2025-2026
Activities Handbook

A Message to the Parents

Your child has chosen a challenging and rewarding endeavor. It is an individual's choice to participate, but the choice affects the entire family in many ways. There will be late dinners after games, sore bones after practice, and occasional frustration mixed with great joy. You will find that your child will learn to be a member of a team working toward a common goal, to accept victory and defeat as a learning process, to take pride in his or her accomplishments, and to persevere when the activity becomes difficult.

It is our intent that our activities and athletic programs maintain a sound purpose that will further each student's educational maturity. A student who elects to participate in activities and athletics is voluntarily making a choice of self-discipline and self-responsibility. These are the reasons we stress good training habits and preparation for athletic events. Attaining this goal should be a cooperative effort by all involved.

As educators, we find that students involved in extracurricular activities have fewer discipline problems in school and put free time after school to constructive use, and as a result, they have fewer problems in the community. When your child elects to participate in one of our programs, we feel he or she is making a commitment to certain responsibilities and obligations. This is our opportunity to acquaint you with specific policies necessary for a well-organized program of athletics and activities. Please read this information carefully and share this handbook with your child.

Please remember that after-school activities **are a privilege, not a right**.

Make each day your Masterpiece.
—John Wooden

GMS Student Eligibility
Parent/Guardian and Student Responsibilities for Participation

1. **Physician's Clearance Form**: A yearly physician's clearance for sport activities must be on file with the coach and the GMS office.
2. **ASAA Parent/Legal Guardian Consent for Student Travel and Participation Form**: This form must be signed by a parent/legal guardian and must be on file with the GMS office.
3. **ASAA Concussion Awareness Verification**: Acknoledgement of receipt of "Head's Up: Concussion in High School Sports" and "A Parent's Guide to Concussions in
4. **ASAA sudden cardiac arrest Information Sheet**: Parent and Athlete information sheet regarding causes, risk factors, and preparations for SCA.
5. **User Fee**: Students are required to pay a fee for **each sport** they participate in. This fee *must* be received prior to the first contest or a waiver request must be on file with the GMS office.

Extra- and Co-curricular Activity Participation Requirements

Enrollment in Extra- and Co-curricular Activity
Requirements for Athlete/Participant:

- Maintain a 2.0 grade point average with no failing grades (Fs). Students who do not maintain a 2.0 grade point average and/or have F grades **are not allowed** to practice and/or participate in school district-sponsored travel.
- Students with F grades are encouraged to attend the "After the Bell," tutoring program.
- **There is no academic probationary period for any sport and/or activity.**
- Eligibility for athletes or activity participants will be determined every week.
- Athletes or activity participants will be allowed to return to practice as soon as their grades meet the minimum requirements. Participants will need to bring a signed grade check from their teacher to the principal prior to rejoining the activity. (No competitive competition or travel until the next grade check.)
- Exceptions to these requirements may be made by the principal/designee.

Denial of Participation in Extra- or Co-curricular Activities at Gilson Middle School

1. An athlete/participant who is removed from a team for disciplinary reasons **will not** be eligible to practice or play another sport during the season of that sport.
2. Athletes/participants are not permitted to quit one sport and join another once they have officially competed for the original sport. Athletes/participants must wait until the original sport season is complete before they are eligible to practice or compete in the new sport. **Exceptions:** If a student tries an activity and does not like it and wants to try another activity, this will be allowed up to the first game or meet. If tryouts are required, the athlete may participate in tryouts for two days in order to secure a position on the team.
3. An athlete/participant who is suspended from the regular school program (in school and/or out of school) for any reason **will not** be eligible to practice or to play any sport during the period of suspension. A suspension ends at midnight on the final day of suspension.
4. Any sanction imposed under these **conditions of participation** is separate and distinct from any sanction that may be proposed for violation of any other school disciplinary requirement.
5. **Due Process**: The determination that a student athlete/participant has violated the extracurricular activity policy code shall be made by a coach, sponsor, and principal. If the coach, sponsor, or principal determines that an infraction of the extra- or co-curricular activities policies has occurred, the student participant shall be informed of a violation determination by the principal, to include the following:
    - The basis of the violation determination.
    - Notification of the infraction and its consequences in writing within two (2) days of the disciplinary action by the principal.
    - An informal opportunity to respond.

- **APPEALS PROCESS:** A student athlete/participant or parent/guardian may appeal the determination to the principal within two (2) days of receipt of the written decision.
- The principal shall consider the appeal and undertake any investigation he/she deems necessary.
- The principal's decision shall be in writing and shall be final for administrative purposes.
- The principal's decision shall be made in writing within five (5) days of the hearing with the student and parent/guardian.

- Any punishment shall be imposed immediately upon the determination of an infraction being made by the coach/sponsor unless otherwise determined in writing by the principal. The student shall not be eligible to participate in the activity while appealing a disciplinary action.

Expected Standards for Athletes/Participants in Gilson Middle School Extra- or Co-curricular Activities

- The successful completion of academic work **is more important than participation** in extra- or co-curricular activities. Students who choose not to participate in a class will not be permitted to participate in practice. Students who are sent to the office for discipline will not be permitted to participate in practice.

School Attendance

- Regular school attendance is required for team eligibility.
- The student must be in attendance the entire day of the extracurricular event or the day before leaving on the activity (i.e., Friday school attendance for Saturday event or departure timelines). The only exceptions are medical/dental appointments or a family emergency verified by the principal. Medical/dental appointments shall be communicated in advance of the appointment to the coach, activity sponsor, and principal. **Circumstances that are beyond the control of the student/athlete are at the discretion of the coach and the principal.**
- Also, upon returning from a school trip, it is strongly encouraged that the student be in attendance the next school day.
- Accumulated offenses will result in not being allowed to travel.
- Exceptions may be made at the discretion of the principal.

Travel/Trip Required Standards

For a student to travel on an extra- or co-curricular activity, he/she must do the following:

- Make up work and classroom assignments via pre-makeup policies as follows:
  - Complete the pre-makeup form.
  - Pre-makeup work is to be completed prior to travel.
  - Teachers must sign the form signifying that missed work is made up or a suitable arrangement has been made by the student with the teacher.

- The principal will only sign pre-makeup forms when the teacher is unexpectedly away or sick.
- Submit the completed pre-makeup form to the coach or sponsor prior to leaving or at the time of departure (departure time will be designated by the coach or sponsor).

Transportation Specifics

- A student cannot ride in a vehicle other than the one authorized by the Gilson Middle School office.
- Students are required to travel with their team or group to their destination.
- A student may ride home with his or her parents/guardians at the conclusion of an event as long as **prior to the trip,** arrangements have been made with the coach or sponsor and have been approved by the Middle School office.

Travel/Trip Dress

- Students representing Gilson Middle School should be well dressed for the occasion.
- The board expects students to give proper attention to personal cleanliness and to wear clothes that are suitable for the school activities in which they participate (BP 5132).
- Provisions for winter travel MUST include heavy coats, sleeping bag, boots, hat, and gloves.

Gilson Middle School Equipment

- Equipment issued to an athlete/participant is his or her responsibility for return or replacement. If the equipment is NOT repaired, replaced, or paid for, no award will be presented, nor will the student be permitted to participate in any sport.

Representing Gilson Middle School

- When the behavior of athletes/participants results in being denied participation and/or temporary suspension from the team/group, the coach, sponsor, and principal will jointly determine the disciplinary strategy. The behaviors of athletes/participants that may incur temporary suspension include the following:
- Insubordination
- Obscene gestures, swearing, or provocation
- Fighting
- Stealing
- Hazing (refer to hazing policy) or initiation
- Any other disciplinary situations that might arise

- See the Gilson Middle school Student Handbook for additional behaviors or consequences

Additional Eligibility/Participation Requirements

1. *GMS Activities Handbook* signature page signed by the student and parent/guardian verifying that the athlete/participant has read and understands the policies.
2. The ASAA Consent to Participate/Travel form completed and signed by parent/guardian.
3. Each coach/activity sponsor can set his or her own team/activity rules, which **shall** be communicated to the students and parents/guardians in an organizational meeting with a signature page that the student and parent/guardian must review and sign. The coach or activity sponsor may remove a student from the team or activity if a student's behavior warrants such removal as a result of violating a rule. ***Any athlete/participant who is removed from the team/activity because of unacceptable conduct will not receive any awards for that sport or activity.***
4. A student will not be allowed to participate or practice if the student's parent/guardian has not attended the ***MANDATORY*** preseason meeting with the coach/activity sponsor. If a parent/guardian has not attended the meeting, an individual meeting with the parent/guardian, coach/sponsor, and athlete/participant will be required to cover all information and sign required documents. When that meeting has been completed, the student will then be allowed to participate or practice in the activity.
5. All Valdez School District board policies and administrative regulations concerning the use of tobacco(including vapes), alcohol, and/or drugs, including prescription drugs, will be enforced. In addition, please refer to the Gilson Middle School student, parent/guardian handbook.
6. A student entering a drug or alcohol treatment facility who was not found to be in violation of this policy prior to entering the program will be allowed, with no penalty, to return to athletics or activities upon successful completion of the program.
7. Students will not be allowed to leave their designated buildings (school, hotel, dorm, etc.) during road trips/travel unless they have received prior approval from a coach and/or chaperone. Students must always travel **with a minimum of one teammate.**
8. Penalty for player ejection: If a player is ejected from a match, meet, or game, the player must refrain from participation in any

scheduled contest in the same activity (game suspension) until the completion of the next regularly scheduled contest at the same level (i.e., JV, Varsity). The **player may sit on the bench, but may not be dressed down in an official school uniform.** The coach and/or athletic director may impose additional penalties.

Tobacco, Alcohol, Drugs, and Controlled Substances

- Students are required to comply with the VCS alcohol and drug policy (**Revised)** regarding the use of tobacco, alcohol, and drugs.

Calendar Days: Each day, including weekends and holidays, during the members' school year is a "calendar day." Additionally, if a student participates in any interscholastic activity, including practice, outside of the school year, then the entire period of such participation, including intervening weekends and holidays, counts as calendar days for such student.

Consequences for Rule Violations/Infractions

- Gilson Middle School has set the following standards in regard to rule violations. The sanction for breaking each specific rule is defined below.
- The activity code is in effect from the first day of school until the last day of school in each student's school career. If a student violates this code during the sport's/activity's off-season but still **during the academic year**, it will be considered an offense in the policy as defined below.

Third-Party Allegations

If an outside third party alleges an activity rule violation, the following verification procedures shall be followed. It is the purpose of these procedures to deal only with complaints of student participants who have demonstrated evidence of violating activity rules. Any signed complaint or statement regarding the eligibility of a student participant shall be sent to the principal for verification and clarification. It shall be the responsibility of the principal, coach, and/or activity sponsor to carefully consider all evidence and relative information in determining whether an activity infraction has occurred.

1. The principal shall proceed to verify whether the complaint established evidence that a violation occurred.
2. The principal shall notify the parent or guardian that a complaint has been submitted for verification.
3. The student will be given the opportunity to present his or her

response to the principal with the parent or guardian present.
4. A letter will be sent to the parent or guardian stating the principal's decision.

Violations of Tobacco, Alcohol, and/or Drugs

Truthfulness, integrity, and honesty are characters exhibited at all times by our students/athletes and activity participants. If a student chooses to be in violation of this policy and does not tell the truth, and if it is later learned that the student did in fact violate this policy, an additional five (5) **calendar days** shall be added to the first and second offenses listed below from the date the information has been confirmed and verified.

Note: The 50 percent forgiveness clause below applies **only to the first offense category.**

First Offense: The student will be suspended from interscholastic activities and practice for **ten (10) calendar days** from the date the violation has been confirmed and verified. Fifty (50) percent of the suspension will be forgiven, and the student may return to practice if the student and parent/guardian complete the first offense educational component. **If the student's sport/activity is not in season, the ten (10) calendar day suspension will occur on the first day of that student's sport or activity. Suspensions can carry into the student's next year sport/activity if they are not completed in the current year.**

If a student under the first offense penalty violates the tobacco, alcohol, and/or drugs policy within the ten (10) calendar day period of suspension, the student's period of suspension will start over again.

The following educational components are required before being allowed back on the team/activity for a first offense/rules violation.

- The student will be required to research and write a minimum two-page paper on the topic that he/she had a rules violation. The student will present this paper to the principal. If the student chose not to tell the truth and it is later found out that a policy violation did in fact occur, the student will also write a one-page paper on the value of honesty as a life skill, and this will also be presented to the principal. The student alone, written in his or her own words, must do the research for the paper. The paper must also include an apology to the coach, activity sponsor, and team or activity group.

- The student must complete five (5) hours of community service, which will be verified by the principal.

Second Offense: The student will be suspended from interscholastic activities and practice for forty-five **(45) calendar days** from the date the violation has been confirmed and verified. **If the student's sport/activity is not in season, the forty-five (45) calendar day suspension will occur on the first day of that student's sport or activity. Suspensions can carry into the student's next year sport/activity if they are not completed in the current year.**

The following educational components are required before being allowed back on the team/activity for a second offense/rules violation.

- The student will be required to research and write a minimum five-page paper on the topic that he/she had a rules violation and present the paper to the principal. If the student chose not to tell the truth and it is later found out that a policy violation did in fact occur, the student will also write a one-page paper on the value of honesty as a life skill, and this will also be presented to the principal. The student alone, written in his or her own words, must do the research for the paper and include a sincere apology to the coach, activity sponsor, and team or activity group.

- The student must complete ten (10) hours of community service, which will be verified by the principal.

Third Offense: The student will be suspended from interscholastic activities and practice for one (1) calendar year from the date the violation has been confirmed and verified.

The following educational components are required before being allowed back on the team/activity for a third offense/rules violation.

- The student will be required to research and write a minimum ten-page paper. The topic will be selected by the principal. The student will present this paper to the principal. If the student chose not to tell the truth and it is later found out that a policy violation did in fact occur, the student will also write a two-page paper on the value of honesty as a life skill, and this will also be presented to the principal. The student alone, written in his or her own words, must do the research for the paper and will include a sincere apology to the coach, activity sponsor, and team or activity group.

- The student must complete forty (40) hours of community service,

which will be verified by the principal.

****New 24 Rule****

Communication with Coach

Coaches will welcome discussions including, but not limited to the following:

- The mental and/or physical treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior
- Conversations will only include your child - there will not be discussion about other athlete's performance
- When issues arise it is expected that you be polite and respectful when discussing your concerns. Communication needs to be entered on your child and the conversation needs to be a private matter between the parent and coach.

Procedure to Discuss a Concern with a Coach

- The athlete should first speak with the coach to resolve the situation.
- If a resolution is not reached, a parent/guardian should contact the coach to set up an appointment.
- If there is not an immediate issue that needs to be discussed with the coach, please use the 24 Hour Rule. This means waiting 24 hours after the incident to contact the coach.
- Avoid meeting with a coach before or after a practice or a contest. Meetings at those times seldom result in a resolution. If you need assistance in contacting the coach, call the Athletic office at 907-835-2244.
- At this point, if there are still concerns after the student-athlete and/or parents have met with the coach, contact the Athletic Director.

Eligibility for Participation Across Teams

Players who are designated as starters for a team are not permitted to participate in games or competitions for a lower-level team. This rule ensures fair competition and maintains the integrity of each team's performance.

GMS Activities Handbook
RECEIPT AND ACKNOWLEDGEMENT

I recognize the importance of following the coaches' or activity sponsors' instructions regarding playing techniques, training, and other team/activity rules, and I agree to obey such instructions.

List below all sports and/or activities that the student intends to play or participate in during the current school year:

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As a student at Gilson Middle School, I understand that by not complying with the rules throughout this handbook, as well as the school board policies and regulations, I may forfeit my privilege to participate in activities as defined throughout this handbook.

I have read and agree to comply with all the rules stated in this contract and student activities handbook. By signing below I verify that I have read this activities handbook in its entirety, and I am aware that I can review the school board policies and administrative regulations manual in the middle school office.

I agree to abide and support all policies within this handbook.

X_____
Student Printed Name

X_____ _____
Student Signature Date Signed

As a parent/guardian, I will support this policy and provide a positive atmosphere and support for the school district, coach, and activity sponsor. I agree to support the coach, activity sponsor, and administrator should a disciplinary measure arise regarding my child's removal from a sport and/or activity.

X_____
Parent/Guardian Printed Name

X_____ _____
Parent/Guardian Signature Date Signed