited to:

1. Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body, or similar activity.
2. Any type of physical activity, such as sleep deprivation, exposure to the elements, and confinement in a small space, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or the safety of the student.
3. Any activity involving consumption of a food, liquid alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or the safety of the student.
4. Any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code.

No student or school employee shall engage in any form of hazing, nor encourage or assist any other person in hazing. Acts of hazing and failure to report known hazing can result in criminal penalties, as well as school discipline.

ATHLETICS DISCIPLINE POLICY

1. ABSENCES

- NOT CALLING IN OR SPEAKING TO A COACH BEFORE PRACTICE IS AN AUTOMATIC UNEXCUSED ABSENCE. (The reason for the absence then becomes irrelevant.)
 - a. Players must be present at school for at least half of the day to be counted present and participate in practice or games.
 - b. An EXCUSED ABSENCE will require the athlete to make up the conditioning from the missed practice.
 - c. An UNEXCUSED ABSENCE will require the athlete to complete the conditioning from the previous practice as well as additional conditioning as decided on by the coach.
 - d. After 2 UNEXCUSED ABSENCES, a parent conference is required to discuss the issue.
 - e. Accumulating 3 UNEXCUSED ABSENCES will result in immediate dismissal from the team.

2. TARDY/LATE

- a. If an athlete arrives late to practice or workouts without an approved excuse, the athlete will complete extra conditioning after practice.
- b. If it is an excused tardy- (approved by coach, such as tutoring) no consequence will be applied.

3. PROFANITY

- a. **Profanity will not be tolerated.** Any athlete caught using inappropriate language will complete extra conditioning after practice.

4. INSUBORDINATION/DISOBEDIENCE

- a. 1st Offense – Conditioning left at the Head Coaches discretion
- b. 2nd Offense- Parent Meeting and Conditioning (This will be left at the Head Coaches discretion.)
- c. 3rd Offense- Removed from the Athletic Program for an indefinite period of time. (Time Frame left up to the Head Coach)

5. THEFT

- a. Immediate removal from the team and school disciplinary action

6. IMPROPERLY SUITED OUT & MODEL LOCKER (May also result in a loss of playing time)

- a. 1ST OFFENSE – Conditioning left at the Head Coaches discretion
- b. 2nd OFFENSE – Conditioning left at the Head Coaches discretion (X2)
- c. 3rd OFFENSE - Conditioning left at the Head Coaches discretion (X3)
(Every time after the 3rd Offense same as 3rd Offense)

7. DRUGS / ALCOHOL (CEMS will follow the OCSDSC Drug Policy)

8. QUITTING POLICY

- a. The Coaches at CEMS discourage quitting. If you quit a sport you have a 24-hour window where you can return and make up any missed workouts.
- b. If you decide to quit and it is after the 3rd day of practice for that sport, you will forfeit any awards and will not be allowed to participate in another sport until the sport you quit has completed its season.
- c. If you quit a sport you will also be required to meet with the Athletic Directors before you will be allowed to participate in another sport. This policy will be universal in the CEMS Athletic Program.

9. EJECTION FROM A CONTEST

- a. Follow the OCSD Handbook policy and the SCHSL Regulations

10. CLASS FAILURES – (Any Grade below a 60 in a Class)

- a. Will be required to carry an Athletic Game Plan book to class and get it signed on a daily basis, meet with the coaches 1 time a week, and do extra conditioning each day until the grade has improved to passing.

11. PARENT MEETINGS (24 HOUR RULE)

- a. If a parent has an issue with something that is happening on a team, they will need to set up a meeting with the coach or coaches to discuss the issue. Please do not approach any coach after a game as they will tell you to set up a meeting. Coaches will not discuss the issue after a game or after practice.

CONSEQUENCES FOR OTHER ACTIONS

- **ISS (non-game day)** - ½ game suspension
- **ISS (game day)** - full game suspension
- **Suspension from school (any day)** – depending on the severity/level of the offense, this could range from a 1 game suspension to dismissal from the team
- **Dismissed from practice** – ½ game suspension
- **Unexcused Absence** – 1 quarter suspension for each absence

Please note: You are still required to be at the game if you are suspended. If you choose to not attend, then your suspension will apply to the next contest.

***ALL MAKE-UP RUNNING WILL BE DONE RIGHT AFTER THE AFTERNOON WORKOUT OR PRACTICE!!**

EQUIPMENT FEES

All student athletes who participate in a sport at Carver-Edisto **may have fees associated with playing for the team.** For example, basketball usually orders team shoes, warm-ups, and socks. Football usually orders girdles, cleats, and short/shirt. **These fees are offset by completing the fundraiser(s)** that are offered by the team/athletic department. If you complete the fundraiser, your gear is covered. If you choose not to complete the fundraiser, **these fees will need to be paid out of pocket before you will be allowed to participate.** There are usually deadlines for ordering these items. Your individual coaches will inform you in advance of any required items for the team.

I have **Read, Understand, and Agree** to the Athletics Handbook and I agree to follow all rules and guidelines set forth by the Athletics program at Carver-Edsito Middle School.

Name: _____

Athlete's Signature: _____

Date: _____

Name: _____

Parent's Signature: _____

Date: _____