

# **TMS ATHLETICS FAMILY HANDBOOK**



**Talent Middle School  
2024-25**

Dear TMS Athletes and Families,

Thank you for involving your TMS student in our school's extra-curricular athletic programs. Our goal is to provide equitable athletic opportunities for all our students so they can engage more fully in their school. We are excited to help them build skills on the field, court, and track, but we also strive to help them develop as students and adolescents. We welcome your comments about our programs and urge you to share them with us.

Sincerely,

Talent Middle School Athletic Department

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## **INSIDE YOU'LL FIND INFORMATION ON...**

MISSION AND CORE VALUES

ATHLETIC DEPARTMENT GOALS

EXPECTATIONS FOR DEPARTMENT, COACHES, ATHLETES, AND FAMILIES

COMMUNICATION BETWEEN FAMILIES, COACHES, AND DEPARTMENT

PARTICIPATION REQUIREMENTS

TEAM SELECTION

TRANSPORTATION

DRUG AND ALCOHOL POLICY

## MISSION, VISION AND CORE VALUES

### Mission:

TMS Athletics is dedicated to providing equitable athletic opportunities to ALL students in order to support their physical, social, emotional, and cognitive development and wellbeing.

### Vision:

Middle school sports are crucial in providing all students the opportunity to participate in their prospective sports. The main goals at this level are to create a sense of excitement and enjoyment about the sport, attract a large number of participants, develop student-athletes into the feeder program, and encourage everyone to participate in the competitive competition. Student-athletes are going through many different physical and mental changes at this stage and it is virtually impossible to identify who will be “future stars” at the next level. The student-athlete who is not fully developed and gets little to no playing time could end up with a negative feeling about the sport and not participate at the next level because of it. It is crucial that every student-athlete is provided an opportunity to participate in the competition. The middle school athletic experience will serve as an exciting feeder program for all student-athletes involved.

### Core Values:

**Be a BULLDOG and show...**

**Bravery**

**Unselfishness**

**Loyalty**

**Leadership**

**Dedication**

**Optimism**

**Gratitude**

## **TMS ATHLETIC DEPARTMENT GOALS**

### **Goal #1: Positive Attitude**

The TMS Athletic Department will work to encourage positive attitude across all athletes, coaches, and families. Players and coaches will be charged with exemplifying outstanding sportsmanship at all times, role modeling for fans and parents to follow. Participants in TMS athletics will understand that they are representing Talent Middle School and Phoenix-Talent Schools as a whole and engage in good sportsmanship at all times.

### **Goal #2: Work Ethic**

The TMS Athletic Department will promote work ethic among its athletes. Athletes will understand that their work ethic, effort, and attitude are important qualities that can always be displayed regardless of skill or athleticism. Coaches will help promote these.

### **Goal #3: Skill Development**

The TMS Athletic Department will place great emphasis on the overall physical development of its student-athletes. While much of the physical development will be of a sport-specific nature, coaches are encouraged to implement SAQ (speed-agility-quickness), weight/strength training, overall conditioning and plyo-metric development into their physical fitness regimens with the goal in mind of increasing long-term physical development for their student-athletes.

### **Goal #4: Representing Self and School**

Coaches and athletes at TMS will work to represent themselves and their school positively throughout their sports season. Through informal and formal variables such as organization, communication, healthy relationships, problem-solving, sportsmanship, punctuality/attendance, professional development, and community interaction, all TMS athletic participants will strive to be positive role models for their school.

### **Goal # 5: School Engagement**

Coaches at TMS will promote school engagement with their athletes. Coaches will encourage athletes to attend school regularly, put their academics first, and promote positive behavior at all times in school. Athletes will understand that participation in TMS athletics is a privilege and that they need to engage positively with their school before participating as an athlete.

## **TALENT MIDDLE SCHOOL EXPECTATIONS**

### **ATHLETIC DEPARTMENT**

1. Provide quality coaches who understand our athletic philosophy and value all of the individuals on their teams.
2. Work cooperatively with other schools to provide appropriate competition for our athletes.
3. Enforce the rules and regulations of the Southern Oregon Middle School Athletic Conference.
4. Provide athletic programs with appropriate equipment; ensure the safety of all individuals; coordinate transportation and home events.

### **ATHLETE**

1. Takes responsibility for clearance and eligibility.
2. Treats coaches, officials, teammates and opponents with respect.
3. Puts forth his/her best effort in practices and contests.
4. Attends all practices and contests unless clear and timely permission has been granted by the coach to be absent.
5. Remember that it is a privilege to represent Talent Middle School in athletics.
6. Attends and positively participates in all scheduled practices.
7. Communicates effectively with the coach and teammates.
8. Refrains from conversations that foster dissension.

### **COACH**

1. Treats other coaches, players, officials, and parents with respect.
2. Follows SOMSAC and TMS policies and philosophies.
3. Prepares his/her team to the best of his/her ability.
4. They are fair and impartial when dealing with athletes in his/her program.
5. He/she is a good role model for his/her athletes, particularly in regard to self-control, and makes sure that winning is considered in an educational setting.
6. Makes himself/herself available for a conference to answer questions or discuss issues.
7. Communicate with athletic department regarding practice schedule, program policies, adds and drops to teams, and issues that come up during the season.

### **FAMILY**

1. Goes to the head coach for any purchases for the son/daughter's team.
2. Treats other families, athletes, coaches, and officials with respect.
3. Respect the decisions and judgments of the coaches and officials.
4. Sets an appointment to talk with the coach about questions or issues. Do not approach the coach immediately before, during, or after a practice or a contest.
5. Support encourages and does whatever they can to allow the athlete to attend practices fully prepared.
6. Do not put pressure on their child to win or be a standout athlete.
7. Remains positive in their comments about their athlete, other athletes, their coach, the program, and officials.
8. Leaves coaching of the team to the coaching staff.

## COMMUNICATION

### **Communication parents should expect from athlete's coach**

- Expectations regarding such things as attendance at practice, attitude, effort, academics, any special equipment needed.
- Location and times of practices and contests.
- Team activities, i.e., meetings, etc.
- Process for determining starting lineup, playing time, and cuts, if applicable.
- Responsibility for gear issued.
- Rules and regulations and consequences for breaking the rules.

### **Communication coach expects from parents.**

- Concerns were expressed directly to the coach FIRST.
- Notify us of any schedule conflicts well in advance (i.e., vacations and trips).
- Specific concern in regard to a coach's philosophy and/or expectations.

### **Appropriate concerns to discuss with coaches**

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

### **Issues not appropriate to discuss with coaches**

- Playing time (player and coach discuss).
- Team strategy
- Play calling.
- Matters pertaining to other athletes.

### **Procedures to be followed regarding concerns parents or athletes have with the coach.**

- Call the coach or speak to them about setting up an appointment.
- If the coach cannot be reached, call the Athletic Office to schedule an appointment.
- Please DO NOT attempt to confront a coach before or after a practice or game.

### **THE NEXT STEP: What can a parent do if the meeting with the coach did not provide a satisfactory resolution?**

- Call and set up an appointment with the Athletic Director to discuss the situation.

## **PARTICIPATION REQUIREMENTS**

### **Athletic Clearance (Clearance to Practice):**

The requirements are as follows:

- 1) Online registration on ArbiterSports
- 2) Current Sports Physical (Every 2 Years)

Note: No student-athlete will participate without all forms completed and turned into the office for verification with the school's athletic director.

Please contact the athletic director or athletic secretary with any questions related to ArbiterSports.

### **Attendance Policy**

If an athlete has an unexcused absence at any time during their school day, they are unable to participate in any athletic activity, including practices and games. For any appointments, illnesses, or family events that occur during the day, families will need to call the attendance office to excuse their athlete's absence.

### **Behavioral Policy**

Talent Middle School athletes are expected to represent their school positively during school as well as during their sport. TMS school administrators and the athletic director reserve the right to hold student-athletes accountable for their behavior by holding them out of practices, games, or the season altogether. Behaviors that may result in these consequences include but are not limited to alcohol/drug use, skipping, fighting, hate speech, theft, vandalism, and verbal/physical harassment.

### **Ejections**

Talent Middle School is working to become an ejection-free school for all involved in our sports programs. Should a student-athlete be ejected from a contest, they will sit out a minimum of one event. Additional time may be added to the suspension if warranted.

## TEAM SELECTION

### Philosophy

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in athletics while at Talent Middle School, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, and other factors will place limitations on the most effective squad size for any sport. However, when developing policy with respect to team selection, our coaches will strive to maximize the opportunities for our students without diluting the quality of the program.

### Cutting Policies

#### 1) Responsibility

- Choosing the members of each athletic team is the sole responsibility of the coaches.
- Non-varsity coaches shall take into consideration the policies established by the head coach in that particular program when selecting final team rosters.
- Prior to team selection, the coach shall provide the following information to all candidates for the team:
  - Extent of tryout period
  - Criteria used to select the team
  - Number to be selected
  - Practice commitment if they make the team
  - Game commitments

#### 2) Procedure

When a team selection becomes a necessity, the process will include **five (5)** elements.

- 1) Each candidate shall have competed in a minimum of **three (3)** practice sessions
- 2) Cut lists are not to be posted.
- 3) Coaches will discuss alternative possibilities for participation in the sport, or other areas of the activities program.
- 4) If a coach anticipates a cut will be made, he/she must discuss the situation with the Athletic Director in advance of any announcement being made to students or parents.
- 5) Coaches must provide documentation as to why the player did not make the team. The documentation needs to contain some objective measure/s used in the process.



## **TRANSPORTATION**

### **First Student Bussing and Conduct**

Talent Middle School uses First Student bussing for the majority of transportation. It is the athletic office's responsibility to coordinate bus transportation for athletic teams during seasons. At certain times, First Student may ask athletic programs to share buses for away events. In these instances, coaches are to sit between teams to serve as a barrier. Athletes from different teams are not permitted to sit next to one another on the bus. Co-ed teams (track, football, wrestling) should not allow male and female athletes to sit next to each other on the bus.

At all times, coaches and athletes should be safe, respectful, and responsible on the busses. Athletes should be mindful of their noise level, food and drink waste, and language on the bus.

### **Van Transportation**

Depending on First Student availability, some teams may be asked to transport students using district vans.

### **Transportation following Away Events**

Athletes are able to be transported home by their parent/guardian but must sign out with a coach before leaving the event. Athletes are NOT allowed to be transported home by other relatives, friends, or other student's families unless they have received approval from the athletic office beforehand.

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## **DRUG AND ALCOHOL POLICY**

Students involved in extracurricular athletics and activities shall not knowingly be present at any site where illegal activities, such as the sale, use, and consumption of illegal substances and/or alcohol by minors, are occurring. A student-athlete must leave immediately and cannot linger. If normal investigative procedures are conducted by the school administration to determine non-compliance, the policies as outlined in the student handbook will be followed.

### **First Offense: Level One**

- The student will be suspended immediately from competition/performance for two (2) weeks from the date school officials verify the incident. This must include missing at least one contest/performance.
- The student will be able to practice during the suspension

## **Second Offense: Level Two**

- If a second violation occurs at any time during the student's middle school career, the student will be immediately suspended from competition/performance for four (4) weeks from the date school officials verify the second incident.
- Students shall be excluded from participating in the next performance/competition regardless of whether the performance/competition occurs within the stipulated four (4) week time period.
- The student will be able to practice during the suspension

## **Third Offense: Level Three**

- If a third violation occurs at any time during the student's middle school career, the student will be immediately suspended from competition/performance for nine (9) weeks from the date school officials verify the third incident.
- Students shall be excluded from participating in the next performance/competition regardless of whether the performance/competition occurs within the stipulated nine (9) week time period.
- The student will be able to practice during the suspension

## **Fourth Offense: Level Four**

- If a fourth violation occurs at any time during the student's middle school career, the student will be removed immediately from that activity/season of competition and be ineligible to participate in any extracurricular activities/seasons of competition for one (1) calendar year.
- The student will not be able to practice during the suspension.

## **Fifth Offense: Level Five**

- If a fifth violation occurs at any time during the student's middle school career, the student will be removed immediately from that activity/season of competition and ineligible to participate in any extracurricular activities/seasons of competition for the remainder of his/her career at Talent Middle School.