

Frisco Independent School District

Scoggins Middle School Girls' Athletic Policies

Athlete's Promise Included

SCOGGINS MIDDLE SCHOOL GIRLS' ATHLETICS

GENERAL POLICIES AND PROCEDURES

Our goal in the Scoggins Athletics program is to contribute to the overall educational development of the participants through the following:

- Developing physical fitness and proper health habits
- Encouraging the spirit of good sportsmanship
- Developing pride in performance, and a willingness to work and sacrifice for the good of a team
- Developing an appreciation for athletics and other related activities through participation
- Developing self-reliance and a capacity to work hard
- Emphasizing and encouraging self-discipline, as well as team discipline
- Encouraging good conduct, on and off the campus
- Encouraging youth to respect rules, respect others, and appreciate our country and its ideals
- Learning the importance of scholastic achievement as a prerequisite to athletic competition

As a general rule, middle school Athletics is also used to prepare athletes for their high school careers. This is true for not only the particular sports offered, but also in policies and procedures. It is our goal to have athletes complying with high school policies and procedures during their middle school careers, so that they can focus solely on the sports offered at high school, rather than spend time learning policies and procedures.

A student is not required to take part in athletics; therefore, **athletics is a privilege.** Consequently, when high ideals and standards are violated, the privilege can be revoked. All athletes will be expected to conduct themselves with pride and dignity. All policies and procedures are to be maintained while on campus and at all athletic events.

The general philosophy of the Scoggins Middle School Athletic Department is that we will attempt to help an individual who has made a poor decision; however, if those poor decisions are continually repeated, the welfare of the team must take priority.

Coaches have the right to discipline athletes on their individual teams, but will exercise sound judgment in evaluating specific penalties. Keeping in mind the welfare of the team as well as the welfare of the individual, coaches will discipline in a consistent manner.

SPORTS

Volleyball, Basketball, Track, Cross Country, Tennis and Soccer are sports that will be offered at Scoggins Middle School. Team selections will be based on the coaches' assessments. Fundamentals, effort, and attitude will all be taken into consideration for making a team at Scoggins.

PARTICIPATION

We encourage all of our student-athletes to participate in all the sports offered at Scoggins. With this being said, every athlete must try out for at least two sports. Volleyball and Basketball will be done during the athletic periods. Subsequently, these sports will require some out of school practice time during season. Unfortunately, the coaching staff will have to make roster cuts as numbers necessitate.

If your student-athlete participates only in Cross Country, Soccer, and Track they do not have to be in the athletic period. Practices will only take place before or after school for these sports.

Athletes that do not participate in at least two sports in 7th grade will need a recommendation from the athletic coordinator to participate in athletics in 8th grade.

ATHLETIC PERIODS

7th Period – 7th Grade Girls' Athletics

8th Period – 8th Grade Girls' Athletics

PHYSICALS

All students participating in athletics **must** have a Medical History form, UIL forms, and a physical signed by a doctor before they begin any tryouts or practices. All incoming 7th graders must have a new physical. Athletes that were in an FISD Middle School program in 2007-08 **do not** need a new physical unless they had a serious injury, but they do need to update their medical history information.

24 HOUR RULE

If an athlete quits Athletics, she will be given an initial 24-hour grace period to return. If she quits again, she will not be allowed to participate until the following season.

ATTENDANCE AND TARDIES

Attendance at practice and contests is mandatory. We ask that the athlete or parent inform the appropriate coach when an absence is inevitable. A phone call, message, or email will suffice. **Skipping Athletics or practices will not be tolerated.** Serious consequences will result for any athlete who is caught skipping. If any player has an unexcused absence from a scheduled practice, she must make up the work missed, plus any added sanctions deemed appropriate by that sport's coach. For an excused absence, the conditioning portion of the workout missed is all that will be made up. If an athlete is unable to work out for more than 2 days in a row, a doctor's note will be required for continued missed workouts.

GAME DAY ATTENDANCE

Athletes must be in attendance for the full day of school to be able to participate on a game night. Extenuating circumstances may be an exception to this policy if students are in attendance for a minimum of a half day, and the absence is documented by a doctor's note, or approved by the Athletic Coordinator prior to the absence.

GAME DAY DRESS

Athletes will wear either school-appropriate dresses, or skirts or dress pants with nice blouses on game days. Failure to dress accordingly on game days could result in consequences ranging from extra conditioning to loss of playing time. Special circumstances should be brought to the athletic coordinator's attention.

OTHER SPORTS AND ACTIVITIES

We want to always encourage our student-athletes to participate in as many sports and activities as they would like. All in-season sports should be a top priority for students. We will do our best to accommodate conflicts with other scheduled extra-curricular activities by working with the sponsors of other programs at Scoggins. **Scoggins Athletics should have top priority over all other sports leagues not affiliated with FISD.**

TRANSPORTATION

We will provide transportation to and from the games for all athletes. Each student-athlete must ride the bus to the game. We want to always encourage team unity, which includes riding home on the bus with teammates. Parents can pick up their students at school after the game. The coaching staff asks that parents pick up all athletes within a reasonable amount of time (usually no later than 15 minutes) after practices and games.

ATHLETIC CONDUCT

Athletes should show respect for all coaches, teachers, officials, teammates, opponents, fans, visitors, and school officials. Scoggins athletes should strive for and exhibit acceptable and proper conduct at all school functions, and in the community, as they are representatives of their school and athletic program. As each incidence of misconduct is different, the coaching staff will analyze the misconduct and assign punishment in a fair and consistent manner while exercising sound judgment. Any unsportsmanlike penalties such as fighting, mouthing, taunting, etc. will be dealt with by the coach of that sport. Punishments may range from extra conditioning to suspension from the program. We feel that consistent behavior issues are unacceptable within our athletic program.

We understand that academics do come first, and any athlete that needs to attend tutorials will be encouraged to attend. Tutorials have been set up school-wide to accommodate the students in extracurricular activities. Teachers will attempt to schedule tutorial times to accommodate practice schedules, but student-athletes at risk of failing must attend tutorials.

LOCKER ROOM, EQUIPMENT, AND THEFT

Equipment, which is school property, will be issued to each player and a record will be kept. Students are issued a locker with their own combination. It is the athlete's responsibility to take care of her equipment. The athlete will pay for any lost or stolen equipment. All equipment will remain at school unless instructed by a coach to take home. Athletes may not wear equipment home, wear another athlete's equipment, leave

equipment out, or leave a messy locker room. Any violation will result in disciplinary action. **Stealing will not be tolerated.** Any athlete caught stealing may be removed from the program for the remainder of the school year, and discipline will also be administered through the district's Code of Conduct. Cell phones, music devices, etc. are brought to school at the students' own risk and should be locked up at all times.

SUBSTANCE ABUSE/PROFANITY

Alcohol, tobacco, and drugs will not be tolerated at any time in our program. Punishment will be administered through the district's Code of Conduct policies, and athletic consequences could range from conditioning to suspension from the program. Profanity will also not be tolerated in the athletic program.

GROOMING

Students participating in athletics reflect the school's image through their appearance. Hairstyles and clothing should not be disruptive. An athlete's hair will be out of her face for practice/games. No jewelry will be worn during practices or games. This is in accordance with current high school Athletics policy.

ELIGIBILITY

Athletes are expected to achieve the highest standards in the classroom. To be eligible to participate in athletic contests, a student must pass all classes with a minimum of 70 % each six week grading period. If a student has yet to pass a six week period at the end of the first semester, then that student may be removed from the athletic program.

GRADING

Athletes must be on time and suited out for workout. Attendance at practices and games is mandatory, even if injured. Injured athletes are still expected to dress out in the full workout clothes. Student-athletes must participate to the fullest of their abilities in all practices and games. Athletes must follow all athletic policies as agreed to in our Athlete's Promise. Participation, attitude, work ethic, and compliance with Athletics policies will constitute 100 % of the six weeks grade.

ATHLETE/PARENT CONCERNS

Any concern should be brought to the attention of the correct coach in the following order:

Athlete/
Parent ⇨ Team Coach ⇨ Head Coach ⇨ Coordinator

These policies and regulations are important to a successful athletic program; however, the key to a successful program comes from **communication** between the coaches and parents, the coaches and athletes, and the athletes and parents. We encourage the parents to share in their daughter's athletic experience and help make it a positive and rewarding one. If there are any questions or concerns, please do not hesitate to contact us. We look forward to working with your child.

Scoggins Middle School Coaching Staff

FISD Middle School
Athletic Policies
Scoggins Middle School
Addendum

Goal: to have consistency throughout the middle school athletic programs and prepare our young athletes to have a successful high school career.

Addendum to Athletic Policies

- No physical after first week of Athletics – student will be placed into another elective.
- Students new to the school who wish to try out for a sport will be placed in PE; they may attend after-school practices and get the same amount of days to try out as the other students.
- All 7th graders will need the athletic coordinator's recommendation to register for 8th grade Athletics, and must agree to participate in at least two sports in 8th grade to secure a recommendation.
- Students who are not meeting requirements will have opportunities for improvement (could be before or after school).
- Persistent misconduct (deemed by the coaches) will result in serious athletic consequences up to and/or removal from the Athletics program.
- Parents or athletes are asked to contact the appropriate coach if an athlete must miss any portion of Athletics, or is not participating in Athletics.

These policies should only affect a very small portion of our athletic population.

Scoggins Middle School

Guidelines for the Parent of an Athlete

1. **Be positive with your child.** Let her know she is accomplishing something simply by being part of the team - don't put her down.
2. **Encourage her to work hard and do her best.** Don't offer excuses if she is not playing. There is usually a reason for it, and she should discuss it with her coach.
3. **Insist that your daughter follow team rules.** No matter which team your daughter is on, players must follow the rules. Athletics is very demanding, and coaches are concerned with the player's off-the-field activities. In order to get the maximum physical and mental performance, she needs to follow team rules.
4. **Insist on good grades.** Monitor your daughter's homework. If she does not have passing grades, she does not play.
5. **Be positive toward all involved (players & coaches) in the program.** Young athletes are very impressionable, and, as such, parents should be careful of the behaviors they model. Remember that every player has an important role on the team. Please avoid voicing dissatisfaction with coaches, as this could influence your athlete's respect for and willingness to play for that coach. Teach your athlete to be a problem-solver, not a complainer.
6. **Be a good fan in the stands.** As a fan, you are entitled to support your team. Please remain positive toward the opponent, all coaches, and all players. The coaches work with the players and know the talent and the abilities of each player well. Please trust their judgment, and respect their coaching knowledge and experience.
7. **Insist on your daughter's respect for team rules, school rules, game officials and sportsmanship.** Not only do athletes represent themselves and their families, but they also represent Scoggins Athletics, Scoggins Middle School, FISD Athletics, and FISD. We expect each athlete to conduct herself in an appropriate manner at all times.
8. **Encourage your daughter to improve her self-image by believing in herself.** Every person has worth and value. Tell your daughter she is only limited to the degree that she limits herself. Refrain from comparing your daughter with family members who played previously, or with other players on her team.
9. **Encourage your daughter to play for the love of the game.** Insist on unselfishness. Usually, good things happen to unselfish and hard-working people.

Enjoy your daughter and her play!

Time flies quickly as your daughter goes through middle school and high school. Make the most of each game... if she has a good game - GREAT, if she has a poor game – the sun will still rise the next day!

ATHLETE'S PROMISE TO SCOGGINS ATHLETICS

As an athlete participating in the Athletic program at Scoggins Middle School, I do hereby promise to read, understand, support, and abide by the SCOGGINS MIDDLE SCHOOL ATHLETE'S CODE OF CONDUCT. It is my desire to be a contributing part of the Scoggins Athletic Program and to help make it the very best possible.

Print Athlete's Full Name

Athlete's Signature

Date

PARENT'S PROMISE TO SCOGGINS ATHLETICS

As a parent/guardian of a Scoggins Athlete, I have read, understood, and agreed to the SCOGGINS MIDDLE SCHOOL'S ATHLETE'S CODE OF CONDUCT.

Print Parent's Full Name

Parent's Signature

Date