



*Mavericks persevere, collaborate and innovate.
We grow into our world with responsibility, integrity, and creativity.*



Mission Hill Middle School Athletic Handbook

Our Mission

The Mission Hill Athletic Program strives to provide our students with an environment in which students can grow physically, intellectually and morally. It also challenges athletes in their understanding of themselves as individuals, and as community members. One important aspect of community is the athletic team. While not all students can participate on every team, many opportunities are offered so that each student who desires to participate will have a chance to represent Mission Hill. Students will be challenged to learn new skills, to appreciate teamwork and cooperation, and to share in the fun and challenges of competitive play. They will also experience competition that is sportsmanlike and respectful. Our program strives to reinforce the Maverick Essentials of: Perseverance, Responsibility, Integrity, Innovation, and Collaboration. The goal of our competitive teams is to play our best every game. We want all of our athletes to have a positive experience and we work toward this by setting clear guidelines, goals and expectations for our athletes, parents, coaches and athletic directors.

Background

At Mission Hill we have three components to our activities program: Physical Education, Intramurals, and After School Sports/Athletics. In Physical Education, we introduce students to the fundamentals of a variety of different sports & activities. Every student participates and is taught the basics of each activity. The goal is to have each student discover one or more activity that s/he will use to pursue a healthy lifestyle. The Intramural Program allows every student at Mission Hill the opportunity to participate on a team and to have fun. Games take place at lunchtime and are officiated by students. Game results and MVP's are read during the morning announcements. The Athletic Program allows higher achieving students to advance to the next step and participate in a competitive atmosphere where more time and commitment is required. Most sports will practice up to five days a week for at least 2 hours per day. The following sections deal with the Athletic Program.

Code of Sportsmanship

- To treat the teams and spectators politely
- To avoid rowdy-ism, profanity or uncouth actions of any nature
- To respect our school campus and avoid derisive actions or words toward it
- To respect skillful and courageous performance by all participants in the athletic contest, and refrain from making derogatory remarks to other teams, players, and spectators
- To be modest in victory and gracious in defeat
- To be proud of the teams and coaches that represent our school, and encourage them to display the finest in sportsmanship
- To remember that we represent our school and community, value good conduct, and discourage any behavior that might discredit our school or community
- To remember that an athletic contest is only a game – not a matter of life or death for player, coach, school, spectator, official, or community

Eligibility Requirements

There are two areas that students are required to keep up in order to be on an after school sports team: Grades & Citizenship. Mission Hill adheres to the belief that academics come first – hence the term, student athlete.

Grades: Student athletes must maintain a 2.0 grade point average (GPA) and have no "F's" to be deemed eligible. This standard must also be maintained during the season. Grades are initially checked at the start of each season using the latest 6 week grading period or semester grades (report card). IF a student fails to meet this standard at the beginning of the season he/she is considered ineligible and may not tryout/practice. IF a student fails to maintain a 2.0 GPA or earns an "F" during the season, he or she is considered ineligible and may not practice or play in games until they reach the standard. Student athletes will be required to attend office hours to improve his/her grades. Ineligible student athletes are not allowed to watch practice or sit with the team during games.

Citizenship: Citizenship is a very important component of our athletic program at Mission Hill because student athletes represent the school. Because of this responsibility we want to ensure that our student athletes are good citizens both in and

out of the classroom. If a student athlete receives Wednesday school, he/she is suspended from the team for one week. If a student athlete receives a referral he/she is suspended from the next game. If the student receives a second referral or is suspended, they are suspended from the team indefinitely.

Office Hours: Student athletes are not allowed to “hangout” after school. All student athletes are required to attend office hours with a teacher to get help in completing assignments or finishing homework. Student athletes will not have access to the locker room prior to 3PM.

Commitment of Parents/Guardians

Since our student athletes are not adults, our parents play a very important role in their success. It is necessary for the parents of participants to make a commitment to the program. The following are requirements that must be met by each family to support their athlete.

Parents will:

1. Attend mandatory parent meeting at the beginning of the season or schedule a make up meeting with the coach ASAP.
2. Make the commitment that their child will be on time to practice and games.
3. Help provide rides, whenever possible, to away games, and maintain a safe driving record & vehicle. If you volunteer to drive, you must fill out insurance information in the athletic packet prior to the start of the season.
4. Discourage child from “hanging out” before and after practice. Parents should instruct their child to attend office hours after school. Parents must also pick up or instruct their child to leave campus after an athletic event.
5. Parents must provide the coach with a note or phone call when their child has missed practice or a game.
6. Parents will be expected to sign a contract agreeing to comply with all school policies.
7. The athletic packet and sports physical must be filled out by parents/doctor and returned to Keyana Stanford, Athletic Director, prior to the start of the season for student athletes to participate in games/practices.
8. Parents must stay off the court or field during competition. Parents and all spectators are expected to exhibit appropriate behavior/sportsmanship. See Code of Sportsmanship above.
9. Parents are expected to exhibit good sportsmanship and appropriate behavior, by applauding or cheering for both teams recognizing good hustle by all players at games. Parents are also expected to congratulate coaches and represent our school in a positive way, regardless of the score, or any inappropriate behavior by the opposing players, coaches, parents or fans.
10. Parents are encouraged to communicate with the coach and athletic director if there are any questions or concerns.

Commitment of the Student Athlete

It is a privilege to participate on an after-school sports team. With this in mind, the student athlete must meet the following requirements:

1. When you make a team you are making a commitment to attend, participate and stay until the end of all practices and games. Failure to adhere to this commitment can result in dismissal from the team.
2. Academics are the student’s first responsibility. Failure to maintain the expectations listed in the Eligibility Requirements section will result in removal from the team.
3. Student Athletes must have their paperwork completed and turned in to their coach ASAP.
4. Student Athletes are responsible for the proper care of the uniform and of equipment checked out to them. Students will be charged for any lost or damaged equipment.
5. Student Athletes must secure their possessions in a locked locker during practice and games.
6. Student Athletes will arrive at practice and games on time and will refrain from arriving too early and “hanging out”.
7. Student Athletes will remain outside of the facility unless supervised by a coach or designated adult. Failure to follow this rule can result in removal from the team.
8. Student Athletes must follow the Code of Sportsmanship.
9. Student Athletes must responsibly assist parents in meeting obligations pertaining to practices and games by delivering all communications from coaches/school home promptly.
10. Student Athletes who are not able to attend one half or more of school on the day of a game are not eligible to play in that game.
11. The Student Athlete is encouraged to communicate with the coach and/or the Athletic Director if s/he has any questions or concerns.
12. Student Athletes must attend office hours prior to practices/games.

Responsibilities of Coaches

In addition to the many responsibilities a coach has in teaching and monitoring his/her student athletes, there are other obligations to the school and the athlete program coaches must fulfill.

1. The safety and well being of student athletes shall be the first priority in the decision-making process.
2. A list of scheduled games and practices, including time and location, will be made available to parents, student athletes and AD at the beginning of each sport.
3. A pre-season parent meeting will be scheduled. General team rules, coaching philosophy and schedules will be discussed and handed out. Questions will be handled at this time. The coach must contact parents unable to make this meeting.
4. Games, scrimmages and tournaments that are scheduled by coaches must be approved by the AD. Games must be scheduled, as much in advance as possible.
5. Coaches must be prompt. If a problem arises for the scheduled game or practice, please call the AD so that supervision can be arranged or the activity can be canceled.
6. Disruption of the school's academic program is to be minimal. Occasionally, because of distance, an away game may require an early dismissal of team members. Coaches need to inform the classroom teachers at least 24 hours ahead, that early dismissal is required. Coaches must maintain records of the student athlete's attendance and/or absences at practices and games. This is important for both liability issues and for the awarding of MH Block points.
7. For all gymnasium sports, coaches must take responsibility for the cleanliness and security of the gym.
8. At the end of a game or practice, the coach must make sure all equipment is secured, and that facility is free of team related trash.
9. Coaches must be sure the facility is locked after all games/practices.
10. Coaches are to inform the AD of any problems concerning student athletes, fans, officials, parents, facilities & safety.
11. Never leave the team unsupervised. This includes the locker room. Coaches are responsible for unlocking the locker room after 3PM for practices/games. No students should have access to the locker room prior to 3PM.
12. The coach will never give keys to a student.
13. Coaches must keep account of the uniform issued to each student athlete. S/he must collect the uniforms a last game/practice or at a team banquet at the end of the season.
14. The coach must return all equipment, uniforms and keys at the end of the season before the final check will be issued. The AD must receive a list of what was not returned and who did not return it.

Responsibilities of Athletic Director

1. Attend League meeting and handle the scheduling of games and meets.
2. Provide coaches and school administrators with the league schedule of games and meets.
3. Assist coaches in understanding and complying with laws and regulations governing participation and safety.
4. Provide each coach with a First Aid Kit.
5. Maintain an inventory of equipment and uniforms used by teams and order new equipment as needed.
6. Inform coaches, staff, students, parents, officials, and school personnel of any schedule changes in a timely manner.
7. Coordinate fundraising activities.
8. Keep the program within its operating budget.
9. Handle any problems that occur regarding the athletic program and refer issues to the administration when appropriate.
10. Administer a survey to the athletes and parents to allow for post-season feedback.
11. The AD, Principal, Assistant Principal or an appointed adult will supervise all home athletic events.
12. The AD will facilitate the upkeep of the school's athletic facility.
13. Administer a post-season program evaluation to student athletes, parents/guardians & coaches after each season.
14. The AD & school administrators will handle all personnel matters.

Communication Hotline

Parent and player feedback is an important part of our program. We have designed the following protocol to enable and encourage open lines of communication between our coaches and their players/parents:

- Step #1. Speak with coach either by phone or in person.
- Step #2. Contact Athletic Director
- Step #3. Meet with Athletic Director & Coach
- Step #4. Athletic Director contacts Principal.