

Capon Bridge Middle School Athletics Handbook



Mascot - Bobcat

Colors – Orange and Black

Ann Downs
Principal

Bryan Potter
Athletic Director

75 Capon School Street
Capon Bridge, WV 26711
(304) 856 2534
(304) 856 3192 Fax

TO THE PARENT:

It is the responsibility of the Athletic Department at Capon Bridge Middle School to make rules that govern the spirit of competition for the school. These rules, however, need your input and support. This can be best achieved through open and honest communication. It is our hope to accomplish this objective through this handbook. Please take time to read this with your son and/or daughter. If there are any questions, please contact the Athletic Director or Principal of Capon Bridge Middle School. Please keep things in perspective, referees are humans, there are no scholarships or endorsement deals in middle school and most importantly, we're dealing with children.

TO THE STUDENT ATHLETE:

Being a member of a Capon Bridge Middle School athletic team is the fulfillment of an early ambition for many students. The attainment of this goal comes with certain traditions and responsibilities that must be maintained.

Our traditions were not built overnight. It took hard work from many people over many years. As a member of our teams at Capon Bridge, you have inherited a fine tradition, a tradition you are challenged to uphold. Our tradition has been to win with honor and class. We always play to win, but only with honor to our athletes, our school, and our county.

It will be a challenge to contribute to such a great athletic tradition. When you wear our uniforms, it is our hope that you go along to support the team and wear the colors with pride... The contributions that you make should be a very satisfying accomplishment to you, your family, and your school.

PURPOSE AND PHILOSOPHY OF THE CAPON BRIDGE MIDDLE SCHOOL INTERSCHOLASTIC PROGRAM

The Capon Bridge Middle School Interscholastic program is an extension of the middle school curriculum that provides activities for the growth and development of our student-athletes. The program includes experiences in human relations as well as opportunities for developing each student-athlete physically, emotionally, mentally, spiritually and socially. In addition, our aim is to develop a student-athlete with an improved self-image, the ability to learn a new skill and a deep motivation for growth and development.

The CBMS Athletic Department hopes to see a student-athlete who will demonstrate a willingness to accept responsibility for his/her actions, measure him/herself against standards of quality, express ideas and solutions to problems, and recognize the value of fair play, honesty and cooperation.

OBJECTIVES OF THE CAPON BRIDGE MIDDLE SCHOOL ATHLETIC PROGRAM

1. To develop and maintain the highest level of sportsmanship.
2. To develop proper attitudes toward winning and losing.
3. To encourage and develop respect for fellow athletes whether they are teammates, members of other CBMS teams or members of the opposing team.
4. To assure that the amount of time required for athletic participation does not interfere with academic success.
5. To develop proper attitudes toward individual health habits, appearance on and off the field, court, gym, and citizenship in and out of school.
6. To encourage competition not only for tangible rewards but also for the development of positive attitudes that makes athletic competition valuable and worthwhile.
7. To maintain the highest standard of ethics, recognize each participant as an individual who will conduct him/herself in a manner befitting his/her responsibilities and develop the kind of rapport with the broader school community that will improve not only the athletic program, but the total educational program at Capon Bridge Middle School.

ATHLETE'S CODE OF CONDUCT

Athletes will refrain from unsportsmanlike behavior at all times.

Athletes will model appropriate behavior and interactions with officials, coaches, and other players.

Athletes will honor all school policies as specified in the Capon Bridge Middle School Handbook and the Hampshire County Board of Education Policy Manual.

Capon Bridge Middle School will be judged by the behavior of our athletes, especially at away games. Trash talk, negative comments about other teams or players, inappropriate language and other demonstrations of behavior are unacceptable. Should athletes be found to be neglecting their responsibilities or to be violating the code of conduct, that athlete will meet with the Head Coach and/or the Athletic Director to assess the situation and determine the proper course of action.

ATHLETE'S RESPONSIBILITIES

Student-athlete responsibility is extremely important in the Capon Bridge Middle School athletic program. This responsibility begins from the time the student-athlete is accepted as an athlete on a team until the completion of the interscholastic season. This would include:

- Daily school activities and functions
- Special school activities and functions
- Practice
- Athletic trips
- Athletic contests home and away

Student-athletes are responsible to conform to the established rules of conduct set forth by Capon Bridge Middle School and the coach with respect to their actions with opponents, spectators, and official personnel of the home and visiting school. Improper conduct or violation of the rules of conduct will result in:

Minor violations—handled by the Coach

Major/Serious violations—serious violations which are punishable by direct disciplinary action from the school office, MAY lead to denied participation of these athletes from that sport for a designated time period.

Student may face intervention committee that will decide their disciplinary action too. There could also be a meeting with the student athlete, the Head Coach, Athletic Director and the Principal. Direct communication with the athlete's parent(s) is important and will take place if any disciplinary action is taken.

To help you understand your responsibilities as athletes remember these three rules:

1. Responsibility to You—is to broaden yourself and develop strength of character.
2. Responsibility to your School—by participating in sports and by doing your best you will be contributing and strengthening the reputation of our school.
3. Responsibilities to Others—as a member of a team you share a responsibility to your teammates, your coaches, and your parents.
4. Responsibilities to turn in all school athletic uniforms and apparel to the coach after the end of the season. If this responsibility isn't met, the student will not be eligible to play in the next sport season at either CBMS or HHS. If the uniform or apparel is lost the parent or guardian is responsible to purchase a new uniform.

ATHLETIC ELIGIBILITY

In order to participate in athletics, a student must maintain a 2.0 grade point average (GPA). If a student does not maintain a 2.0 average for the first semester, he or she will be ineligible for participation in the second semester. WV Code and WVSSAC Rules and Regulation Handbook state:

§126-26-3. Eligibility.

3.1. In order to participate in the extracurricular activities to which this policy applies, a student must meet all state and local attendance requirements and:

3.1.1. Maintain a 2.0 average.

A student in middle school who becomes 15 before August 1st shall be ineligible for interscholastic competition at that level. A student in middle school who becomes 15 on or after August 1st shall remain eligible for the entire school year at that level.

PHYSICAL EXAMINATIONS

All athletes at Capon Bridge Middle School must pass a physical examination prior to participating on athletic teams. Costs involved for physicals are the responsibility of the parents of each athlete. The Athletic Department will attempt to arrange free physicals at the end of May and the month of June if possible. All physicals must be renewed on a yearly basis. It states on the top of the Physical Examination Form, "Form required each school year on or after June 1st." Once a student gets a physical anytime on or after June 1st, it will be valid for the entire school year.

Following any injuries, an athlete must have a release form by the attending physician/medical professional before he/she may begin participation. Our motto regarding injuries: when in doubt, sit them out.

INSURANCE

The WVSSAC and the Hampshire County Board of Education require all students participating in the CBMS Athletic Program to obtain the school accident policy for their protection or provide evidence of their own personal insurance coverage. The financial responsibility for athletic injury rests with the students and their parents. CBMS cannot assume any financial responsibility in this area.

ATTENDANCE AT SCHOOL

Students must be IN SCHOOL and IN CLASS to participate in Athletic events.

- 1. STUDENT-ATHLETES WILL FOLLOW ALL RULES PERTAINING TO ATTENDANCE THAT ARE IN THE CAPON BRIDGE MIDDLE SCHOOL STUDENT HANDBOOK.**
2. Students suspended from school are not permitted to practice or participate in contests until the suspension that is issued is completed.
3. If a student-athlete has After-school detention, your sport commitment may not pardon you from this consequence.
4. Athletes are expected to be in attendance **on time at 7:50a.m. at the beginning** the school day following an evening athletic event. Failure to do so without a legitimate excuse could result in disciplinary action.
5. Student with many unexcused absences may face intervention committee to decide the disciplinary action that needs to take place.

EARLY RELEASE FROM CLASS

On occasion, it may be necessary for a student-athlete to miss class due to a scheduled game. He/she may have to leave early due to the travel distances we must make. Under these circumstances, it is the **RESPONSIBILITY OF THE STUDENT-ATHLETE** to see those teachers that he/she will miss, turn in any work that is due that day, and get any assignments that he/she will miss before boarding the bus. There will be no excuses accepted. You, the athlete, know your schedule.

When a student-athlete is dismissed from class to leave for a game, he/she will report directly to a designated area chosen by the coach. The coach will be responsible for supervision of his/her team during early release.

PRACTICE

At the beginning of any athletic season, organized practice shall be defined by the WVSSAC and end with the last regularly scheduled contest or elimination from tournament play.

Athletes are expected to attend all practices and games unless excused by a doctor. If it is a personal matter, the head coach of that sport will decide if an excuse is feasible. Injured athletes are expected to attend all practices unless excused by the head coach.

Coaches may monitor attendance and may have team consequences for unexcused practices or games. The Head Coach will address these situations on an individual basis.

It is the responsibility of the student athlete to inform the coach at least one day in advance if he/she plans to miss or be late to a practice. Coaches should be the first to arrive and last to leave practice sessions. They will also be responsible for monitoring the students waiting to ride the activity bus.

Saturday practices are allowed. No organized athletic events are permitted on Sundays.

When school is cancelled because of inclement weather, practices or contests will not be scheduled unless permission is granted by the Principal. If a practice under these circumstances is permitted, please be advised that it is NOT a MANDATORY practice and the athlete will NOT be penalized for not attending due to inclement weather.

If school is cancelled for reasons that are not weather related, practices or contests are also cancelled unless permission is granted by the Athletic Director to hold the practices.

TRAVEL

All Capon Bridge Middle School athletes are required to travel to and from away athletic contests by Board of Education approved transportation. Student-athletes will board the bus to go to away games at Capon Bridge Middle School. Only in cases of emergency will athletes be permitted to travel in other vehicles with their parents. If the athlete needs to ride home with his or her parents after an away game, the athlete **needs to have a note** signed by the parents. This note must be approved by the Principal of Capon Bridge Middle School and/or an administrator.

Dress for both home and away games will be determined by the Head Coach of that team. When traveling to away games, the bus conduct is the responsibility of the Head Coach and the assistants. He/She is responsible for the discipline on the busses.

- Within the county is considered home events.

EQUIPMENT

All equipment used in the athletic program is the property of the Capon Bridge Middle School Athletic Department. It is loaned to the student-athlete for his/her use. To be an athlete in good standing and eligible for awards, it is expected that all equipment will be cleaned, returned at the end of the season, and prepared for storage. No athlete is to cut or alter this equipment. Any equipment lost, destroyed, or stolen is the sole responsibility for the athlete to replace. If the equipment isn't replaced, the student may not be able to participate in any more sports seasons at CBMS or HHS. If there is not enough equipment for every athlete who goes out for a team, cuts may be made.

All members of the CBMS athletic teams will wear uniforms as prescribed by the coaching staff. This means there are no modifications or additions to the uniform. Wear them with **PRIDE**.

VALUABLES

The Hampshire County Board of Education and its employees will not be responsible for the safe keeping of the valuables of student athletes. The athletes are encouraged to limit currency, head sets, jewelry, etc, when participating in athletic activities. If "safe-keeping" devices are available, athletes should plan to deposit the limited valuables in them. Coaches will turn in all found valuables to the school principal for storage in the school's lost and found if unable to determine the owner.

PARENT/COACH/PLAYERCOMMUNICATION

As your son/daughter becomes involved in the athletic program at Capon Bridge Middle School, he/she will experience some of the most rewarding moments of his/her life. We hope that there is a total commitment to the program. It is important to understand that there also may be times when things do not go the way your child wishes. This is the opportunity for your child to talk with his/her respective coach and discuss the situation. When your child handles the problem, it becomes part of the learning and maturation process. There may also be situations that require a conversation between the coach and the parent. These are encouraged and should be arranged through school administration. It is also important that all parties have a clear understanding of the other's position.

A. COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

1. The Coach's Philosophy
2. Expectations the coach has for team members
3. Requirements to be part of the team—equipment, etc.
4. When your child is injured while participating
5. Any disciplinary action that involves your child
6. When and where practices and contests will be held

B. COMMUNICATION COACHES EXPECT FROM PARENT

1. Support for the team and how you could help
2. Notification of any schedule conflicts well in advance

C. APPROPRIATE THINGS TO DISCUSS WITH YOUR CHILD'S COACH:

1. The treatment of your child
2. Skill improvement and development
3. Concerns about your child's behavior

D. INAPPROPRIATE THINGS TO DISCUSS WITH YOUR CHILD'S COACH:

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

If you have a concern, please use the following procedures to help promote a resolution:

1. Make an appointment with administration to speak directly to CBMS athletic staff to discuss the concern.
2. If the concern is not resolved, call the Athletic Director to arrange a conference. A meeting can be arranged with the coach, parent and Athletic Director.
3. At this meeting, the appropriate next step can be determined.
4. Please do not attempt to confront a coach before, during, or after a practice or game. These can be emotional times for both the parent and the coach. Meetings of this nature and time do not promote resolutions and objective analysis of the situation.

EXPECTATIONS OF PARENTS

1. Be positive with your son/daughter. Let him/her know that he/she are accomplishing something by being part of the team.
2. Do not offer excuses to him/her if he/she is not playing. Encourage him/her to work hard and do their best.
3. Encourage your son/daughter to follow the rules. All players are an important part of the team and all should be treated the same.
4. As a parent and fan, you have the right to cheer as loud as you want, but don't become belligerent. Coaches work with athletes and know their talents. Respect that.
5. Insist your son/daughter respect team rules, school rules, game officials and sportsmanship. Self-respect begins with self-control.
6. Encourage your son/daughter to improve their self-image by believing in themselves.
7. Encourage your son/daughter to play for the love of the game.
8. Remember that the coach is involved as a coach because he/she is sincerely fond of children and is an experienced professional, a teacher.
9. Do NOT slander a coach, team, student et cetera. This behavior diminishes team moral and has no place in CBMS events. This includes postings such as tweets, snap chat or facebook. Coaches have different ways of dealing with people and situations. Athletes' lives are enriched by interaction with different types of leaders.

POLICY CONCERNING THE USE OF ALCOHOL, DRUG, OR TOBACCO PRODUCTS

The guidelines for dealing with this issue are outlined in the student handbook and outlined by WVDE Policy 4373, Expected Behavior in Safe and Supportive Schools. Being a student-athlete does not provide special treatment or exemption from rules.

It should be noted that the use of smokeless tobacco is prohibited by the WVSSAC in all athletic contests and practices as well as on school property, including school buses. It is also a violation of Hampshire County Board of Education policy and West Virginia state law. CBMS staff is charged with enforcing these guidelines.

HAZING AND/OR INITIATIONS

Hazing is defined as “any action or situation which recklessly or intentionally endangers the mental or physical health of a student enrolled in a public school.” It is the policy of the CBMS Athletic Department that injurious hazing activities of any type, on or off school property, by any student-athlete, coach, group organizations affiliated with the Athletic Department, are inconsistent with the educational process and shall be prohibited. No student athlete shall plan, encourage, or engage in hazing activities. Violators of this policy may be subject to disciplinary action, which MAY include suspension from school and/or athletics, expulsion, or other appropriate measures.

STAYING AFTER SCHOOL

Student-athletes will NOT be permitted to stay after school for any home contests starting at 6:00pm or later. After school they will need transportation home and may return to the school during the five o'clock hour. The building will be closed to all athletes and spectators from 3:00pm through 5:00pm. Doors will re-open for ticket sales and athlete entry at 5:00pm.

TEAM SHIRTS AND OTHER PARIFINALIA

CBMS is NOT involved with the ordering or purchasing of team shirts, socks, hoodies et cetera. Please do not make checks (or other forms of payment) out to the school or coaches. There are many local businesses that will provide this service for teams; payments need to go directly to them.

Thank you for taking the time to read the CBMS Athletic Handbook. Please have both student and parent/guardian sign the signature sheet on the next page. The signature sheet is one of many required pieces of documentation for participation on a sports team at Capon Bridge Middle School (along with a **physical, emergency procedure** form, proof of **insurance, travel** form). Please return the signature sheet to the coach, he/she will keep it on file. Thank you.

WARNING:

Participation in organized interscholastic athletics involves the potential for injury which is inherent in all sports. Even the best coaching, the use of the most advanced protective equipment, and strict observance of rules will not prevent the possibility of injury. On rare occasions these injuries can be so severe that they result in total disability, paralysis, quadriplegia, or even death.

Athletic Handbook Signature Sheet

I have reviewed and will abide by all policies, procedures, and expectations set forth in the Capon Bridge Middle School Athletic Handbook.

Student Signature _____

Date _____

I have reviewed the Capon Bridge Middle School Athletic Handbook with my child and will encourage my child and myself to abide by all policies, procedures, and expectations outlined there within.

Parent Signature _____

Date _____