

**MOLLY OCKETT MIDDLE SCHOOL**  
**ATHLETIC HANDBOOK**  
**2012-2013**

**ATHLETIC DIRECTOR'S MESSAGE**

Please review this handbook with your student-athlete. Be sure that you and your student sign the last page stating that you have read, understand and will abide by the Molly Ockett Athletic Handbook, then return the signature form to the school office before the student participates in their first practice for the 12-13 year. Extra-curricular activities at our school are focused on teaching students how to live a healthy lifestyle, learning the value of teamwork and good sportsmanship, and developing their knowledge, skills and experience of the sport or activity.

**ROLE OF THE COACH**

The coach will be professional and model qualities that are expected from the athletes. The coach will understand the technical aspects of the sport and develop a system and skill development plan that will lead to individual and team improvement during practice and contests. The coach will communicate expectations clearly including schedules, policies, roles, areas to work on for improvement. Coaches will show concern for athlete's behavior and academic performance both on and off the sports facilities. The coach will be knowledgeable about Molly Ockett's rules, policies and procedure as well as the Triple C League Constitution, Rules and Guidelines, and will communicate those to athletes. Coaches will hold athletes accountable for any infractions in a manner that supports and encourages improvement. The coach will be concerned first with physical safety, emotional well-being and cultivating a healthy culture. Coaches will communicate with parents, the school office staff and athletic director to keep them informed of changes, issues or concerns.

**ROLE OF THE PARENT**

As a parent, we hope you will focus on your child's development as an athlete, student and person, rather than just the results. If you focus on how your child improves and competes rather than outcome of the game, your child will feel more in control of his/her own success. If you disagree with the coach, please talk to him or her directly and never with your child. Young athletes will carry negative opinions of their parents to practice and games, thereby hurting both their performance and the performance of the team.

**ATHLETIC PAPERWORK**

Students must turn the following paperwork in to the Molly Ockett office before beginning their first practice:

1. A Physical Form signed by a physician stating that the student is cleared to participate in the activity. One physical that is completed the summer before the student's enrollment (or during enrollment) can be used as clearance to participate for all of their middle school years.
2. A Permission Form signed by the parent and the student must be turned in for each separate sport or activity.
3. The Sign Off Sheet on the back page of this Handbook, must be signed by the students and their parent(s) or guardian(s) and turned in to the office before participation begins.

**PROCEDURES FOR QUESTIONS & CONCERNS**

Parents or students with concerns during the season are expected to talk directly to the coach at a time when they are not responsible for students' safety and supervision. The best time would be to call or email them in accordance with the contact information they provide. If there is an immediate concern or question, please ask to speak with them before or after a practice or game. If for some reason both parties are unable to communicate openly, with respect and understanding, then a meeting with the parent or student, the coach and the athletic director should be arranged.

## **ACADEMIC SPORTS ELIGIBILITY AND BEHAVIOR POLICY**

At Molly Ockett Middle School, we are working under the assumption that learning rather than time should be the most important factor. With the focus on learning rather than time, we want to make sure the main emphasis for eligibility is on what students are doing to be successful. To remain eligible, student-athletes must consistently do the following:

1. Turn in homework and classwork on time.
2. Complete all assignments fully and to the best of their ability.
3. Report for assigned study halls to make up missing work.
4. Take advantage of ASP or assigned sessions to receive extra help.

Student-athletes will be required to have a weekly feedback sheet signed, which will be turned in to the office. If students are not following through on their obligations listed above or fail to turn in eligibility sheets, the athletic director/principal will meet with coaches and the student to determine next steps. This may include after school study halls to make up work, required attendance at "Homework Club," or in serious cases removal from the team if there is no improvement in effort.

While we do not want to prevent students from participation in extracurricular activities, our primary responsibility is to assure that students are successful in their academic pursuits. We appreciate your support in this matter.

### **ROLE OF THE ATHLETE**

**Attendance** at school on the day of practice or games is required for the player to participate in any extra/co-curricular activities after school. If the student will not be attending practice or game, the student should inform the coach in advance. If the coach can not be contacted, please leave a message in the MOMS office for the coach. Academic requirements or detentions must be completed on the day scheduled, even if that means missing practice or a game.

**Lock/Lockers**: Athletes on teams who use the locker room must use a school lock. Locks cost a \$3.50 security deposit with the school office, which is returned after the season. You are responsible for anything left in the locker room, so please keep lockers locked at all times. The locker room must also be kept clean and organized for others.

**Laptops**: Athletes on teams must sign their laptop into the designated area determined by the coach and office staff.

**Cellphones**: Students must keep their cell phones in their locker while at school, and use the office phone to contact parents if there is an emergency or illness. Plans (and back up plans in case of cancellation of games/practice) for the day are expected to be made prior to the school day along with a note to turn in to the office in the morning if those plans are a change from the routine written on the emergency card. On away trips, student must keep their cell phone off and in their bag until the coach instructs players to call ahead to parents with a pick up time.

**Missing Uniforms**: Athletes who fail to return uniforms or equipment may be suspended from participation in future sports or activities until the uniform/equipment is returned to the coach or the parent pays to replace the missing items.

### **BAD WEATHER**

We try to make the decision about cancellations for games/contests between the two Athletic Directors and the two schools transportation departments between 11:00 am and Noon on the day of the game/contest.

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**Molly Ockett Middle School**  
**2012-2013 Athletic Handbook Acknowledgement Form**  
**for Student-Athletes & Parents/Guardians**

Student Name \_\_\_\_\_ DOB \_\_\_\_\_ Grade \_\_\_\_\_

Mailing Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

I hereby acknowledge that I have been given a copy of the Molly Ockett Middle School 2012-2013 Athletic Handbook. I acknowledge that I have carefully read and will abide by the regulations and expectations that are contained within the handbook.

Parent/Guardian Signature \_\_\_\_\_

Student Signature \_\_\_\_\_

Date \_\_\_\_\_ This acknowledgement applies for the 2012-2013 school year.