

# PENDLETON HEIGHTS MIDDLE SCHOOL



## ATHLETIC HANDBOOK

## **Middle School Athletic Philosophy**

The Pendleton Heights Middle School Athletic Department's goal is to provide a program that complements the academic programs in our school. The coaching staff strives to instill responsibility and discipline that will benefit students on the field of competition, in the classroom and in their daily lives.

Our diverse offerings strive to develop each student's self esteem, unique talents and a sense of social responsibility. It is expected that disciplined effort and practice will pay off on the field of competition, in the academic classrooms, and in the conduct of one's life.

We believe that competitive sports contribute significantly to our students' well being. By participating athletically, students learn to work effectively in groups, manage time well, and develop team spirit, while fostering a healthy desire to excel. Lessons in sportsmanship, teamwork, competition and winning and losing gracefully are expected outcomes by participants on each team. Athletics play an important role in assisting students develop self esteem, respect for others, honesty, responsibility, a sense of justice and strong ethical values to carry on into their future. Athletic competition contributes to school spirit and helps both spectators and participants to develop pride in their school and to practice the qualities of good sportsmanship. Athletes gain an appreciation for lifelong fitness and activity.

### **Sportsmanship**

Pendleton Heights Middle School athletes and fans must remember that the primary focus of our athletic program is not winning games. Although we have been very successful over the years and have won many games and championships, our primary function is to use athletics as an extension of the classroom. Pendleton Heights Middle School believes that having and understanding and respect for sportsmanship is just one of the many benefits of athletic participation. The PHMS student-athlete is expected to:

- treat opponents with respect
- play hard, but play within the rules
- exercise self control at all times
- respect officials and accept their decisions without gesture or argument
- win without boasting and lose without excuses
- always remember that it is a privilege to represent the school and community

### **Playing Time**

Playing time can be earned or lost through effort in practice, attendance, behavior, and overall attitude. Individual coaches reserve the right to determine the amount of playing time an individual athlete receives.

## **Athletics**

Athletics are one facet of the extracurricular program at PHMS. We offer the following sports.

### **Fall Sports**

Volleyball (F)  
Football (M)  
Cross Country (M/F)  
Cheerleading (F)  
Soccer (M/F)  
Tennis (MF)

### **Winter Sports**

Swimming (M/F)  
Basketball (M/F)  
Wrestling (M/F)  
Cheerleading (F)

### **Spring Sports**

Golf (M/F)  
Track (M/F)  
Softball (F)  
Baseball (M)

## **Coaching Expectations and Responsibilities**

### **Practices**

1. Start three weeks before first scheduled contest.
2. Give practice schedules to athletic director and parents
3. Events may only be scheduled Monday through Saturday
4. Begin and end practices on time.

### **Equipment:**

1. Responsible for maintaining and securing each day.
2. Inventory after the season and report to Athletic Director

### **Contest:**

1. Students must ride buses to all contests
2. Monitor student behavior from departure until return back to school.
3. Secure names of students leaving contest with parents.

### **General:**

1. Refrain from inappropriate language.
2. Supervise students at all times
3. Secure building when appropriate.
4. Discourage athletes from staying after school to wait for late practices or contest.
5. Check on eligibility of all athletes
6. Check on attendance report daily
7. Establish rules and expectations for athletes
8. Notify Athletic Director of discipline problems
9. Coaches must be alcohol and drug free while conducting practices or competitions.
10. Coaches must clear any awards and end of the year functions with the Athletic Director prior to planning.
11. Fundraisers are not permitted
12. The principal must clear collection of money from parents for any reason.

### **South Madison and Middle School Policies:**

Coaches and athletes need to be familiar with the following policies that could affect middle school athletes. Be sure your athletes and their parents are also aware of these policies.

1. Middle School Grade Policy
2. Alcohol, Tobacco, Drug Policy
3. Extra-Curricular Drug Testing Policy
4. Attendance Policy

### **Conduct and Character**

Students shall not be eligible to participate as athletes who at any time, in or out of school exhibits habits, conduct, or character such as to reflect discredit upon our school; as determined by the head coach and/or school administration.

It should be understood that athletic participation or attendance at athletic events (practice or contest) is not permitted on days of “Out-of-School” suspension. Misconduct that leads to an “Out-of-School” suspension may result in suspension from athletics. Penalties administered to eighth grade student-athletes will carry over to Pendleton Heights High School.

### **Attendance Policy**

All PHMS students participating in any extracurricular activity are required to attend and participate in a minimum of the last half of the school day’s academic schedule in order to be eligible for that night’s practice or athletic contest. Exceptions to the above policy are orthodontist and doctors appointments and funerals.

### **Affiliations**

Pendleton Heights Middle School participates in two different conferences. We are members of the Madison County Jr. High/Middle School Athletic Association. PHMS, Alexandria, Lapel, Frankton, Elwood, Madison Grant and Highland hold county championships in volleyball, cross country, basketball, wrestling, and track.

We are also members of the Hoosier Heritage Jr. High/Middle School Athletic Conference along with Yorktown, Delta, New Castle, Shelbyville, Greenfield-Central, Mt. Vernon, and New Palestine. Conference championships are held in volleyball, cross-country, swimming, basketball, golf, wrestling, track and softball.

### **Conflicts with Co-Curricular Activities**

Every effort has been made so that schedule conflicts between athletics and band/choir do not occur. In case a conflict is unavoidable, the student-athlete is expected to make participation in the band/choir activity his/her priority.

### **Conflicts in Extracurricular Activities**

Pendleton Heights Middle School recognizes that every student should have the opportunity for a broad range of experiences in the area of extracurricular activities. Students should be cautious however in participating in too many activities. Conversely, students are also cautioned to refrain from “specializing” in one activity thus denying them a well-rounded scholastic experience. If a conflict does arise, the student is encouraged to communicate with all coaches/sponsors involved.

### **Academic Eligibility**

Student Athletes will have their grades checked on a regular basis to insure academic progress.

1. Grades will be checked at the end of each grading period.
2. Student-athletes with all passing grades will have full participation status.
3. Student-athletes with one or more failing grades at the midway check will be placed on academic probation.
4. Student-athletes with one failing grade at the end of a grading period will be placed on academic probation.
5. Student-athletes with two or more failing grades at the end of a grading period are ineligible to participate in athletics during the next nine-week grading period.
6. Eligibility is effective the date on which report cards are issued.
7. A student-athlete must be academically eligible to tryout for a sport.

### **Academic Probation**

Student-athletes on academic probation are required to have his/her Daily Academic Probation Contract filled out each day and signed by every teacher and their parent/guardian. It then must be presented to the office for verification each morning.

Failure to comply will result in the following:

First time – warning

Second time - miss one athletic contest

Third time - miss two athletic contests

Fourth time – dismissal from team

### **Physical Examinations**

Students desiring to participate in interscholastic athletics must undergo a physical examination performed by a licensed medical doctor prior to participation in a tryout, practice, or contest. The physical form, which must be signed by a medical doctor, may be obtained from the main office. The doctor's signature must be dated April 1 or later of the current school year to be valid. The student's medical history, insurance information, and parental signature must be provided to be eligible for participation.

### **Drug and Alcohol Policy**

The possession, use, sale or transfer of any narcotic drug, steroid, hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic beverage, or intoxicant of any kind at any time is expressly forbidden.

#### **A. First Offense**

The student shall be suspended from participating for fifty percent of the athletic season's calendar events or for ninety school days of the activities of the extra curricular organization(s) in which he/she is currently participating at the time of the offense. If any offense occurs during the off-season in athletics or if the student is not currently participating in any activity, the penalty would begin at the beginning of his/her next regular season or activity. The building principal, or his/her designee, in consultation with the student assistance counselor may reduce the suspension to twenty percent of the athletic season or forty school days of the extra curricular organization(s) only if:

1. The student agrees to see the student assistance counselor and follows his/her recommendations, or
2. The student and parent or guardian agree to a drug and alcohol assessment provided at a state approved alcohol/drug agency in the community and conducted by a Certified Alcoholism/Drug Abuse Counselor, and follow his/her recommendations.

#### **B. Second Offense**

The student shall be suspended from participating for seventy-five percent of the athletic season's calendar events or for one hundred twenty school days or the activities of the extra curricular organization(s) in which he/she is currently participating at the time of the offense. If any offense occurs during the off-season in any activity, the penalty would begin at the beginning of his/her next regular season or activity. The building

#### **C. Third Offense**

The student will be suspended from participation in all extra curricular activities, including athletics for the remainder of his/her enrollment in the South Madison Community School Corporation.

### **Practice Sessions**

Team practice sessions are open to team members and school staff only. Others wishing to attend practice must obtain permission of the head coach.

### **Insurance**

Pendleton Heights Middle School administrators, coaches, and athletic trainers are safety conscious and are trained to instruct athletes in the safe and proper techniques of their individual sports. Due to the nature of athletic activity however, injuries may occur. While the school provides the opportunity for such participation, the parent retains the responsibility for providing medical care and insurance for their son or daughter. Parents are required to have an insurance policy to cover athletic injuries and the cost of treatment. Contact the principal's office for information about insurance plans, which can be purchased by parents through the school to cover athletic injuries. It should be noted that neither Pendleton Heights Middle School or the South Madison community School Corporation carry any kind of Medical Insurance for athletic injuries.

### **After School Expectations**

Students must stay for scheduled study tables unless they have a scheduled medical appointment, funeral or other excused activity.

### **Entrance to the Building and Pick-Up Of Athletes**

All student-athletes should use Athletic entrance for games and practices. Student-athletes should not be in any other part of the building without direct supervision of a coach. Student-athletes will not be allowed to return to their academic lockers after practices or games.

Parents should pick up students at the scheduled time. Failure to do so could result in dismissal from the team.

### **Equipment Issue and Return**

Pendleton Heights Middle School endeavors to provide each team member with the best and safest equipment possible. Each student is responsible for returning the uniform/equipment loaned to them. Failure to return uniform/equipment is subject to a charge.

## **Grooming and Appearance**

Pendleton Heights Middle School student-athletes act as representatives of the school and community and therefore are required to exhibit a well-groomed and appropriate appearance. The Principal, Athletic Director, and coaches will determine guidelines needed concerning appearance of our athletes within the context of safety and accepted social norms.

## **Schedules**

The most up-to-date schedules may be found on the school website:

[https://phms.smcsc.com/school\\_departments/athletics/phms\\_team\\_schedule](https://phms.smcsc.com/school_departments/athletics/phms_team_schedule). Changes and weather related cancellations are also available on the website.

## **Ticket Information**

Pendleton Heights Middle School accepts the Pendleton Heights High School All-Sports pass. The pass may be purchased at the PHHS Athletic Office. Single Admission at PHMS is \$4.00 for an adult and \$2.00 for students. There is no charge for pre-school aged children.

## **Travel**

PHMS students-athletes are expected to travel to and from athletic contests and special events in school-approved vehicles under adult supervision provided by Pendleton Heights Middle School. Extraordinary circumstances should be submitted to the Athletic Director in writing for his review prior to the day of the event. It is our desire that students participate fully with their team, which includes travel. We discourage parents from taking their children immediately after the competition concludes.

## **Athletic Fees**

An athletic fee of \$30.00 per sport will be assessed for sports with school owned uniforms. Currently, those sports include: Volleyball, Soccer, Football, Basketball, Wrestling, Tennis, Baseball and Softball. Other sports require the purchase of a uniform and/or a green fee. Families needing assistance in this area should contact the Athletic Director.