

V. GENERAL SCHOOL POLICIES AND GUIDELINES ATHLETICS

Athletics has much to offer young people and should be an extension of the student-athlete's learning process. We want to provide a program that the student body and community can be proud of. While winning is important, members of athletic teams also learn these very important life skills:

- Respect for team members and opponents.
- Respect for coaches and authority figures.
- Discipline
- Working together with others toward the accomplishments of common goals.

Students must understand that participating in athletics is a **privilege** and that this privilege is earned by meeting the standards set by Cascade Middle School.

CASCADE MIDDLE SCHOOL ATHLETIC TEAMS

Cheerleading: Grades 7&8

Cheerleading tryouts are held in March of the prior sports year.

FALL SPORTS:

Boys and Girls Cross-Country (starts Aug.) Grades 6, 7&8

Girls Volleyball (starts Aug.) Grades 6, 7&8

Football (starts Aug.) Grades 7&8

WINTER SPORTS:

Boys Basketball (starts Oct.) Grades 7&8

Girls Basketball (starts Nov.) Grades 7&8

Boys and Girls Swimming (starts Jan.) Grades 6, 7&8

Wrestling (starts Jan.) Grades 6, 7&8

SPRING SPORTS:

Boys and Girls Track (starts March) Grades 6, 7&8

ATHLETIC RESPONSIBILITIES

1. All athletes, including cheerleaders and managers, must follow all rules for eligibility.
2. Students who represent Cascade Middle School in athletic events are expected to set a positive example in their attitude and behavior at school and during school activities.
3. Athletes who receive out-of-school suspension for violation of school rules during their season will miss one athletic contest for each three days of suspension. This will be in addition to contests missed during the term of the suspension.
4. The school dress code applies to athletes during their practice and at their athletic contests.
5. A student must be in school for the last 4 periods of the day in order to participate in a contest or practice. If a student leaves school during the day due to illness, the student may not participate in any practices or contests that day unless waived by the principal.
6. If an athlete is absent for five (5) or more days because of illness or injury, a written release from a licensed physician is required before further participation can be allowed.
7. If a player quits a team before the end of a sport season or is removed from a team, that player may not join another team or try out for another team until the first sport season is over or until the coach from the first sport releases that athlete.
8. Athletes who have equipment not accounted for with one team may not draw additional equipment for another team until the "first equipment" is paid for/returned.
9. Because you are proud of your school and facilities, take care of our building and grounds. Take care of equipment issued to you and equipment used in your sport. Any lost or damaged equipment will be the responsibility of the athlete. Any damage done to buildings or grounds will be paid for by the offending party/parties.
10. Athletes are representatives of their school, community, family, coaches, and administrators. They must conduct themselves in a manner that will make us all proud and not cause any embarrassment to anyone. Athletes who do not conduct themselves as good citizens are subject to discipline from the coach or administration.
11. Athletes must remember that at away events, we are guests in another school. Behavior is to be exceptional. Any areas or items that are damaged by athletes of CMS will be paid for by the athlete and contest suspension (s) **WILL** result.

ELIGIBILITY:

1. 6th Grade: A student who is or shall be 14 prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.
2. 7th Grade: A student who is or shall be 15 prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.
3. 8th Grade: A student who is or shall be 16 prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.
4. A current physical exam, taken after May 1, is required to be on file with the athletic director prior to the first practice or try out session for any sport. Forms are available in the school office or on the school web site.
5. The Athletic Code of Conduct and Drug Testing Consent Form must be signed and on file before a student is allowed to try out for or practice for any athletic activities listed above. Drug forms and Code of Conduct forms will be handed out at the beginning of the

school year. Forms must be returned within 10 days in order to maintain eligibility.

6. Students may not participate in athletic contests if they have more than one (1) failing grade in any subject for the previous grade-reporting period (4.5 weeks). This includes the last grading period of the previous school year. An incomplete will count as a failing grade. Progress reports will count as a grade report. First and Second Semester grades take precedent over the 2nd and 4th Nine Weeks grades. Second semester grades will be used to determine eligibility for the next school year for all students entering grades 7-12. Athletes who do not meet these guidelines may begin practicing with their team only with the approval of the principal, athletic director, and coach.
7. As per School Board Approval (April 2010), all athletes will be required to pay a \$25 participation fee per sport each year.
8. All participants must be full time students within their respected school district.
9. If a student does not participate in PE during the school day, he/she will not be permitted to participate in athletics that evening unless the student missed that class due to being absent from school during the time his/her PE class was in session.

TRANSPORTATION

1. All athletes must ride to contests in the transportation provided by the school unless prior approval has been granted by the coach or administration. All school bus rules apply when being transported to athletic events.
2. Athletes may ride home from an away contest with their **PARENTS**, provided the parent signs the athlete out with the coach. If the athlete is to ride home with another student's parent, a **signed note** from the athlete's parent must be provided to the coach. **Football players** must ride back to the locker room on the bus because of equipment.
3. For everyone's safety please remember to be on time to pick up athletes after practices. Students may not be in the school building or practice areas after school hours unless accompanied by an adult.

TRAINING RULES

1. Each coach has the authority to establish training rules in addition to the rules set down here. Coaches may establish a dress code for game days, require a study table for athletes, or set other rules for the good of the team. Within these rules, a coach can make punishment determinations such as: suspension from a contest or contests, expulsion from the team, additional training, etc. The coach's guidelines for determining what action to take will always reflect the good of the team. Coaches will determine practice schedules and will give written copies to each team member. Athletes are expected to be at **every** practice **on time** and for the **full length** of the session unless excused by their coach **BEFORE** practice. Athletes who skip practices will not participate in contests.
2. If an athlete is absent for five (5) or more days because of illness or injury, a written release from a licensed physician is required before further participation can be allowed.
3. An athlete must meet a minimum requirement of practices before participation in an athletic contest.
 - a. Ten practices if no previous sport participation.
 - b. Five practices if immediate previous sport participation.