

Seward Middle School

Extra-Curricular Activity Handbook

Information for Parents and Students

Seward Middle School has a no-cut policy. We will evaluate our numbers after the signup and first practices. Teams will be divided by the coach's determination of ability into different playing levels. These assignments can change as the year progresses if significant growth in ability is observed, injuries occur, or disciplinary reasons call for a change.

With this opportunity comes a responsibility. **The athletes are expected to attend all practice sessions** (typically 1 - 1.5 hours after school) **and contests**. Absences must be excused by the coach and should be detailed in a parental note. Generally, half of the contests will be held at other schools, which requires that our athletes travel (by school vehicles) during the week. They often do not return to school until 7:30pm or later on these evenings. Athletes should ensure that they have appropriate clothing and especially footwear for participation in their selected activity. Any physical limitations or medical restrictions should be communicated with the coach before the first practice. Homework schedules and healthy sleep patterns are part of the student's responsibility.

Our no-cut policy refers to the opportunity to join a team. It does not guarantee playing time; however all athletes who adhere to the coach's training guidelines will participate in competitions.

Student athletes need support from their coach, teammates and their families in order to meet the challenges that an athletic team offers. They are experiencing an increased school load, and may also have many additional interests outside of school. For some of our students, participation on a school team is the first competitive team experience they have had. Juggling their many commitments is a part of their learning.

In order that Seward Middle School athletic programs serve the athletes during the season, and also best prepare them for potential participation in high school, the program's focus is on skill development, knowledge of the activity, basic strategies, and the rules of the sport.

Being part of an athletic team at any level requires commitment and dedication. Most students who fully commit themselves to the programs will see marked improvements by the end of the season. Enjoyment of the activity is critical to the motivation of the athletes, but they should expect to work hard, and understand that success will not come overnight. Joining a team offers countless opportunities for personal development beyond the attainment of physical skills. Athletes learn self-discipline, the value of hard work and self-sacrifice, goal setting, problem solving, self-evaluation, and teamwork. There is much to learn about yourself and others in winning and losing; we hope our athletes will develop perseverance, and excellent sportsmanship.

These are difficult skills and attitudes to master. We hope that our middle school student-athletes will make a healthy start, so they can fully develop as athletes in high school and beyond.

Attendance and Academic Eligibility

Academic Eligibility

- Any student failing (below 70%) when grades are checked is potentially ineligible to participate in extra-curricular activities. Students who are academically ineligible cannot travel with the team or suit up for any event. Activity practice is permitted, however, teachers or coaches may require students to stay after school to complete missing work.
- Grades are checked every Thursday prior to the eligibility week. If a student has a failing grade they will be ineligible. They will be given an eligibility sheet identifying the class they are ineligible in and what their current grade is. They may become eligible to participate by taking the eligibility sheet to all of their teachers to sign and verify improvement in their grade and/or sufficient effort to improve in that class.
- To become eligible the athlete has to improve their grade to passing or must be “showing sufficient effort to improve” in the class(es) they are failing in. The classroom teacher will determine eligibility.
- Once they are passing and/or showing sufficient effort they will become eligible again after turning in their signed eligibility sheet to the office.
- The students are responsible for their own eligibility sheets. The teachers or office staff will not be responsible for reminding the students to turn in their sheets.
- **Eligibility sheets need to be turned in to the office by the end of TOP Time the day of the contest to participate that day.**

Academic Detention/Practice Attendance

- Academic detentions will not affect a student’s eligibility but it can affect their playing time during contests.
- Students are expected to practice upon completion of academic detentions and it is the responsibility of the student to get to practice in a timely manner.

Unexcused/Excused Absences

- Each coach will have guidelines regarding unexcused absences.
- If an athlete needs to miss part of a practice because they need extra help from a teacher or needs to make-up work, this will be considered an excused absence. The coach needs to be made aware of the situation prior to the practice and the athlete will need to bring a note to the coach either before the practice or when they arrive to practice. Again the athlete needs to make every attempt to attend practice after meeting with the teacher. If they do not show up to practice it will become an unexcused absence.

School Attendance

- Attendance, for the full day, the day of a contest is required to be eligible for the contest that day. Arrangements in advance for extenuating circumstances, such as doctor/dentist appointments, funerals or other activities, can be made in writing. Every attempt should be made to be in attendance the day of a contest. Anyone going home ill and then returning for the contest will not be permitted to play.

Expectations and Standards

Participation in athletics in Middle School is completely voluntary. Our school has a no cut policy for all athletic teams. The school arranges transportation, provides facilities, coaching, and equipment. The school reserves the right to revoke or restrict the privilege of participation if a student fails to live up to the expectations and standards as outlined below.

1. Without exception athletic participants must hand in a completed permission form, with parent's signature. No athlete may compete until this form is completed and submitted. They also need a current physical and the completed form is to be on file at SMS. Students also need to pay the activity fee and purchase an activity ticket.
2. Athletes are financially responsible for all school equipment furnished to them. Grades will not be issued until all equipment is returned. The student's family will be billed for any items not returned at the end of the season.
3. Athletes will need to provide some of their own gear in addition to school issued gear and equipment. They will be expected to wear proper gear and equipment as outlined in each sport to all games and practices.
4. School personnel will make every effort to keep the locker rooms secure; however the student-athlete is responsible for issued school equipment as well as his/her own personal belongings. The locker areas are to be kept clean and there is to be no horseplay in those areas.
5. Athletes and coaches are to travel as a team to and from contests, unless special arrangements have been made with parents and the coach. If students need to ride to an activity with a parent or ride home with someone other than a parent, the parent needs to come to the middle school office and fill out the transportation liability waiver prior to that activity.
6. Athletes are expected to attend practice everyday—if an exception is required, the student should let the coach know as early as possible, and in person.
7. The no-cut policy welcomes all athletes to join a team. All athletes who regularly attend practice and follow the coach's training rules will have opportunities to compete.
8. Athletes are expected to conform to the overall school's standards of behavior as outlined in the student handbook, and to demonstrate respect and good sportsmanship in all athletic situations.
9. If an athlete is sent the 4-r room for a behavioral reason on the day of a contest their ability to participate in that contest will be under the discretion of the Principal and/or Activities Director.
10. Any athlete found using or in the possession of alcohol or tobacco products will be subject to punitive action as outlined by school policy. This may include suspension from participating in scheduled contests.