

SPMS Athletic Policies and Information

Attendance

In order to participate, student athletes must be on time for all practices and games. Practice begins promptly at 3:30 p.m. Be properly dressed and in the appropriate location at this time.

Athletes should report to the locker room immediately after school and are not allowed to go to the bus ramp, parent pick-up areas or loiter in other areas of the campus. Violations will result in disciplinary consequences.

Tardiness will not be tolerated. If you have an after-school appointment with a teacher, please get a pass from that teacher with the time you left the classroom. You will have 15 minutes to dress and arrive at the proper location for practice.

You are expected to attend all practices unless you are absent from school or have made prior arrangements with the coach(es). Unexcused absences from practices, matches, or school may result in dismissal from the team.

You must be in attendance in school for at least one half of the school day to be allowed to practice or to participate in a scheduled game.

If you have been released from school for more than half of the school day, you are not eligible to participate in athletic events that afternoon (practice or game).

If you are absent unexcused from the practice prior to a game, you may not be eligible to start or play in that game.

If you do not dress for activity in PE class, you will not be allowed to participate in afterschool athletics. However, you should still attend that day's practice or game.

While these policies and regulations apply also to attendance during try-outs, the consequences are different. If you are absent from a day of try-outs, you decrease the time a coach has to view your performance. This can only result in lessening your chances to be one of those selected for the team.

Bus Transportation

While riding the bus, you must remain seated at all times, for safety of others as well as yourself. All the rules and regulations of the Henrico County Code of Conduct as well as the specific transportation regulations apply to bus transportation for extra-curricular activities.

Listed below are a few reminders:

*Walk, don't run, down the bus aisles.

- *Always accept the seat assigned to you by the coach.
- *Talk only to those seated near you in a quiet tone and keep your hands to yourself.
- *Follow the bus driver's directions.
- *Clean up the area where you were seated before you leave the bus. Make sure all windows are up in your area.
- *Be responsible for your own belongings.
- *Keep all body parts inside the bus.
- *Do not yell or make obscene gestures from the bus windows.

Roll will be taken upon departure from SPMS and before returning from the away event. If an athlete is not returning to SPMS on the bus after an away event, the parent must sign him/her out with the coach before leaving the school grounds.

Check with the coach of each sport for specific policies and regulations concerning bus transportation.

Conduct

Proper conduct, as outlined in the Henrico County Code of Student Conduct, is expected at all times, both on and off the field of play. As a student athlete, you represent the best of SPMS. Team membership is both an honor and a responsibility. Teachers are expected to notify coaches of those athletes who do not uphold the standards of behavior expected of a SPMS athlete.

Good sportsmanship is a must. Proper behavior should always be displayed. Take responsibility for your actions. Treat opponents, teammates, coaches, managers, parents, and referees with respect. Demonstrate a positive attitude at all times towards teammates, coaches, but most especially, yourself. Listen to and follow the coaches' directions without argument. You should not roam around the school during practices or games, particularly when visiting another school. The team should always stay together.

In addition to these general policies and regulations, a list of specific team rules may be distributed to those athletes who are selected for a team.

Consequences

See "Short Pump Middle School Athletic Pledge and Uniform Agreement Letter".

Eligibility

You must complete the Insurance/Eligibility letter for each sport you try out for, indicating the grades you earned the previous semester. If selected, your eligibility (grades) will be verified in Guidance by the coach(es).

Illness/Injuries

A valid and current physical examination certificate is required in order to try out for any sport. A student will not be allowed to try out unless that physical card is on file with the coach or the Athletic Director.

Current emergency information and insurance information (on the Insurance/Eligibility letter) must be on file with the coach so that all necessary contacts and arrangements may be made should the need arise.

If the athlete is under the care of a physician, whether for injury or illness, documentation must be provided from the physician before the athlete is allowed to resume participation.

You must be in attendance for at least one-half of the school day to be allowed to practice or participate in a scheduled game (early dismissals, late arrivals, etc.) If you are dismissed from school through the clinic for illness and are gone for more than half the school day, you are not allowed to participate in athletic events that afternoon (practice or game play).

Notify one of your coaches IMMEDIATELY in the event of an emergency.

To prevent injuries, always warm up properly before practices and games. This should include a variety of slow static stretches and some aerobic activity. Each coach will have a standard warm-up routine that you should follow. Horseplay, before, during, or after practice will not be allowed. To further prevent injuries, remove all jewelry before practice and matches.

Equipment responsibilities are shared among the players, coaches, and parents. To prevent injuries, athletes will not be allowed to participate if they are not properly dressed or are lacking in required equipment. This includes helmets, pads, leggings, footgear, headgear, mouthpieces, eye shields, shin guards, etc. Please plan ahead to have all of the required equipment and uniform for both practices and games.

Concussions: A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Athletes that have had contact that has caused any rapid movement of the head should report it immediately to the coach so that they can be evaluated by a doctor. No athlete that has been diagnosed having a concussion may participate without a doctor's approval. Parents will be required to sign a Concussion Policy form before the start of the season.

Inclement Weather

In the event of inclement weather, a decision will be made about which practices will be cancelled by 2:15 p.m. Please DO NOT call the office prior to 2:15 p.m. as the information will NOT be available. Time is needed during the regular school day for the coaches and Athletic Director to communicate with each other about the decision.

For a game, the decision will be made by 3:00 p.m. Again, the communication between Athletic Directors and coaches and between the administrators of the two schools involved takes extra time. Please do not call before 3:00 p.m. to inquire about a game cancellation. Thank you for your consideration of our office staff.

An announcement will be made to the students prior to the end of the school day as to which practices/games are cancelled. Students will be encouraged to ride their regular bus home. Please discuss contingency transportation plans for cancellations BEFORE the need arises.

In the event that our teams have already started an AWAY contest and it is cancelled due to inclement weather, any student who does not have a parent present to take him/her home will be brought back to SPMS on the bus. We are not allowed to leave a child at a remote site unsupervised. Please discuss these pick-up plans for AWAY games with your child.

Insurance

Evidence of insurance must be provided on the Insurance/Eligibility letter that must be on file with the coach. A new form must be filled out for each different sport a student tries out for.

Locker Rooms

Athletes should report to the locker room immediately after school for practices and games. Athletes are not allowed to go to the bus ramp, parent pick-up areas, or loiter in other areas on the campus.

One team per season will be assigned the "team" locker room and the other teams' members will use their regular PE lockers. Secure all personal items, clothing, and books inside your locked locker. Try not to leave anything on the bench or floor. Coaches are required to lock the locker room and students are not to be given keys by the coaches.

Use the restroom while in the locker room before practice and games. There is no reentry into the locker room unless it is an emergency or you are with the team and the coach.

To prevent injuries, horseplay in the locker room is not allowed. Eating and drinking in the locker room is not allowed. Males and females are NOT allowed in the locker rooms of the opposite sex under any conditions.

Once you are dressed and ready for practice, double check your belongings and locked locker and proceed to your team's appointed meeting area. After practice, gather all your belongings and leave your area of the locker room clean and neat. Proceed to the

front of the building to meet your ride. Parents should be on time and should be informed as to the times for pick-up after practices, events, and games.
COMMUNICATE!

Parental Responsibility

A valid and current physical examination card is required before a student will be allowed to try out for any sport. A student will not be allowed to try out unless the physical card is on file with the coach or the Athletic Director. (See "Physical Examinations" for more details.)

The Insurance/Eligibility Letter must be completed, signed by you, and turned into the coach of each sport a student tries out for. Current emergency information (phone numbers and persons to be contacted) is included on this form. These will be kept on file with the coach at all times so that all necessary contacts and arrangements may be made should the need arise.

Lost or damaged uniforms and equipment must be repaired or replaced by the parent. The coach will notify you of the replacement cost. Henrico County has set a maximum parental responsibility fee for uniforms at \$125.00.

Generally, practices end by 5:30 p.m. and home events between 6:00-6:30 p.m. Teams arrive from away events at varying times, depending largely upon the distance traveled. Refer to the sports schedules and directions to other schools for more information.

After students have gathered their belongings from the locker room, they are to meet parents in the circle or parking lot in the front of the building. Parents should be **ON TIME** and know the times for pick-up for practices, events, home and away games.

Students are required to ride the bus to an away game and are encouraged to return to SPMS on the bus (for "team" and equipment purposes). If your child is not riding the bus and is going home with you, you must sign him/her out with the coach before leaving the school grounds.

Parents are also encouraged to volunteer to help in various capacities for sports teams during the year. Providing refreshments and snacks, operating concessions, videotaping, operating down markers and chains, working at the scoring table, helping to set up fields and equipment are just a few examples. Please fill out the volunteer form on the back of the Acknowledgment and Consent form that you return to the coach.

From time to time, a team may conduct a fundraiser to enable them to further enhance that sport's training equipment or uniforms. Your participation and cooperation is encouraged and very much appreciated as these purchases directly benefit your child's athletic experience, as well as those of future athletes.

Physical Examinations

The Henrico County Public Schools Middle School Student Participation Parental Approval and Physical Examination Form is (thankfully) known as the “physical card”!

The physical must have been performed after May 1 of the year beginning the current school year. The card is valid until June 30 of the ending school year – a 14-month period. A student’s physical performed after May 1 will be valid for the September to June school year and only one physical per year will be necessary. This is a countrywide requirement and is intended to protect the safety and wellbeing of your child.

Once a child turns in the physical card to the coach of the sport he/she is trying out for, that card is kept on file with the Athletic Director for the rest of the school year and other coaches will have access to that information.

A valid, current, and complete physical card is required before a student will be allowed to try out for any sport.

Playing Time

The amount of playing time for any individual athlete is at the discretion of the coaching staff. It is often determined by the hard work, motivation, and positive attitude displayed during practice. Coaches make every effort to maximize participation but that might not be possible for every game.

Practice

Student athletes are expected to attend all practices unless absent from school or prior arrangements have been made with the coach.

Practice begins promptly at 3:30 p.m. and ends between 5:15 and 5:30 p.m. Parents should be in the parking lot no later than 5:30 p.m. Coaches are required to stay until all athletes are picked up. If you cannot pick up your child by 5:30, please make arrangements with another parent.

Try-outs are closed to those not participating/coaching the session. This serves to avoid unnecessary distractions and/or make players nervous which ultimately could cause accidents and injuries. Check with the coach about each team’s specific policy.

After practice or a game, cleats and muddy shoes should be taken off before entering the building.

Proper Attire

Remove all jewelry before practice and matches. Leave items in your locked locker.

Practice Wear

Proper practice wear is a must. School clothes, dress shoes, cut-off jeans, and long jeans are not allowed. Some teams have practice uniforms and these must be worn according to the coaches' directions.

Athletic shoes must be worn securely. Warm-ups will be needed for colder weather and traveling to away games in the winter months.

The wearing of your PE uniform is not allowed at practice because it may mean that your PE uniform will not be ready for use during your next PE class.

Equipment/Uniforms: Athletes must maintain and return uniforms that are assigned to them. Coaches will maintain accurate records of uniforms issuance. Uniforms are to be machine washed and hung to dry. DO NOT use the dryer. Damaged uniforms must be repaired or replaced by the parent. The coach will inform you of the replacement cost. Henrico County has set a maximum parental responsibility fee for uniforms at \$125.00.

Equipment responsibilities are shared among the players, coaches, and parents. Because of safety issues, athletes will not be allowed to participate if they are not properly dressed or are lacking in required equipment. This includes helmets, pads, leggings, footgear, headgear, mouthpieces, eye shields, shin guard, etc. Please plan ahead to have all of the required equipment and uniform for both practices and games.

Cleats may NOT be worn in the building. They are to be put on and taken off on the sidewalks outside the building.

Selections

Generally, selections (cuts) will be made in order to have a team that is manageable and safe for all participants. Coaches will use valid and reliable measurements during tryouts to evaluate the performance and potential of each individual athlete.

Every athlete who is not selected for a team will have the opportunity to speak with the coach(es) about their strengths and weaknesses and areas for improvement for the future.

Athletes not selected should be proud of their efforts and gain maximum benefit from the experience to be better prepared for the next time!