FLUSHING MIDDLE SCHOOL

PARENT/ATHLETE HANDBOOK

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I. Introduction

This booklet is designed for students and parents to help define the role of athletics at Flushing Middle School. This reference should assist anyone seeking information about the function and governance of athletics in this school. Further, it should serve as an additional instrument for coaching personnel to communicate with parents and students.

II. Middle School Philosophy

The middle school athletic program will provide an opportunity for students to acquire knowledge and physical skills in the areas of their interest. Emphasis will be placed on the enjoyment of the sport, and the development of self-esteem, character, and physical skills. All participants will be members of a team and will have an opportunity to apply those skills in competition commensurate with their skills.

III. To The Parents

This handbook is provided for you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. Your interest in this school program is important. We believe that participation in sports provides a wealth of opportunities and experiences which will assist your son/daughter in personal adjustments and development. It is our hope that our middle school athletic program will be strong in purpose and will further each student's educational experience.

A student who is participating in athletics is making a choice to participate fully and cooperate with the coaches. Failure to comply with the coaches' rules of training may lead to expulsion or suspension from the team. Each coach has the responsibility to recognize the rights of the individuals within the objectives and rules of the team. Participation in interscholastic athletics requires discipline, both mentally and physically.

When your son/daughter agreed to participate in Flushing Middle School athletics, he/she can be assured of the following: 1) adequate equipment and facilities will be provided; 2) well-trained coaches will be coaching his/her team; 3) contests with skilled officials will be provided; 4) adequately supervised transportation to and from competitions will be provided.

Similarly, we feel that you and your child have assumed certain responsibilities and obligations as a result of participation in interscholastic athletics. We would like to take this opportunity to acquaint you with problems that could be detrimental to a well-organized program of athletics.

Parent/Coach Relationship:

Both parenting and coaching can be extremely challenging. By establishing an understanding of each position, we are better able to accept the actions of each other and provide the greater benefit to our children who become involved in our programs. You have a right to understand what the expectations are that your child will be faced with. This begins with open communication between coaches, parents, and student athletes.

Communication from the coach:

You can expect the following from your child's coach:

1) Philosophy of the coach
2) Expectations of your child as well as other players on the team
3) Location and times of all practices and contests
4) Team requirements, such as fees, special equipment, conditioning, etc.
5) Procedures which will be followed should your child be injured during practice or a contest
6) Discipline or consequences for failure to comply with team rules

Communication from parents:

The coach can expect the following from parents:

1) Concerns that are expressed directly to the coach
2) Notification of any schedule conflicts well in advance
3) Specific concerns in regard to the coach's philosophy and/or expectations.

It is our hope and desire that your child's participation in Flushing Middle School athletics will be a rewarding and valuable experience. However, it is important to understand that there are times when things do not go as expected for you or your child. When this occurs, discussion with the coaches in a respectful, courteous manner is encouraged. Coaches are advised that they do not need to tolerate any disrespectful or discourteous behavior from athletes or their parents.

Appropriate concerns to discuss with coaches:

1) Ways to help the child improve
2) Concerns about your child's behavior
3) Treatment of your child, both mentally and physically

Coaches are professionals. They may make judgment decisions based on what they believe to be the best for the team and for the individual athletes

involved. As you can see from the list above, there are certain issues which are appropriate to discuss with your child's coach. However, other things must be left to the discretion of the coaches.

Issues which are NOT appropriate to discuss with coaches:

1) Playing time
2) Team strategy
3) Calling plays
4) Other student athletes

There are situations that may require a conference between the coach and the parents. These are encouraged. It is important that all parties involved have a clear understanding of each other's position. When the need for a conference is apparent, the following procedure should be followed to help promote a resolution to the issues of concern:

1) Call to set up an appointment
2) The phone number at Flushing Middle School is (810) 591-2800
3) Please ***DO NOT*** attempt to confront a coach before or after a contest or practice. These can be emotional times for the parent, coaches, and athlete. Meetings of this nature are rarely productive and are often destructive in nature.

What the parent can do if the meeting with the coach did not provide a satisfactory resolution:

1) Call and set up an appointment with the Assistant Principal to discuss the situation. The telephone number at the Middle School is (810) 591-2800.

Issues with Officials

Officials are present at the game for the purpose of ensuring that the rules of the game are followed and to provide equity to both teams. Officials **DO NOT** lose a game. Your actions are being observed by everyone present at the athletic contest. Please conduct yourself in a manner that is respectful and representative of high moral standards. You are an example for your child and others on the team or in the stands. Disrespectful or discourteous behavior, including comments, are not acceptable and may result in your being asked to leave the contest.

IV. To The Student Athlete

Being a member of an athletic team is a very fulfilling experience. We are pleased you have made the decision to participate in interscholastic athletics at

It is the result of hard work by many people over a long period of time. Please respect the tradition that has been established at Flushing Middle School.

A good athletic tradition is worth your best effort. It will not be easy to represent Flushing Middle School in interscholastic athletics and to uphold our great athletic tradition. However, the contributions you make and the effort you put forth should be very exciting and satisfying to you, your team, your coaches, and your family.

DO:

1) Develop your athletic skills to the best of your ability
2) Give 100% effort at all times
3) Learn as much as you can about your sport
4) Strive for excellence in your sport by maintaining proper training and condition habits
5) Establish good nutritional habits
6) Conduct yourself in an appropriate manner in the classroom, on the field of play, and in the community
7) Adopt good study habits so that you maintain an acceptable scholastic standard
8) Respect and protect school equipment
9) Accept sports participation as an opportunity to foster a better understanding of other people and their values
10) Accept sports participation as another opportunity to improve your educational opportunities

DO NOT:

1) Lose sight of values inherent in athletic participation
2) Be lazy in your classroom responsibilities
3) Drop out of sports participation without consulting with your parents and coaches
4) Miss practice sessions without notifying your coaches

V. Responsibilities to Yourself

The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to put forth the greatest amount of effort to make your middle school experience the best it can be. Your studies, your participation in other extracurricular activities, as well as sports, prepare you for your life as a middle school student, high school student, and beyond.

VI. Responsibilities to Your School

Another responsibility you assume as a member of a sport's team at Flushing Middle School is to your school. Flushing cannot maintain its reputation of having outstanding schools unless you do your part and do the best you can possibly do in whatever activities you wish to participate in. By participating in athletics and other extracurricular activities to the best of your ability, you are contributing to the excellent reputation of Flushing Middle School.

You assume a leadership role when you are on an athletic team. Your fellow students and people in the community know who you are. Your school is judged by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute a great deal to school spirit and community pride. Make Flushing, your parents, your friends, and your teachers proud of you by displaying exceptional sportsmanship and integrity.

VII. Responsibilities to Others

As an athlete, you also have a responsibility to your home and parents. If you never give your parents anything to be ashamed of, you will have achieved their ideal. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability every day, and that you have played the game with 100% effort, you will keep our self-respect and your family will be very proud of you.

VIII. Conduct of an Athlete

Your conduct as an athlete is closely observed in many areas of life. It is important that your behavior is extraordinary.

On the Field:

As an athlete at Flushing Middle School, you will not use profanity or illegal tactics. You will learn that losing is part of the game and that one should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory. However, in the event that there is nothing positive to say to your opponent, ~~please~~ leave the field without incident.

Officials in a game are there to ensure that the rules are followed and to provide equity for both teams. Officials **DO NOT** lose the game. Inappropriate behavior, including comments, towards an official is unacceptable.

Any behavior contrary to which has been stated in a direct reflection on Flushing Middle School, your team, your coaches, your friends, and your family, and it will **NOT** be tolerated.

In the Classroom:

As an athlete at Flushing Middle School, you are expected to be a student first. Your grades in your classes are extremely important. If you agree to give 100% effort in practice and on the field, you also agree to give 100% effort to your academic success. As an athlete, you must plan your schedule so that you have sufficient time and energy for your studies.

On the campus:

The way we act and look on the school grounds is of great importance. Athletes should be leaders, and worthy of respect from their fellow students. Athletes should not wear apparel that promotes alcohol, drugs, violence, etc. This sends the wrong message.

Attendance and Eligibility:

1) Students must have passed five (5) of six (6) classes in the previous semester to be eligible to compete in any interscholastic team at Flushing Middle School. Failure to pass five (5) of six (6) classes will result in athletic ineligibility for 60 school days. The only exception to this rule is for incoming 7th graders. All incoming 7th graders are eligible to participate in fall sports regardless of their previous semester grades. This rule will go into effect for 7th graders after their first semester grades from Flushing Middle School are issued.
2) Eligibility reports are sent to all teachers and returned to the office on a weekly basis. To be eligible for the next week's contests, a student athlete must be passing five (5) of six (6) classes.
3) Any student suspended or expelled from school is automatically suspended or expelled from any athletic team. This suspension includes practices and games.
4) Any other school-related discipline issues may be handled by the coach in conjunction with the athletic director.
5) A student must be in attendance at school the **ENTIRE DAY** to be eligible to practice or attend an athletic contest.
6) If an athlete is absent for any part of the school day, the student athlete must provide written verification for the absence. Example of this would be a written verification from a doctor's office for reason of a doctor's appointment. All absences need to be cleared through the Assistant Principal.

Athletes Not Completing a Season

An athlete who elects not to complete the season on a team once the athlete has participated as a team member cannot join another team during the same season.

If an athlete leaves the team due to an injury or illness on a physician's recommendation and later is certified as capable to participate in athletics, such an athlete may rejoin the team, or another team if mutually agreed upon by both coaches involved

IX. Training Rules

Possession or use of tobacco or nicotine products, alcoholic beverages, or illegal drugs is prohibited among Flushing athletes during the athletic school year. The athletic school year starts on the first day of practice in the fall and continues until the last day of competition in the spring. Students violating this policy will face disciplinary action ranging from suspension to expulsion from the team. The coach and/or the Assistant Principal will recognize only coaching staff, supervisory staff, support staff, teaching staff, and police agencies as reliable sources of punishable offense.

Penalties:

First offense: A student found in violation of the training rules (drugs, alcohol, tobacco, nicotine) during the MHSAA athletic school year for the first time shall be restricted from interscholastic athletic competition (non-scrimmages) as established in the following paragraph. This policy will be enforced on the next consecutive date(s) following the alleged violation barring weather cancellations of games or other unforeseen circumstances.

Two/ninths (2/9) of the total season in basketball, baseball, cheerleading, cross country, football, softball, track, volleyball, and wrestling.

Second Offense: A student found to be in violation a second time during the MHSAA calendar year shall be restricted from interscholastic athletic competition as established by the following paragraph. The suspension time is a **minimum** number of contests. It will be left up to each coach to determine the length of the suspension for practice participation of the athlete in question.

Four/ninths (4/9) of the total season in Basketball, baseball, cheerleading, cross country, football, softball, track, volleyball, and wrestling.

THE MHSAA ATHLETIC SCHOOL YEAR BEGINS WITH THE FIRST DAY OF COMPETITION IN THE FALL AND ENDS THE LAST DAY OF COMPETITION IN THE SPRING.

Third Offense: A student found in violation a third time during his/her middle school years will be excluded from all interscholastic participation for one calendar year.

Special Note:

- Violations accumulate during the student/athlete's middle school and high school years.
- An athlete who is serving a suspension must complete his/her season of competition to satisfy the suspension.
- Additional rules and regulations may be established by the coach in each sport. Discipline due to violation of these rules and regulations will be at the discretion of the involved coach. Any violation of ABC or team rules should be reported to the athletic director.

General Regulations:

Losing Equipment

Any athlete losing equipment will not be allowed to participate on another athletic team until the equipment is returned or paid for. Each athlete accepts full responsibility for all Flushing Middle School equipment issued to him/her. Each athlete must return all items at the conclusion of the season. Any lost or stolen equipment must be paid for. Flushing Middle School equipment, including practice uniforms, game jerseys, and warm-up jackets are to be worn only during official team functions. Athletes are not permitted to wear Flushing Middle School clothing during any other time.

Quitting the Team

Any athlete that quits a team or is dropped by a coach for disciplinary reasons after the first scheduled contest will not be permitted to participate in any other sports, including unofficial workouts, until the final game of the sport season is completed.

Suspension from School

Any athlete suspended or expelled from school is automatically suspended from all athletic teams during that time.

Theft

Any student athlete who is caught stealing equipment may be suspended from all athletic participation by the Assistant Principal for a period of up to one year.

Conduct of Athletes

Athletes will demonstrate appropriate behaviors and will represent themselves, their team, their program, and their school in a positive manner. Any behavior, whether in school or out of school, deemed detrimental to the ideals of Flushing Middle School will result in disciplinary action.

This rule will be enforced whether the incident takes place during the season or out of season, including summer vacation. Discipline could range from as little as a one game suspension to as much as suspension from all athletics for one calendar year. The determination of the length of the suspension will be decided by the coach, Assistant Principal and Principal based on the severity of the athlete's behavior. (Revised 2005)

Athletic Equity

The Flushing Community Schools offer a balanced interscholastic program for both girls and boys. To ensure that the maximum number of each sex has the opportunity to participate, the district has chosen to operate separate girls and boys teams. Therefore, boys will not be permitted to try out for girls teams, nor will girls be permitted to try out for boys teams where comparable athletic opportunities are provided by the district.

An athlete shall accept nothing for interscholastic competition other than a trophy with a value not to exceed $25.00. An athlete who participates in any athletic competition not sponsored by his/her own school in the same sport, during the same season, shall follow MHSAA regulations.

Athletes should check with their coach and/or Assistant Principal before participating in any outside athletic competition. A student who has represented his/her school in football or basketball during a current school year may not compete on an "all star" team in either of these sports.

A written copy of all Athletic Board of Control Rules and Regulations, in addition to specific team rules, should be given to each athlete at the start of every sport season by the coach of that squad.

- Athletic Board of Control Rules and Regulations are to be made available for coaches through the Athletic Office.

- Team rules, in addition to Athletic Board of Control Rules and Regulations, are to be filed with the Athletic Office.

X. Steroid Policy

The Flushing Middle School and the Flushing Athletic Department recognize the use of androgenic steroids as a significant health problem for students that can result in a negative effect on behavior, learning development of the individual and team, and school morale. In order to protect the health and safety of students and promote fair competition, the Flushing Athletic Department prohibits the use, possession, or distribution of anabolic androgenic steroids during the entire school year. It is not a violation for students to be in possession or use a drug prescribed for the student's use by his/her physician.

XI. Middle School Athletic Awards

The awards for participating in a middle school team will consist of a middle school certificate. An athlete will be given a middle school certificate for each middle school sport in which they earn an award. To qualify for this award, a student athlete must meet the established qualifications of the coach, and be a team member in good standing in the sport in which the award is granted. The basis for earning an award should be clearly and decisively spelled out, fair to all, and educationally sound.

The following are recommended standards for granting awards:

1. A student participating in at least one-half of all the contests played shall receive an award.
2. Students who are injured during the season and are unable to participate because of the inferred shall be granted an award for fulfilling the proportionate requirements for any sport upon the recommendation of the coach.
3. An award may be granted to a student athlete upon the discretion of the coach, even though he/she fails to meet any of the above criteria.
4. Regularity of attendance at practices.
5. Conduct which will enhance the image of the school, the athletic program, and the individual. Length of time for participation in contest or placement in meets.
6. Attitude.

The following are recommended policies for denying awards:

1. Any student who is expelled from any team for disciplinary reasons or who leave the team, even though he/she has satisfied the

requirements for an award, before the termination of the competition, forfeits all rights and privileges of earning an award.

2. Any student who has not properly accounted for all equipment issued, forfeits all rights and privileges of earning a letter.

XII. Transportation

The Athletic Department policy regarding transportation states that athletes are expected to travel to and from athletic competition in school-provided transportation. We realize that emergencies and extenuating circumstances sometimes require other arrangements. At **NO** time will we allow students to drive themselves or ride with anyone other than parents to and from an athletic event without approval of the Principal or Assistant Principal. Parents must receive a signed waiver from the office to transport their child either to or from an athletic contest.

XIII. Insurance for Athletes

Flushing Community Schools will be offering all parents the opportunity to purchase student accident insurance for student coverage during the school year. The district does not provide coverage except as an option to the parent.

XIV. Two Sports in the Same Season

Students at the Middle School level are eligible to participate in **ONE** sport per season.

Flushing Middle School

8100 W. Carpenter Road, Flushing, MI 48433
810.591.2800 ~ 810.591.0148 fax
~~Jill A. Mitchell~~, Principal
~~Steven A. Groulx~~, Assistant Principal

Dear Parents/Guardians,

The purpose of this letter is to inform you that there will be a pay-to-participate fee should your son/daughter choose to participate in any Flushing Middle School sport. We are hopeful that the fee structure will not prevent any student with interest from participating in a sport.

The pay-to-participate fee structure is set up so that the fee is a one-time payment that is valid for all four seasons. The fee is not on a per sport basis and the fee does not guarantee playing time.

The pay-to-participate fee structure will be as follows:

Flushing Middle School Athletics:
$100 one-time fee for a student in grades 7-8
$50 one-time fee for a student in grades 7-8 who qualifies for Reduced Lunch
$0 for a student who qualifies for Free Lunch

In addition, there will be a family cap of $500/$250 Reduced Rate, which means regardless of how many students you have that attend Flushing Middle School or Flushing High School, the total amount for pay-to-participate fees cannot exceed $500/$250.

The pay-to-participate fee will be due prior to the first athletic contest for each sport.

There are two options for submitting payment:

1. Visit www.flushingschools.org There will be a link on the left side of your screen titled e-Funds for Schools. Please open the link and follow the directions.

2. Checks can be made payable to Flushing Community Schools and dropped off to the FMS office.

After payment is received, each middle school student-athlete will receive a card which will give them free admission into any Flushing Middle School or Flushing High School home athletic event during the school year. Free admission does not apply to any district or regional events that Flushing may host. In the event the card is lost, a new card may be obtained for an additional $30 replacement fee.

Sincerely,

Shawn Andrews
Athletic Director