

Perquimans County Middle School



2018-2019 Athletic Handbook

Revised June 27, 2018

ATHLETIC DEPARTMENT PHILOSOPHY

The coaching staff of Perquimans County Middle School is dedicated to the development of the total student-athlete. Both the physical and psychological growth of each person is conscientiously considered when planning and implementing our athletic program.

Our professional staff is aware of the individual needs of youth as well as the social implications of being able to work as a member of a team. Students will be given the opportunity through extensive training, excellent equipment, and good coaching to reach their maximum potential both academically and athletically.

MISSION STATEMENT

The PCMS mission is to produce young men and women who have the capacity to be successful citizens in our highly competitive society. We are committed to achieving this goal. We also want students to leave Perquimans County Middle School and be able to say that they are proud to have been a part of PCMS Athletics.

ATHLETICS

Since it is a privilege to represent a school in athletics, the school must have the authority to revoke the privilege when student athletes do not meet the standards set forth. This responsibility not only exists while the athletes are involved in their chosen sport(s) but shall be required of them most certainly while at school as well as other times. A student-athlete is expected to be a positive contributor to Perquimans County Middle School. All students are invited and encouraged to take part in this program. As the program is voluntary, all athletes desiring the advantages of participation in the athletic program should be prepared to follow all rules and regulations as determined by the athletic staff, administrators, and School Board. Participation is a privilege that can be revoked. Those not willing to comply with the rules and regulations will not be permitted to participate in the program.

We understand that in athletics, situations may arise where parents have questions and/or concerns. When these situations occur please utilize the following protocol: 1). Contact the assistant or head coach regarding the matter. 2). If the situation is not resolved, contact the athletic director. 3). If further assistance is warranted, contact the principal. Please follow the steps listed above as described prior to contacting the central office.

Athletic Parameters

Excellent physical and mental preparation is essential for a successful athletic program. A student-athlete must be ready for the physical and mental rigors of the contest. This is done by practice sessions planned by each coach and by the observance of certain training rules and regulations.

A student-athlete is expected to be a positive contributor to Perquimans County Middle School.

Rules of Eligibility

1. Only students in grades 6-12 may participate in an interscholastic athletic competition. In order to qualify for public school participation, a student must meet the following requirements:

- A. The student must meet the residence criteria of G.S. 115C-366(a). The student may participate only at the school to which the student is assigned by the LEA or if over the age requirements, the school to which the student would be assigned at the next higher grade level.

- B. The student must meet age requirements at each grade level to participate. The principal must have evidence of the legal birth date of the student. A student who is ineligible to participate at one grade level due to age is eligible to participate at the next higher grade level only. A student shall not participate on a seventh or eighth-grade team if the student becomes 15 years of age on or before August 31 of that school year.

2. Attendance

- A. A student must, at the time of any game in which he participates, be a regularly enrolled member of his school's body. It is further required that a student is in school a full day in order to play in a game.

- B. During a semester, a student may not be absent more than 13 days.

- C. A student must be properly enrolled within the first 15 days and in regular attendance for the present semester to be eligible for athletics. (A student whose family has moved into a school district shall immediately assume the same status in

the new district as that from which he moved.) Summer school attendance shall not be counted in determining the percentage of attendance of a student for athletic eligibility, but approved and bona fide Homebound programs do fulfill the attendance requirement.

3. Scholastic Requirements

In grades six through eight, the student must pass five of the six courses on the latest report card to be eligible for the upcoming season.

Extended School Day: Any student athlete academically at-risk will be required to attend after school remediation during their sports season.

4. Medical Examination

In order to be eligible for practice or participation in interscholastic athletic contests, a player must receive a medical examination and a drug test once every 395 days by a licensed physician, nurse practitioner, or physician's assistant.

Students absent from athletic practice/games for five (5) or more consecutive days due to illness or injury shall receive a medical release by a physician licensed to practice medicine before re-admittance to practice and contests.

Code of Behavior

Any student arrested, charged, cited, or ticketed for any legal offense must immediately report the matter to his or her coach. The student will be suspended indefinitely or for any term the principal, with input from the athletic director and coach, deems appropriate. The suspension may apply to the student's participation in both his/her current sport and any future sport or season. Any felony charges, misdemeanor charges involving drug/alcohol possession, stealing, or assault or other violent offenses, will be considered more serious and may result in longer or permanent suspensions.

Other infractions to the Code of Behavior may include, but are not limited to:

- Assault / Fighting
- Possession of a weapon or dangerous instrument
- Harassment
- Communicating threats
- Engaging in gang related activity
- Arson / Malicious Burning
- Damaging personal property
- Engaging in any activity that substantially or materially disrupts any school function
- Communicating a hoax/bomb threat
- Smoking
- Possession of a controlled substance
- Any other violation of the student code of conduct

6. Office Referrals

An athlete who receives and/or accumulates office referrals for discipline infractions may be subject to suspension from athletic participation for the school year pending a decision by the Athletic Director, after a conference with the coach, principal, the athlete, and his/her parents. Any athlete serving In School Suspension (all day) or Out of School Suspension (OSS) will not be allowed to participate in practices or games for the duration of the suspension. The suspension will count against the number of missed practices for the athlete and may result in dismissal from the team.

Perquimans County Middle School
Athletic Director's Discipline Procedures
For Student Athletes

The staff, teachers, and coaches at Perquimans County Middle School encourage all students to participate in extracurricular activities. It is our goal to have quality athletic teams with respect for themselves and those around them. We believe that team loyalty and unity breed success. A student-athlete is a student first and an athlete second. Academic success is the ultimate goal.

The following is an outline of actions that will be taken if students fail to conduct themselves in a positive manner. It should also be understood that individual coaches may have additional rules and standards that athletes will be required to follow. For these reasons, we will expect the following from all student athletes.

1. **COMMITMENT**- Players are expected to be fully invested during the current season. PCMS Athletics are expected to be a priority over travel ball, AAU or any other organized league.

 2. **APPEARANCE** – A player's appearance is indicative of his self-respect and determines what type of impression others have of him and his teammates. Our goal is to present a good "team impression" to the general public and peers. Student athletes will be expected to follow the school dress code and coach's preference.
- Changing into Uniforms*
- Home Games:* Student-athletes will not be allowed to leave class early to change into their uniforms for games played at home.
- Away Games:* Student athletes will be dismissed 15 minutes prior to their departure time to change into their uniforms and collect their belongings.
3. **TRAVEL** – Players are required to travel to ballgames with the team unless excused by the Athletic Director and team head coach. To receive permission to ride home with parents/guardians will require a note from the parent/guardian.

 4. **PARENT/GUARDIAN Pre-Season Meeting** – Parents or guardians of any athlete must attend the pre-season athletic meeting.

 5. A student-athlete that wishes to participate in any extracurricular activity (ex. Band trips, competitions, clubs, etc.) that will conflict with practices or athletic competitions must obtain permission from his/her head coach. Failure to do so may result in dismissal from that team.

6. There should be no roaming of the hallways on practice or game days. Hall wanderers will be warned the first time.
 - A. The second time they will be disciplined by the Head Coach
 - B. Third-time consequences by the Principal.

Athletes and/or parents may appeal a suspension to the Administration Team. If either party is still dissatisfied after his hearing, the matter may be referred to the formal grievance procedures in the school policies.

RESPONSIBILITY FOR SCHOOL EQUIPMENT

Perquimans County Middle School will supply each team's athletes the necessary equipment in which to practice and compete. This equipment is the responsibility of the athlete to whom it is assigned. At the end of an athlete's season, the equipment must be returned on the date assigned by the Head Coach of that sport. Any equipment not returned will be assessed to that athlete, and the athlete will be asked to pay for lost or damaged equipment.

ATHLETIC AWARDS QUALIFICATIONS

1. Students must meet all academic eligibility and good citizenship requirements as provided in the Perquimans County Middle School regulations.
2. Athletes must have completed the entire season unless injury or sickness, verified by doctor's orders, prevents them from doing so.
3. Students must attend all practices and games unless excused by the head coach for illness or an emergency beyond his/her control.
4. All equipment issued to an athlete must be returned by the athlete, or, if lost, paid for by the athlete to be eligible for an award.
5. Any athlete who enrolls in school after the season is underway, but in the opinion of his coaches, his performance warrants an award will be eligible for an award.
6. Consideration for male and female athlete of the year.
 - A. Must be a two-sport participant.
 - B. Must attend practices and games at all times.

- C. Must be a contributor in practices and games.
- D. Must not have more than two office referrals.
- E. Must exhibit good sportsmanship at all times.
- F. Will be voted on by all coaches.
- G. Must be an 8th grader.