

Emmett Middle School
Parent/Player
Athletic Handbook
2025-2026 School Year



Emmett Middle School
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Please keep this handbook for your records.

STATEMENT OF PHILOSOPHY

Emmett Middle School strives to provide athletic programs that encourage the participation of all interested students and give these individuals the opportunity to improve their natural skills in competition with athletes of their level of ability.

EMS student-athletes are representatives of their teams, their school, and their community and must maintain high standards in all aspects of life. They are expected to follow the training and rules outlined by their coaches at all times and to follow the rules and regulations governing participation. Therefore, it is important that -athletes and parents thoroughly read and understand this Athletic Handbook.

ELIGIBILITY

To be eligible for participation in a school-sponsored activity, a student must demonstrate proficiency and interest in the activity, good citizenship at all times, and maximum effort in all academic courses. Emmett Middle School student-athletes must be active participants in their education—self-discipline and hard work are just as important in the classroom as on the athletic field. Eligible students will:

1. **Maintain a 2.0 grade point average (GPA)**
2. **Have no Fs in the current or previous academic semester during the current school year.**

Note: All grade checks will be reviewed weekly by the Athletic Director.

The following will happen if a student fails to meet the above requirements:

Week 1: Probation

- During probation, the student may practice and participate in competitions with the team for one week and will have one week to bring his or her grades to passing status and GPA to a level of 2.0 or better.
- During this time the coach may send that student to an after school tutorial when applicable to work on their missing assignments instead of practice if that will help improve his/her grades.

Week 2: Suspension

- Students failing to pass their class by the end of the week-long probation period will be ineligible for competitive contests, games, events, or conferences until the next grade check and all grades are passing.
- During this time it is at the coaches discretion to either send that student to an after school tutorial, if available, or allow the student to practice.

GPA below 2.0

Students who are passing all classes but have a cumulative GPA below 2.0 must have an Academic Improvement Plan in place in order to participate in competitive contests, games, events, or conferences until their GPA is 2.0 or better.

- If a student did not pass all of his or her courses the previous semester, the student must fill out a petition and an academic agreement and receive approval by the academic committee in order to continue playing a sport or play a sport during the subsequent semester.
3. **Live within the school's boundaries.**
 4. **Abide by the training and team rules established by the coach and the athletic director.**
 5. **Be in attendance the full school day in order to participate in that day's practice or game/match/meet.**
 - a. Exceptions include partial absences for medical or dental appointments (with doctor's note) or funerals.
 - b. Truant or students who have out of school suspension are not allowed to participate in any school related sports or activities.
 - c. A student who was placed in In School Suspension on game day may not start the game, and their playing time will be shortened. Head Coaches will apply this time factor. This is not the case in second offense cell phone violation where according to district policy *"Student will be placed in ISS for 1 day and ineligible to practice or participate in afterschool activities or athletics the day of ISS. Parents, advisors, and coaches are contacted."*
 6. **Have participated in at least ten practices prior to athletic competition. Game days do not count as practices.**
 7. **Never use his or her position as an athlete to evade academic responsibility.**
 8. **Plan ahead for absences incurred by athletic participation.**
 - a. It is the student's responsibility to individually contact each teacher ahead of time to find out exactly what assignments will be missed when the student will be gone for a sports event.

CERTIFICATION

The following items are required for a student's certification for athletic activities at Emmett Middle School:

1. **Sports physical.** Students must be cleared for sports activities on examination by a medical practitioner. Barring injury or significant health changes, the sports physical does not need to be repeated during the student's middle school years. Sports physical forms are available in the EMS office and on the EMS website. Physicals are required once during middle school.
2. **Consent and release of liability** (page 6 of this handbook). Must be completed annually, including the statement (or waiver) of insurance. Both parent/guardian's and student's signatures are required.

3. **Concussion information acknowledgment** (page 7 of this handbook). Must be completed annually. Both parent/guardian's and student's signatures are required.
4. **Emergency contact information** (page 8 of this handbook). Must be completed annually, or as needed for updates, and signed by a parent/guardian.
5. **Participation fee: \$35** per EMS student athlete, per sport. \$100 per non EMS student along with an activity card fee. Must be paid in the EMS office (cash, credit/debit card, or check payable to "EMS") or through the Infinite Campus Parent Portal. This helps offset the costs of uniforms, equipment, etc. If payment of this fee is a hardship, please contact the office.

TEAM CLASSIFICATIONS

Emmett Middle School follows the guidelines and policies set forth by the Southern Idaho Athletic Conference and the Intervalley League. Our school will offer the following athletic programs:

Football

7th grade team

8th grade team

Volleyball

7th grade A and B teams

8th grade A and B teams

Cross-country

(6th–8th grade)

Girls Varsity and Junior Varsity

Boys Varsity and Junior Varsity

Track

(6th–8th grade)

Girls and boys teams

Wrestling

(6th–8th grade)

Girls and Boys Varsity and Junior Varsity

Weight classes: 68, 75, 82, 88, 94, 101, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285 lbs.

Basketball

Girls 7th grade A and B teams

Girls 8th grade A and B teams

Boys 7th grade A and B teams

Boys 8th grade A and B teams

Tennis

(6th–8th grade)

Varsity girls and boys – singles, doubles, and mixed doubles

Junior Varsity girls and boys – doubles and mixed doubles

UNIFORMS AND EQUIPMENT

1. Athletic equipment is issued by the school district, and the student is responsible for its return. The student must pay for lost, stolen, or damaged equipment and uniforms.

2. School uniforms are not to be used or worn at home or at school with the exception of football jerseys due to the delicate and easily damaged material.
3. Game uniforms will be cleaned and repaired, if necessary, by the athletic department at the end of the season.
4. The student is responsible for keeping gear in good shape.

INJURIES

All injuries must be reported to the coach immediately. Significant injuries and possible concussions need to be evaluated by a health professional. If this evaluation results in activity restrictions, the student must be cleared by a health professional before returning to sports participation. Possible concussions require following a specific protocol, which is discussed under “Concussion information” on page 5 of this handbook.

It is highly recommended that families have medical/accident insurance. If the student does not have insurance and/or does not report an injury when it occurs, securing payment of a medical bill is often a time-consuming and complicated process.

ATHLETIC TRIPS

TRANSPORTATION

1. Athletes must ride to and from games on school transportation or transportation sanctioned by school authorities unless advance written permission from a parent/guardian is provided.
2. Loud, disorderly behavior on the bus is prohibited—travel time should be a quiet rest period.
3. No eating on the bus without the permission of the coach and the bus driver.
4. All garbage must be picked up before leaving the bus.

BEHAVIOR

Behavior, both on the bus and while visiting the host school, should reflect positively on Emmett Middle School.

1. Athletes should dress neatly.
2. Athletes are expected to maintain a quiet and modest attitude at the host school using proper vocabulary.
3. Taking towels, other locker clothing/shoes or athletic equipment from the host school is prohibited.

Behavior is discussed further in the following section.

APPEARANCE AND CONDUCT

Being a member of an athletic team at Emmett Middle School is a privilege and not a right. Accompanying that privilege is responsibility to conform to standards established for the school’s athletic teams.

ON CAMPUS FOR ALL STUDENT ATHLETES.

Many students look up to student-athletes, and these individuals have a responsibility to set only a positive example.

1. Respect towards oneself, staff, and other students is expected at all times.
2. Apparel should always be neat. Lettering and pictures on shirts or other attire must be in good taste.
3. Public displays of affection are not allowed.
4. Hazing, fighting, and bullying should be opposed vigorously at every opportunity.
5. Obscene, profane, or sexist language is never acceptable.

ON THE FIELD AND COURT

An EMS student-athlete's attire and conduct reflect upon both the school and the community he or she represents.

1. Field and court regulations will be specified by each coach. Athletes are expected to obey these regulations and to conduct themselves in a commendable manner.
2. Winning and losing are part of the game, and an EMS athlete should be gracious in defeat and modest in victory.
3. EMS athletes should be in control of themselves and their emotions at all times and should never display fits of temper, clowning, etc., when things fail to go as they desire or when replaced by a teammate.
4. EMS athletes should never use profanity or illegal tactics.
5. It is an athletic tradition that no one except the appointed captain or the coach talks with the officials. The players on the bench or those participating in the contest should be quiet in reference to the officials or opposing teams during the contest. Officials in a game are there for the purpose of assuring that both teams receive a fair deal. Officials do not lose games for the players.

Failure to comply with any of the above policies may result in suspension or dismissal from the team or sport.

DRUG, ALCOHOL, AND TOBACCO POLICY

Emmett School District will not tolerate the possession and/or use of alcohol, drugs, or tobacco by any student. Should any administrator, faculty member, or coach witness or have evidence of a student making use of, being in possession of, or being under the influence of any of these substances, that student will be dealt with according to the following procedure:

FIRST OFFENSE

A student can be **ineligible to participate for a minimum of 25% of the total regular season contests** and must attend practice and complete the current season; the time of ineligibility will begin with the first scheduled event after the infraction. Should a student violate the Code of

Conduct between seasons, ineligibility will begin at the beginning of the next sport in which the student participates.

SECOND OFFENSE

A student can be **ineligible to participate for a minimum of 50% of the total regular season contests** and the time of ineligibility will begin with the first scheduled event. These consequences are in effect for the entire school year. Note: When figuring percent of the season to be missed, any part of a contest will be **rounded up to the next whole number**, i.e. 25% of 13 regular season contests = 3.25; contests missed = 4.

THIRD OFFENSE

The student can be ineligible to participate in any athletic activity for a minimum of one year from the date of infraction; the police and juvenile office will be notified.

DROPPING FROM AN ATHLETIC TEAM

1. Any athlete who is planning to quit a squad must notify his or her coach in advance.
2. Any athlete who quits a team after ten days of practice may not participate in another sport until the sport from which he or she has dropped has ended.
3. Any athlete who is dropped from a team for reasons other than disciplinary will be immediately eligible to try out for another sport of his or her choice.
4. The participation fee is refundable only up to the halfway point of the applicable sport season.

CHAIN OF COMMAND

When there is an issue, the following Chain of Command has been established and is expected to be followed:

- 1st Players/Parents
- 2nd Head Coach
- 3rd Athletic Director
- 4th Vice Principal
- 5th Principal
- 6th Superintendent

PARENT/ STAFF MEETINGS

If a meeting is required, all parties involved will be asked to complete the following form agreeing to the meeting norms and expectations.

Meeting Improvement Plan
“We All Want What’s Best For Your Child”

We are meeting today to come up with a solution to a problem. During this meeting the following expectations will be followed by all involved.

- Clarify what is the source of conflict.
- Propose a solution to the problem
- Don’t be aggressive if someone disagrees with you.
- Do not use verbal abuse of any kind.

Signature of Administrator _____ Date: _____

Signature of Parents _____ Date: _____

Signature of Student _____ Date: _____

Notes

Plan Going Forward

CONCUSSION INFORMATION

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury – or TBI – caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head & brain to move quickly back & forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain & sometimes stretching & damaging the brain cells.

WHAT ARE SIGNS & SYMPTOMS OF CONCUSSION?

Signs & Symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with the permission from a health care professional experienced in evaluating for concussions.

Athlete Reported Symptoms:

- Headache or “Pressure” in the Head
- Nausea or Vomiting
- Dizziness or Balance Problems
- Blurry or Double Vision
- Sensitivity to Light
- Sensitivity to Noise
- Feeling Sluggish, Hazy, Foggy or Groggy
- Concentration or Memory Problems
- Confusion
- Just not “feeling right” or is “feeling down”

**“IT’S
BETTER TO
MISS ONE
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SEASON”**

Coach Observed Signs:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even briefly should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Keep the athlete out of play the day of the injury & until a health care professional experienced in the evaluating for concussion says s/he is symptom-free and it’s OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on a computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

Please complete and sign the following three pages and return them to the Emmett Middle School office.

CONSENT AND RELEASE OF LIABILITY

NOTICE OF RISK

Participation in sports always carries the risk of injury. Even though Emmett School District endeavors to provide the best available equipment and trained supervision, this risk still exists. Some sports-incurred injuries may be permanent and could affect one's ability to earn a living and/or engage in future social or recreational activities. Emmett School District and Emmett Middle School are not liable for costs incurred by sports-related injuries.

To protect families from financial hardship, and to insure that athletes receive proper medical treatment if necessary, it is our recommendation that parents purchase accident benefit insurance for their children if they are not already covered on a family policy. School accident insurance is available through an independent agent. Information about this coverage is available in the Emmett Middle School office.

PARENTAL CONSENT

I have carefully read and understand the conditions of the Athletic Handbook of Emmett Middle School. I hereby give consent for my son/daughter (student name) _____ to participate in interscholastic athletics at Emmett Middle School. This consent includes travel to and from athletic contests and practice sessions. I recognize the importance of my child adhering to the policies outlined in this Athletic Handbook, as well as to the rules and instructions given by his/her coach(es) regarding playing techniques and training. I understand that my child must meet and maintain the standards described under "Eligibility" on page 1 of this handbook. I understand that all sports involve risk of injury. I will not hold Emmett School District, Emmett Middle School, or any of their representatives liable for injuries or costs related to my child's participation in sports.

Parent/guardian signature _____

Please check the medical coverage you have for your child:

School insurance _____

Family insurance _____

STUDENT AGREEMENT

I have read and understand the conditions of the Athletic Handbook of Emmett Middle School and will abide by its policies. I understand that I must meet and maintain the standards described under "Eligibility" on page 1 of this handbook. My participation in athletics at Emmett Middle School is entirely voluntary on my part and occurs with the understanding that I have not violated any of the eligibility rules and regulations of either the IHSA or Emmett Middle School.

Student signature _____

Emmett Middle School



PARENT/GUARDIAN & ATHLETE CONCUSSION INFORMATION ACKNOWLEDGEMENT

I, _____, by signing below, hereby acknowledge that Emmett Middle School has provided me with the necessary and appropriate education on concussion as mandated under subsection 33-1625, Idaho Code. The education included appropriate guidelines that identified the signs and symptoms of concussion and head injury, and described the nature and risk of concussion and head injury in accordance with standards of the Centers for Disease Control and Prevention.

I acknowledge that in addition to receiving the education designated in the above paragraph, that I understand the nature of concussion, the signs and symptoms of concussion, and the risks of allowing a student athlete to continue to play after sustaining a concussion.

| | | |
|--|------------------------------------|----------------------------|
| _____ Student Name (Please Print) | _____ Student Signature | _____ Date (mm/dd/yyyy) |
| _____ Parent/Guardian Name (Please Print) | _____ Parent/Guardian Signature | _____ Date (mm/dd/yyyy) |



To learn more go to >> WWW.CDC.GOV/CONCUSSION

EMERGENCY CONTACT INFORMATION

Please print clearly in ink.

ATHLETE'S FULL NAME _____

BIRTHDATE _____ AGE _____ GRADE _____

PARENT/GUARDIAN NAMES _____

ADDRESS _____ HOME PHONE _____

DAYTIME PHONE NUMBERS: FATHER _____ MOTHER _____

PARENT/GUARDIAN PLACE OF EMPLOYMENT _____

IN AN EMERGENCY, IF PARENT/GUARDIAN CANNOT BE CONTACTED, NOTIFY:

_____ AT _____
(NAME) (PHONE NUMBER)

STUDENT'S PRIMARY DOCTOR _____ PHONE _____

PREFERRED HOSPITAL _____

KNOWN ALLERGIES _____ LAST TETANUS _____

INSURANCE _____

POLICY NUMBER _____

The team physician, trainers, and coaches may apply first aid treatment until the primary doctor can be contacted. Yes _____ No _____

The team physician, trainers, and coaches may use their own judgment in securing medical aid and ambulance service if a parent or guardian cannot be reached. Yes _____ No _____

PARENT SIGNATURE

DATE