

GREELY MIDDLE SCHOOL
ATHLETICS HANDBOOK
2009-2010



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MSAD #51 ATHLETIC ACTIVITY FEES

In order to maintain the broadest range of athletic opportunities possible within budgetary constraints, the MSAD #51 Board of Directors has established activity fees for high school and middle school students beginning in the 2009-2010 school year. The requirements are as follows:

1. Students participating in all school-sponsored athletics are required to pay a fee of \$75 per sport except for the following sports, for which fees are already charged by supporting booster organizations:

- a. Football
- b. Volleyball
- c. Skiing
- d. Ice Hockey

2. Parents/guardians of students who are eligible for free or reduced price lunch will be exempt from paying the fee.

Other parental requests for fee waivers in extenuating financial hardship situations may be submitted in writing to the Athletic Director. The decision of the Athletic Director may be appealed in writing to the Superintendent/designee, whose decision shall be final.

3. Fees must be received no later than the first team practice, except for sports which have a cut policy. For those teams, the fee must be paid to the Greely High School or Greely Middle School office by the first practice after the team has been selected. Fees should be submitted to by check or money order. Students will not be permitted to participate in the activity unless the fee has been paid.

4. Fee refunds will only be permitted if the student has a season-ending injury or illness less than half-way through the season. No refunds will be given if a student voluntarily leaves the team or is suspended from the team for academic or disciplinary reasons.

5. The implementation of this fee policy does not affect any existing rules or practices that coaches may have concerning play time or other issues concerning their team or individual athletes.

6. The policy and model will be reviewed each year and approved by the Board no later than May for the following school year.

**ATHLETIC ACTIVITY FEE
ADMINISTRATIVE PROCEDURE AND FORM**

A. Distribution of Athletic Activity Fee Policy, Procedure and Form to Parents

A copy of the Athletic Activity Fee Policy and Administrative Procedure/Form will be distributed at the first parent meeting.

Parents are required to complete and return the form on the reverse side of this procedure prior to the conclusion of pre-season.

B. Payment Procedure

1. There is a \$75 fee for each Greely High School and Greely Middle School athletic activity (except for the following sports for which fees are already charged: football, volleyball, skiing, and ice hockey).

2. A parent must complete the form on the reverse side and mail or deliver it in a sealed envelope with cash or a check/money order payable to "MSAD #51" at the main office. There is a \$20.00 fee for a returned check.

3. The payment must be mailed to or dropped off at the main office prior to the conclusion of pre-season, except for any sport which has a cut policy, in which case the fee must be made after try-outs are completed. Students will not be permitted to practice until the fee has been paid.

C. Fee Waivers

1. Students who receive free or reduced lunch will automatically be exempted from athletic activity fees upon parent request. The parent must still complete the form on the reverse side and mail it or deliver it in a sealed envelope to the main office.

2. Other parents may request an athletic activity fee waiver if they have a serious financial hardship (i.e., recent job loss, death or disability of parent providing support to the student, bankruptcy). Requests for such waivers must be made in writing to the Athletic Director, stating the reason for the request. The waiver request may be mailed to the Athletic Director or dropped off at the main office in a sealed envelope.

a. The Athletic Director will make a decision within five school days. If the request is denied, the parent may appeal the decision to the Superintendent in writing within two school days of receiving the denial.

b. The Superintendent may request any additional information he/she feels is necessary to make a final decision.

3. All information concerning fee waivers or requests for fee waivers shall be kept confidential.

C. Fee Refunds

1. Fees will only be refunded if a student incurs a season-ending injury or illness less than half-way through the season. Fees will not be refunded for any other reason (i.e., student quits team, is suspended from school or the team, or moves out of the district).

ATHLETIC ACTIVITY FEE FORM

Instructions:

Please fill out this form and return it in a sealed envelope in person or by mail to the appropriate school office BEFORE THE CONCLUSION OF PRE-SEASON. Students will not be allowed to practice if the fee has not been paid or a fee waiver approved.

- Greely High School Office: 303 Main Street, Cumberland, ME 04021
- Greely Middle School Office: 351 Tuttle Road, Cumberland, ME 04021

Parent Name: _____ Date: _____

Address and Phone Number: _____

Student Name: _____ Grade: _____

Sport: _____

Check appropriate line:

___ \$75.00 fee enclosed (check, money order or cash).

___ I request a waiver based on my child's eligibility for free or reduced lunch.

___ I request a waiver based on financial hardship. If you are requesting a financial hardship waiver for a reason other than free or reduced lunch eligibility, please deliver or mail a written request stating the reason to:

Mike Griffin, Athletic Director
Greely High School
303 Main Street
Cumberland, ME 04021

Such requests will be processed in accordance with the Athletic Activity Fee Administrative Procedure.

** Greely Middle School Athletics **

*MSAD #51 Board Of Directors Policy Statement
- Middle Level Athletics -*

The athletic program at Greely Middle School will be designed to meet the developmental needs of students through appropriate intramural and interscholastic activities. The athletic program at this level will emphasize exploration of various sports, the strengthening of fundamental skills, teamwork, sportsmanship, and health and safety. It is the Board's intent that the programs promote opportunities for involvement of all team members in practices and play. The Board supports intramural activities for students not participating in interscholastic activities or when financial, staffing or other concerns require the school to limit the number of students participating in interscholastic activities.

*Greely Middle School
- Athletics Guidelines -*

Seasonal Athletic Offerings

Fall Season

Boys and Girls Soccer (7th & 8th grade teams)
Boys and Girls Cross Country (grade 6/7/8)
Field Hockey (7th & 8th grade teams)
Football (7th & 8th grade teams)
Intramural Boys and Girls Tennis (grade 6/7/8)
Intramural Boys and Girls Volleyball (grade 6/7/8)

Winter Season

Boys and Girls Basketball (7th & 8th grade teams)
Boys and Girls Indoor Track (grade 6/7/8- combined practices but grade specific events at the meets)
Boys and Girls Swimming (grade 6/7/8)
Boys and Girls Alpine Skiing (grade 7/8)
Boys and Girls Nordic Skiing (grade 7/8)

Spring Season

Baseball (7th & 8th grade teams)
Softball (7th & 8th grade teams)
Boys and Girls Lacrosse (7th & 8th grade teams)
Boys and Girls Outdoor Track (grade 6/7/8)
Boys and Girls Intramural Golf (grade 6/7/8)
Boys and Girls Intramural Floor Hockey (6th only)

Team Selection Process:

Greely Middle School teams will adhere to guidelines that maximize participation. Assuming student interest, teams will be filled to capacity (minimum number of participants). Coaches of teams with limited rosters will use a two to three day selection process based upon a list of predetermined criteria (including but not limited to skills level, athleticism, and attitude). Once the selection process has concluded, each player who is not selected will meet with the coach to discuss why (s)he was not selected and will be given suggestions on how they might improve and/or options for other athletic offerings that may be available in-house or through community based activities. Rosters will be considered closed after the second week of the season. This window of opportunity will allow athletes who may not be selected for one team to move to another sport if they so choose.

Roster Design:

Some teams, by design, have limited opportunities to safely and effectively involve players so a maximum number of participants has been set. Coaches may decide to keep players above the "maximum participants" level at their own discretion and in consultation with the athletic director or his assistant. Participation may not necessarily be equal contest to contest but, over the span of the season, it is expected that all athletes will participate on a balanced basis.

	Minimum Participants	Maximum Participants
FALL SEASON		
Boys and Girls Soccer	16	25
Field Hockey	16	25
Boys and Girls Cross Country		Open
Football		Open
Intramural Boys and Girls Tennis		Open
Intramural Boys and Girls Volleyball		Open
WINTER SEASON		
Boys and Girls Basketball	10	15
Boys and Girls Indoor Track		Open
Boys and Girls Swimming		Open
Boys and Girls Alpine Skiing		Open
Boys and Girls Nordic Skiing		Open
SPRING SEASON		
Baseball	14	18
Softball	14	18
Boys and Girls Lacrosse	17 girls / 16 boys	25
Boys and Girls Outdoor Track		Open
Boys and Girls Intramural Golf		Open
Boys and Girls Intramural Activities		Open

We will have a 7th grade team and an 8th grade team. If we have at least the minimum number of 8th graders, no 7th graders may play on the 8th grade team. We will use only that number of 7th graders that will fill the 8th grade roster to the minimum number of participants for that particular sport. This same procedure and policy is true for 6th graders playing on 7th grade teams.

GREELY ATHLETICS PARENT – COACH COMMUNICATION GUIDE



This communication guide is designed for the parents of Greely Middle School athletes. This pamphlet supports communication between student-athletes, their parents, and the athletic department/coaches of their respective athletic teams. The topics of sportsmanship, sports etiquette, communication expectations, and some of the general rules of the athletic program are included.

SPORTSMANSHIP

We support the initiative that school athletics promote the values of respect, integrity, cooperation, self-discipline, sportsmanship and citizenship. It is important to learn to control ones emotions and conduct, not only in defeat, but in victory as well. It is our goal to have Greely recognized for our sense of fair play, sportsmanship, outstanding effort and character. We expect our students and parents to accept the officials' decisions and conduct themselves in a respectful manner at all times. Violent, threatening, negative or abusive language and/or behavior have no place in our school-sponsored activities. Athletes, coaches, students, and parents are expected to demonstrate and promote the positive values and characteristics of good sportsmanship in all aspects of interscholastic athletics. Exhibiting inappropriate spectator behavior at school sponsored athletic activities may result in one or more of the following:

1. Directed to leave the facility for the remainder of the contest.
2. Prohibited from attending subsequent games.
3. Prohibited from attending remainder of season and/or future seasons.
4. Suspension from school.

SPORTS ETIQUETTE **"The Team Bench"**

The team bench is an athletic classroom. Athletes on the bench are expected to focus and concentrate on the game, listen to the coach and support their teammates. The bench area can provide an important and unique opportunity to learn and teach. Athletes may be asked to go in any time. It is their responsibility to know what is going on: offensive game plan and defensive assignments, any adjustments already made, opponents defensive tendencies, key offensive and defensive strategies, techniques and skills the coach is trying to identify and teach.

We ask that parents and spectators afford the coach and players respect and courtesy that they would do teachers and students in the academic classroom. Most all of our playing fields provide ample spectator viewing areas located on the opposite sides or ends of our fields. Please maintain an appropriate buffer or distance as to allow an athletic classroom atmosphere around our team benches.

COMMUNICATION PHILOSOPHY

Both parenting and coaching are extremely difficult vocations. By establishing communication and an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice and commitment from parents, student-athletes and coaches.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Coach's and program's philosophy.
2. Individual and team expectations.
3. Location and times of all practices and contests.
4. Team requirements, i.e., practices, special equipment, off-season conditioning.
5. Procedure followed should your child be injured during practice.
6. Any discipline that may result in the denial of your child's participation.

COMMUNICATION COACHES SHOULD EXPECT FROM PARENTS

1. Concerns expressed directly to the coach. Email is utilized to forward information, not for voicing concerns.
2. Notification of schedule conflicts well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.
4. Support for the program and the attributes of dedication, commitment and responsibility that are essential ingredients for success and excellence. Encourage your child to excel.

While your child is involved in athletics at Greely Middle School, they will experience some of the most rewarding and inspiring moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve and develop.
3. Concerns about your child's behavior.

Coaches make decisions based on what they believe to be the best for the team and all the athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those below, should be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Call the coach for an appointment. If the coach cannot be reached, call the Athletic Director. A meeting will be set up for you.

Please do not attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and coach and this situation does not promote resolution nor objective analysis.

WHAT A PARENT CAN DO IF THE MEETING WITH THE COACH DOES NOT PROVIDE A SATISFACTORY RESOLUTION

Call and set-up an appointment with the Athletic Director (829-4809).

PARENTS ROLE AND RESPONSIBILITIES WHEN IN ATTENDANCE OF A CONTEST

1. Remain in spectator area during contest.
2. No derogatory comments directed towards officials, coaches or players of either team.
3. Do not officiate from the sidelines.
4. No attempts to coach from the sidelines during the contest.
5. Be in control of emotions.
6. Show interest, enthusiasm and support for your child.
7. Demonstrate and promote the positive values and characteristics of good sportsmanship.
8. Do not question or criticize the coach or his/her decision in front of your child.
9. Realize that athletics is an integral part of the school's total curriculum: the coach (teacher) and official (ed. tech.) help facilitate learning.

ATHLETIC RULES COMMON TO ALL PROGRAMS

1. As noted in the Board of Directors manual: Team members shall attend all regularly scheduled practices/ meets including MPA tournaments/championships. This does not necessarily include practices or exhibition/ scrimmage games held during school vacation periods. Athletes with conflicts in scheduling due to religious reasons will be accommodated.
2. As noted in the Student Handbook: To participate in athletic practices and contests, the student must maintain the training rules as stipulated in the substance use guidelines and be in attendance for all classes during the school day. There will be five acceptable reasons for not attending classes: a) An appointment with a health professional; b) Observance of a religious holiday; c) A family emergency; d) A planned absence for a personal or educational purpose *which has been approved in advance*; e) A field trip or other school related activity.

3. Students and their parents are responsible for making their own travel arrangements to their teams' designated "home field", even if the site is located off school grounds. All team members shall travel to and from school-sponsored out-of-district competitions or practices on the bus or in vehicles authorized by the district. Drivers must be adults authorized by the Superintendent or Principal. Students may return with parents, a relative or an adult neighbor provided the student's parents personally ask permission of the coach. Any other travel arrangements must be made with the Athletic Director in writing or in person. Ideally the notice will be given at least three days prior to the event.



Research indicates that students involved in athletics are most likely to succeed at their chosen profession and make creative contributions to their communities. Many of the character traits, qualities and attributes required to be a successful student-athlete are exactly those that will promote a successful life after high school. We hope that the information provided within this pamphlet makes your child's and your experience with the Greely Middle School athletic program more enjoyable. We are constantly trying to improve communication with students and parents. For our programs to be successful it is necessary that everyone involved understand the direction and goal of the GMS athletic program.

ATHLETIC ACTIVITIES OFFERED BY SEASON

FALL SEASON

- Boys and Girls Soccer (grade 7/ 8)
- Boys and Girls Cross Country (grade 6/ 7/ 8)
- Field Hockey (grade 7/ 8)
- Football (grade 7/ 8)
- Intramural Boys and Girls Tennis (grade 6/ 7/ 8)
- Intramural Boys and Girls Volleyball (grade 6/ 7/ 8)

WINTER SEASON

- Boys and Girls Basketball (grade 7/ 8)
- Boys and Girls Indoor Track (grade 6/7/ 8)
- Boys and Girls Swimming (grade 6/ 7/ 8)
- Boys and Girls Alpine Skiing (grade 7/ 8)
- Boys and Girls Nordic Skiing (grade 7/ 8)

SPRING SEASON

- Baseball (grade 7/ 8)
- Softball (grade 7/ 8)
- Boys and Girls Lacrosse (grade 7/ 8)
- Boys and Girls Outdoor Track (grade 6/ 7/ 8)
- Boys and Girls Intramural Golf (grade 6/ 7/ 8)
- Boys and Girls Intramural Floor Hockey (6th only)

GREELY MIDDLE SCHOOL ATHLETICS WEB SITE

The middle school athletics web site can be accessed at the following:

http://greelyms.msad51.org/Pages/MSAD51_GMSAthletics/index

The middle school athletics web site is intended to be a vehicle for relaying important information related to the middle school athletic program.

The following can be found on the web site:

- Important announcements
 1. Daily cancellations of practices and contests
 2. Schedule changes
 3. Notices from coaches, athletic personnel
- Contest and practice schedules
- Directions to away sites

Green Cards

Green cards are required to be completed and turned into the coach for each activity a student-athlete participates in. Green cards provide coaches with parent/ guardian and emergency contact information. Insurance is required of all student athletes. The family insurance policy number must be listed on the green parent permission card supplied to your child prior to the onset of each sport season. Green cards can be obtained in the middle school main office or the athletic directors office.

Yellow Cards (Physical Examination)

Physical are required before a student may participate in any athletic program. MSAD 51 Athletics require student-athletes to **receive** a physical entering the 7th and 10th grades. 6th grade students will need to verify that they **have had** a physical within a 3-year window of time buy providing us with a yellow card or a signed doctor's note (fax to 829-4819) stating that they are indeed physically fit to participate in athletics. Yellow cards are kept on file in the athletic director's office. Yellow cards can be obtained in the middle school main office or the athletic directors office.

In-school Behavior Impacts Athletic Performance

Rules at Greely Middle School are for the protection of the entire student body and guarantee that each student's right to an education is respected. Students and staff must be guaranteed a safe, learning-focused environment. Mutual respect is the underlying principle in the classroom, in the hallways, on the bus, at a dance, or participating in athletics. Your behavioral choices in one area will impact participation in other areas. For example, if a consequence for misbehavior during school hour's results in an office detention, the student would be unable to attend an athletic practice or contest until after 4:00 (detentions are not assigned around athletic contests). The coach and teacher(s) may work collaboratively to help improve behavioral choices and the resulting plan may also impact athletic participation. Therefore, the behavioral choices you make while in school **DO** have an impact on your privilege to participate in athletics.

Dress Code

Students will wear appropriate attire while attending school and while participating in athletics. Appropriate attire does not call undue attention to the wearer, does not cause disruption to the learning environment, does not promote or seem to promote the use of alcohol, tobacco, or other illegal substances, and is not vulgar, profane or sexual in print or connotation. Hats, hoods, bandannas, sweat bands, and visors are not to be worn in the school building. Above mid-thigh shorts / cutoffs, skirts, shorts, and bare midriffs are not allowed. Tops that are low cut, strapless, halter-style, spaghetti straps, or see-through are not permitted. Clothing that exposes undergarments and heavy metal belts / wristbands or chains are not permitted. State law prohibits bare feet in public buildings. Adults in the building will ultimately determine whether students are dressed appropriately for the learning environment or for athletic participation.

Academic Eligibility

Students must be passing in all subjects to be eligible to play inter-scholastic sports. If a student is failing any subject on the weekly report (Thursday or Friday), s/he will not be permitted to participate in contests for the following week (Sunday through Saturday). The student will remain on the academic ineligible list until s/he is passing all classes on the weekly report the following week. The student will be expected to attend practices (after returning to see teachers for extra, if necessary), may be present for home competitions, but will not travel on the bus to away competitions. Middle school administration will contact coaches with names of student-athletes who are ineligible. Coaches will then notify the student athlete.

Uniforms

Uniforms will be issued for each sport a student participates in and are intended to be worn for Greely Middle School athletic contests only. Uniforms will be collected by the coaches at the completion of each season. Student-athletes who do not return uniforms at the completion of the season will be placed on an ineligible list and will be unable to participate in further athletic activities until the uniform is returned. In the event that uniforms are lost, student-athletes will be required to reimburse the athletic department for the cost of the uniform before being allowed to participate in further activities

**GREELY
EXTRA-CURRICULAR ACTIVITIES
SUBSTANCE USE GUIDELINES**

Goal Statement: These guidelines are intended to encourage students to uphold the standards and regulations of the athletic department and Greely High/ Middle School. The focus is positive with incentive for the student who seeks help voluntarily. With outside help and internal motivation, the student can benefit from continuing in his/her extra-curricular activity.

1. The participant may voluntarily seek supportive intervention for a substance use problem (i.e. the use of alcohol, un-prescribed drugs, tobacco). The participant must make the contact prior to any observation/report concerning the participant's use of the above-mentioned substances. The person contacted will then refer the participant to the Social Service Provider in confidence. They will discuss options for assistance and for a case review. As soon as follow-up is appropriate, the Social Service Provider will review the case with the original person contacted and the coach/advisor.

2. If a participant is observed and reported by a M.S.A.D. #51 employee (or there is verification by another authoritative source) as having used or possessed a substance, an immediate conference between the participant and the coach/advisor and the Athletic Director will be held. The student will participate in practices, meetings, etc., but will not be allowed to participate in games according to the following formula: 1) one game/meet/match for those schedules with nine and under games/meets/matches and 2) two games/meets/matches for those schedules with ten and over. A conference will be held to develop an intervention plan.

The school will help in discussing options of resources for the student. If the participant chooses no assistance from school or outside resources, the student will be ineligible for the remainder of the season.

3. Once the intervention is successfully completed, a second verified observation/report will result in the participant losing his/her extra-curricular eligibility for one calendar year.

The student may appeal the decision of the athletic department to a committee consisting of the Principal, the Assistant Principal and a neutral coach. The appeal will require the following:

1. The written appeal must be presented to the Athletic Director within five days of the initial ruling.
2. The Appeals Committee shall render a decision within five days, in writing, to the student and his/her parents or guardian.

These guidelines are in effect from the first day of fall sports pre-season to the final competition in the spring programs, including breaks between the athletic seasons.

Substance Abuse Guidelines

**Peter Scott
Social Service Provider
M.S.A.D. #51**

Offices at: Greely High School/ Greely Middle School

Paragraph 1, VOLUNTARY REFERRAL

If a student decides that they would like to refer themselves for “supportive substance abuse services”, they may do the following. The student or a Team Captain may seek out Mr. Scott, the Social Service Provider, and make an appointment with him to gain services. This appointment and what is said in this meeting is **STRICTLY CONFIDENTIAL** between the student and Mr. Scott. In this meeting Mr. Scott will give you complete details around Confidentiality.

If a “Service Plan” is developed between the student and Mr. Scott, and the student is then found to be in “violation” of the Substance Abuse Policy, it will be up to the student to decide whether or not to let the Athletic Director know that they have a “Service Plan” in effect with Mr. Scott.

If the student does choose to let the Athletic Director know, they will set up a meeting with the three of us in attendance. If the Athletic Director believes the student has been honestly working on the issue with Mr. Scott, the Athletic Director has the authority to reduce any possible consequences the student might receive.

Paragraph 2, VERIFIED VIOLATION

If a student is found to be in violation of the Substance Abuse Policy, they will be contacted by the Athletic Director and informed of how many games they must miss when their sport is in season.

The student **MUST**, within five (5) days of notification by the Athletic Director, make contact with Mr. Scott, Social Service Provider, and set a time for a meeting with him to develop an “Action Plan”. The contents of the meeting are confidential **BUT** the “Action Plan” is sent to the Athletic Director, Parent/ Legal Guardian, student, and Mr. Scott.

It does **NOT** matter if your team is “in season” or “out of season”. If you do **NOT** make that appointment, Mr. Scott will inform the Athletic Director for further action.

GREELY MIDDLE SCHOOL ATHLETICS

Middle School Athletics, After School Supervision and Expectations for Athletes and Coaches

The purpose of these guidelines is to provide an organized, systematic means for ensuring the safety and well-being of the Greely Middle School student-athletes during the time between dismissal from school and the start of athletic practices and contests.

1. Guidelines for TEAMS WITH OUTDOOR PRACTICES ON CAMPUS:
 - a. Teams include: soccer, field hockey, baseball, softball, outdoor track.
 - b. All student-athletes should report to the locker rooms immediately following the bell dismissing them from school.
 - c. They should then report to the cafeteria.
 - d. It is expected that coaches will check in at the middle school main office or with those overseeing the student-athletes fifteen (15) minutes prior to their practice time to release their team members for practice.
 - e. All equipment, personal items and book bags will be taken to the practice site so that athletes do not need to return to the locker rooms (they will be locked) after practice.
 - f. Student-athletes should use common sense while waiting for their coach to arrive (for example: they will not be hitting or throwing balls, or engaging in activities that may endanger themselves and/ or others).
2. Guidelines for TEAMS WITH INDOOR PRACTICES ON CAMPUS:
 - a. Teams include: basketball, indoor track, swimming, baseball (indoor), softball (indoor).
 - b. All student-athletes will report to the cafeteria immediately following the bell dismissing them from school.
 - c. Student-athletes will be allowed to enter the locker room for changing fifteen (15) minutes prior to their scheduled practice times.
 - d. It is expected that coaches will check in at the middle school main office or with those overseeing the student-athletes fifteen (15) minutes prior to their practice time to release their team members for practice.
3. Guidelines for TEAMS WITH PRACTICES OFF CAMPUS (Twin Brook, Sharp's Field, West Cumberland):
 - a. Teams include: football, soccer, cross country, lacrosse.
 - b. Student-athletes having practice off campus should change immediately after school and then report outside to the area near the main entrance to the middle school or the cafeteria to wait for the arrival of busses that will transport them to their practice site.
 - c. All equipment, personal items and book bags will be taken to the practice site so that athletes do not need to return to the locker rooms (they will be locked) after practice.
 - d. Student-athletes should use common sense while waiting for their coach to arrive (for example: they will not be hitting or throwing balls, or engaging in activities that may endanger themselves and/ or others).
4. Student-athletes that have a **practice time of 4:00 pm or later** are required to take the school bus or other means of transportation home and return to the school or fields for practice.

5. Student-athletes that do not follow these guidelines and the requests/ guidance of the supervisors will be subject to disciplinary action accordingly:
 - a. First Offense: Warning (coach, athletic director, principal and parent/s notified).
 - b. Second Offense: One contest suspension (student-athlete will not be allowed to participate in the next scheduled competition).
 - c. Third Offense: One Week Suspension from practices and games.
 - d. Fourth Offense: Removal from team for the remainder of the season.

GREELY MIDDLE SCHOOL ATHLETIC ACTIVITY RULES

I. General

1. Once team rosters are set, student athletes will not be allowed to join a team after the first 2 weeks of the season. If extenuating circumstances arise, a written appeal may be submitted to the athletic administrator.
2. Physical are required before a student may participate in any athletic program. Insurance is required of all student athletes. The family insurance policy number must be listed on the green parent permission card supplied to your child prior to the onset of each sport season.
3. It is important to note that as a member of an athletic team the student athlete can be injured, perhaps seriously. Injuries can occur as a result of direct participation in any one of the activities or events, or as a bystander simply being in the vicinity of an activity/ event.
4. Students must be passing in all subjects to be eligible to play inter-scholastic sports. If a student is failing any subject on the weekly report, s/he will not be permitted to participate in contests for the following week. The student will remain on the academic ineligible list until s/he is passing all classes on the weekly report. The student will be expected to attend practices, may be present for home competitions, but will not travel on the bus to away competitions.
5. Students must be present the entire school day on the day of a competition to participate.
6. Students are expected to adhere to and follow school rules. Your behavioral choices in one area will impact participation in other areas. Therefore, the behavioral choices you make while in school **DO** have an impact on your privilege to participate in athletics.
7. As Listed in the Greely Middle School student handbook:
To participate in athletic practices and contests, the student must be in attendance for *all classes* during the school day. There are five acceptable reasons for not attending classes: 1) An appointment with a health professional 2) Observance of a religious holiday 3) A family emergency 4) A planned absence for a personal or educational purpose which has been approved in advance 5) A field trip or other school related activity.
8. Profanity or sudden outbursts of negative emotion will not be tolerated in any situation.

9. Each student should strive to be polite and courteous to other players, coaches and visitors.
10. Uniforms are to be worn for competitions only. No part of the uniform may be worn at any other time. i.e.: practices, phys. ed., class, around home, etc.

II. Practice

1. All participants are to be in time for all practices. If a student needs individual attention from the coach, s/he should be at practice 15 minutes before the scheduled start time.
2. Athletes are expected to be in attendance at all weekday practices and contests. If an absence is expected, a note is to be supplied from a parent/guardian to the coach in advance of the planned absence. When a student is involved in other programs outside the school, it will be necessary to adjust the schedule to accommodate the middle school practice and game schedule. If a student athlete misses a practice without a valid reason, the student will not be allowed to participate in the next contest. Should this happen a third time, the student will be removed from the roster. Practices held on non-school days/ vacations are not mandatory, although beneficial if held and the student-athlete is able to attend.
3. Never criticize the abilities of other student athletes.

III. Day of Contests

1. The participant must be on time for contest days.
2. The student athlete must be in complete uniform or s/he will not participate.
3. Being late for warm-ups or arrival times will result in the athlete not participating that day.
4. Proper attire, neat in appearance, is required for all contests, home and away. You are representing yourself, your school, your community, and your team. See the coach for requirements.
5. Attire worn during practices and games will be consistent with the middle school dress policy.

IV. Bus Behavior

1. No excessive loud singing or noise making.
2. Only radios with headphones are acceptable.
3. Remain seated.
4. No eating on the bus.
5. The bus is to be left clean and litter free.
6. No changing of clothes on the bus.
7. No cleats are to be worn on the bus.

Failure to adhere to these rules or to follow directions given by the coach or the bus driver will result in a suspension of travel privileges for the next away contest. Further infractions will result in suspension from such privileges for the remaining away contests. In such situations it would be necessary for the parent/guardian to personally supply transportation.

V. Travel

Busses, provided by the School District, will transport team personnel to practices and games that are held off campus. Team members shall travel to and from school-sponsored out-of-District competitions or practices on the bus or in vehicles authorized by the School District. Drivers must be adults authorized by the Superintendent or Principal. Students may return with parents, a relative or an adult neighbor provided the student's parents personally ask permission of the coach. Any other travel arrangements must be made with the Athletic

Director in writing or in person. Ideally the notice will be given at least three days prior to the event.

VI. Participation Requirements

1. Insurance / emergency contact information (Green Card) supplied to coach.
2. Physical examination (Yellow Card) on file with the athletic director.
3. Greely Middle School athletic activity rules, parent / student athlete acknowledgement form: signed by student-athlete and parent, turned into coach and on file with the athletic director.
4. Sports Done Right Compact: signed by student-athlete and parent, turned into coach and on file with the athletic director.

**GREELY MIDDLE SCHOOL ATHLETICS
ATHLETIC ACTIVITY RULES
PARENT/ STUDENT-ATHLETE
ACKNOWLEDGEMENT**

I have read and understand the rules and guidelines of the Greely Middle School _____ team and agree to abide by them.

Student's Signature: _____ Date: _____

Student Name (please print): _____

I have read and understand the rules and guidelines of the Greely Middle School activity.

Parent Signature: _____ Date: _____

Sports Done Right Compact

Honoring the Core Principles and Core Practices of Sports Done Right

This compact is based on the Core Principles and Core Practices of *Sports Done Right: A Call to Action on Behalf of Maine's Student-Athletes*. We agree upon the following Core Practices to support a positive sports learning process and environment in our schools and community.

Student-Athlete: Recognizing that teamwork and communication are essential, I will:

- **Exhibit good sportsmanship and respect** toward everyone associated with the program, including teammates, coaches, support staff, opponents and officials.
- **Appreciate the value of competition-without-conflict**, which means handling success with grace and failure with dignity, replacing a "win at all costs" attitude with the spirit of excellence.
- **Uphold substance abuse policies** and other rules or guidelines endorsed and enforced by the school and supported by the community.
- **Place academics first and foremost** in the overall school experience, understanding that sports participation is a privilege available to support, not excuse classroom obligations.
- **Attend school meetings** to build relationships and support with coaches and the athletic director, and to learn about the expectations for participation.
- **Commit to a focus on lifetime health**, including habits of fitness and good nutrition.
- **Model respectful and positive behavior at all times** – on and off the field.

Parent/Guardian: As a role model, who supports all programs and athletes, and helps my student-athletes do the same, I will:

- **Exhibit good sportsmanship and respect** toward everyone associated with the program, including teammates, coaches, support staff, opponents and officials.
- **Appreciate the value of competition-without-conflict**, which means handling success with grace and failure with dignity, replacing a "win-at-all-costs" attitude with the spirit of excellence.
- **Uphold the school's rules and policies** guiding the conduct of sports, including substance abuse regulations.
- **Place academics first and foremost** in the overall school experience, understanding that sports participation is a privilege available to support, not excuse classroom obligations.
- **Attend school meetings** at the outset of sports seasons to meet coaches and school officials and learn the expectations for participation in athletics.
- **Stress the importance of lifetime health**, including habits of fitness and good nutrition.
- **Stress respect for coaches** through discussions with my student-athlete, highlighting the importance of contributing to the team and its success.
- **Ensure a balance in my student-athlete's life**, encouraging participation in multiple sports and activities with academics placed first and foremost.
- **Give consistent encouragement and support** to my student-athlete and fellow teammates, regardless of the degree of success, the level of skill or time on the field.
- **Emphasize the moment, not the future:** recognize that only a small fraction of student-athletes obtain college athletic scholarships and even fewer achieve professional opportunities. The emphasis should be on the moment, not the future.
- **Leave coaching to coaches**, ensuring not to publicly criticize coaches, strategies or the team; nor pressure my student-athlete or coaches about playing time and performance.

Coach: As an influential role model and educator recognizing the contribution of positive sports experiences to the skills, character and potential well being of student-athletes, I will:

- **Exhibit good sportsmanship and respect** toward everyone associated with the program, including teammates, coaches, support staff, opponents and officials.
- **Appreciate the value of competition-without-conflict**, which means handling success with grace and failure with dignity, replacing a "win-at-all-costs" attitude with the spirit of excellence.
- **Uphold the school's rules and policies** guiding the conduct of sports, including substance abuse regulations.
- **Place academics first and foremost** in the overall school experience, understanding that sports participation is a privilege available to support, not excuse classroom obligations.
- **Encourage balance** in students' time commitments, interests and needs.
- **Positively motivate and communicate** with student-athletes and assist them in making healthy lifestyle decisions.
- **Act as a significant mentor**, providing direct and positive guidance, regardless of a player's skill or playing success level during a season.
- **Model respectful and positive behavior at all times** – on and off the field.
- **Promote the crucial connection** between sports and academics, sports and character development, and sports and life-long learning.
- **Be sensitive and discerning** about the different approaches needed for maturing adolescents, including age, gender, size, ability and culture.
- **Grow professionally** beyond techniques and strategies of the game, continuously learning about ethics, sportsmanship and effective communication with parents and the public.

I know that school sports experiences can contribute greatly to the values and ethics of each player, and that positive sports experiences teach important life skills, encourage teamwork, help shape character and citizenship, and encourage an active lifestyle. **I pledge to support the opportunity and learning environment for all students to experience the very best of interscholastic athletics.**

Student-Athlete

Date

Parent / Guardian

Date

Coach

Date

Athletic Administrator

Date

Sports Done Right

THE UNIVERSITY OF
MAINE