

BASIC ATHLETIC DEPARTMENT POLICIES

A. PARTICIPATION

An athlete may participate in one sport per season. Individual exceptions will be reviewed by coaches, Athletic Director and Athletic Principal.

B. MISSING PRACTICE:

An athlete should always consult his/her coach **BEFORE** missing practice.

C. TRAVEL:

All athletes **MUST TRAVEL TO AND FROM OUT-OF-TOWN ATHLETIC CONTESTS** in transportation provided by the athletic department unless previous arrangements are made by the parents for exceptional situations.

1. Athletes will remain with their squad and under the supervision of the coach when attending away contests.
2. Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
3. All regular school bus rules will be followed.
4. Dress appropriately and in good taste.

D. CONFLICTS IN EXTRACURRICULAR ACTIVITIES:

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.

When a conflict arises the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the Athletic Coordinator will make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed that decision, **HE/SHE WILL NOT BE PENALIZED IN ANY WAY BY EITHER FACULTY SPONSOR OR COACH.** If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

E. ATTENDANCE:

A student participating in afternoon or evening practices, competitions, or performances must be in attendance the entire day of the activity. Students missing school for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of this rule will rest with the Principal.

F. GROOMING AND DRESS POLICY:

A member of an athletic team is expected to be well-groomed. Appearance, expression and actions always influence people's opinions of athletes, the team and the school. Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards expected of athletes in this community.

The following grooming and dress rules will be adhered to by team members:

1. Hair styles are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school.
2. An athlete shall dress presentably at all times.
3. Only uniforms issued by the department of athletics will be permitted to be worn for contests.
4. Athletes will not be permitted to participate until deviations of the above rules are satisfactorily corrected.

G. VACATIONS POLICY:

Vacations by athletic team members during a sport season are discouraged. In the event of an absence due to a vacation is unavoidable, an athlete must:

1. Be accompanied by his/her parents while on vacation.
2. Contact the coach PRIOR to the vacation.
3. Be willing to assume the consequences related to his/her status on that squad.

H. NO CUT POLICY

All middle school students (5 – 8) shall have access to extracurricular and recreational school sponsored activities. It is the policy of the District to encourage full participation of middle school students in these programs and activities if they are willing to assume certain responsibilities as set by coaches, advisors, and the principal.

I. REPORTING OF INJURY:

All injuries, which occur while participating in athletics, should be reported to the coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have a STUDENT ACCIDENT FORM COMPLETED. Once athletes are treated by a physician, the athlete MUST OBTAIN THE DOCTOR'S PERMISSION TO RETURN TO THE ACTIVITY.

J. ILLNESS

Athletes who are physically unable to practice for FIVE (5) CONSECUTIVE DAYS due to illness or injury are to present to the Athletic Director or Principal a statement from a PHYSICIAN STATING THEY ARE AGAIN PHYSICALLY FIT TO PARTICIPATE IN INTER-SCHOOL ATHLETICS.

K. LOCKER ROOM REGULATIONS:

Rough-housing and throwing towels or other objects are not allowed in the locker room. Hazing of other players is not allowed.
NO GLASS CONTAINERS ARE ALLOWED IN THE LOCKER ROOMS.
All spiked or cleated shoes must be put on and taken off outside of the locker room. No metal or hard plastic spikes or cleats are ever allowed in any part of the school building.

L. **POSTPONING CONTESTS:**

If a game must be postponed due to weather or any other factor not conducive to good game conditions, the following factors will be considered:

1. Playing conditions of the field
2. Safe travel for the team
3. Safe travel for the opponents
4. Safe travel for the officials
5. Safe travel for the students, fans and parents
6. Damage to equipment
7. Safety to the spectators in or on the school grounds, gym or field

After considering factors, it will then be up to the Athletic Coordinator and/or the Principal to play the game or postpone the game. The Athletic Coordinator will re-schedule the contest if possible.

M. **REQUIREMENTS FOR PARTICIPATION**

1. A physical examination is recommended prior to participation in any activity. The physical form submitted by parents will be kept on file in the athletic office.
2. A completed student emergency data form will be kept on file.
3. A completed athletic participation permit card will be kept on file.
4. **INSURANCE**
The school district does not carry primary insurance coverage for student athletic injuries. Parents will need to indicate on the athletic physical form the name of the insurance company under which the athlete is covered.
5. **ACADEMIC ELIGIBILITY**
In order to participate on a Cedar Grove-Belgium Middle School athletic team, each athlete must have satisfied all of the scholastic eligibility requirements **PRIOR** to participation.

STUDENT ATHLETICS/ACTIVITIES – ACADEMIC STANDARDS

In order to be eligible to participate in the activities that are sponsored by the Cedar Grove-Belgium Board of Education, a student must be in good standing. The activities include band/choir field trips, competitive, and non-competitive performances.

Students failing a course (F status) while in season, will receive a minimum of one suspension from performance/competition and until satisfactory progress has been demonstrated and approved by the appropriate teacher and athletic coordinator.

The suspension period begins on the Monday following weekly office checks and just affects the performance/competition. Students are expected to attend team meetings and practices during a period of ineligibility. Students who fail to obtain satisfactory progress will be in jeopardy of losing eligibility for the duration of the season. The coach, athletic coordinator, and principal will make the determination regarding ineligibility for the duration of the season. The following sports are sponsored by the Cedar Grove-Belgium Board of Education:

Basketball (boys and girls)	Grades 7 & 8
Cross Country	Grades 5-8
Dance	Grades 7 & 8
Track	Grades 5-8
Volleyball	Grades 7 & 8
Wrestling	Grades 5-8

Except in cases of family emergencies, students participating in afternoon or evening activities must be in attendance the full day on the day of the activity. If a student misses school because of illness or is absent with the schools approval, the student will be excluded from participating in afternoon or evening activities that day. If the absence is UNEXCUSED, the student may be excluded from participation in Saturday and Sunday performances or competitions as well. The attendance requirement may be waived by the principal if the absence is for an unavoidable, non-illness related reason.

6. RISK OF PARTICIPATION

All athletes and parents must realize the risk of serious injury, which may be a result of athletic participation.

7. FINANCIAL OBLIGATIONS AND EQUIPMENT

- a. Uniforms – In several sports, athletes may be required to purchase a portion of the practice uniform, which will become their property.
- b. Equipment - All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only for contests and practices.
ALL EQUIPMENT NOT RETURNED IN GOOD CONDITION AT THE END OF THE SEASON WILL BE SUBJECT TO A FINANCIAL PENALTY.

8. CONDUCT OF ATHLETES

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

**CEDAR GROVE-BELGIUM MIDDLE SCHOOL
DRUG/ALCOHOL ATHLETIC POLICY**

The participant in athletics, as a member of a team, or an individual performer, is valued first as a human being and second as an athlete. Those participating in athletics are entitled to respect, dignity, privacy and the right opportunities to develop as a whole and healthy person. Training rules are a matter of self-discipline. The best performance the individual is capable of producing comes only after the body and mind have been conditioned through a regular training program. This code is to be followed by all athletes and is to be in effect for the full calendar year.

POLICY GUIDELINES

1. The merit of this program is in the fact that it offers a positive approach, correcting the behavior, not destroying the individual.
2. This all-inclusive athletic code and athletic physical must be signed and turned in before the athlete begins practicing for a sport. This code is to be followed by all athletes and is to be in effect for the FULL CALENDAR YEAR. Each coach may also implement code of conduct items for their particular sport.
3. If any offenses occur during the off-season or if the athlete is not currently participating in a sport, the penalty would begin at the beginning of his/her next sport season within the calendar year.
4. Voluntary admission of an infraction of the training rules regarding substance abuse will result in a first offense punishment and will be recorded as such. This will not move the athlete up the offense ladder and can only be used one (1) time by the athlete in his/her athletic middle school career. If used a second time, by his/her own admission, it is suggested that he/she do five (5) hours of community service. The athlete would be placed on the next level of offenses, allowing other discipline actions at the discretion of the coach and drug consultant.
5. Any out-of-school suspension would also be considered as a “no practice” or “no activity” suspension to be administered in the same time period and placed on the offense ladder accordingly.

WHAT IS AN OFFENSE?

The scope of problems covered under this policy would include drugs, alcohol and tobacco use in any form; the transfer, concealment, selling, attempt to sell, deliver or be under the influence of narcotics, drugs or alcohol materials/substances represented to be a drug controlled substance, or chemical use which can affect psychological and physiological functioning. Athletes should not engage in drug use/abuse or possess paraphernalia specific to the use of the chemicals.

ATHLETIC DRUG PREVENTION PROGRAM

FIRST OFFENSE:

Penalty - After confirmation of the first violation, the student athlete shall lose eligibility for the next two (2) consecutive inter-scholastic events or two (2) weeks of a season, whichever is greater.
 Parental consultation—in person or writing.
 Mandatory five (5) page report on the harms and effects of whatever was used. This is to be done within the suspension period. It is recommended that the parents help the student in the gathering and reporting of material for this report. The report should be titled “This is what could happen to me if I would continue to use_____”. This report would be placed in the athletic file.
 If the student does not follow through with above items, he/she is out of athletics until they are completed.

SECOND OFFENSE:

Penalty - Mandatory parent-athlete consultation drug/alcohol evaluation with a chemical-dependency agency (if past or present offense involves drugs or alcohol) at the athlete's expense.
 Four (4) weeks or four (4) events suspension, whichever is greater.

THIRD OFFENSE:

Penalty - Mandatory counseling/treatment at the athlete's expense. Verification is required.

Loses eligibility in athletics until above is completed.

Possible drug testing through school year at athlete's expense to verify sobriety. Offense becomes a part of high school athletic record.

CEDAR GROVE-BELGIUM MIDDLE SCHOOL ATHLETIC CODE OF CONDUCT

Please read carefully

1. No smoking or use of tobacco in any way at any time
2. No drinking of alcoholic beverages at any time
3. No use of illegal drugs at any time
4. Players are not allowed to be in attendance at student parties or gatherings where alcoholic beverages and/or drugs are in use. If this situations arises unexpectedly, athletes shall leave immediately. Players should be accompanied by their parents at adult social functions where alcoholic beverages are served.

I have read, understand and will abide by the Code of Conduct for Cedar Grove-Belgium Middle School athletes.

athlete's signature

We, as parents or guardians, have read, understand, and will enforce with our child the Code of Conduct and policies contained in this handbook. We understand that if we fail to enforce the rules; our child may be suspended from any and/or all athletic teams.

parent/guardian signature