

MVMS ATHLETIC HANDBOOK

2023-2024



This handbook is a guide. If there are any differences between this handbook and District Policy, District Policy governs. The Administration and Board of Directors reserve the right to amend this booklet and its contents at any time as it deems necessary.

EXTRACURRICULAR ACTIVITIES

It is a privilege for a student to participate in extracurricular activities. Participation is also voluntary and is not a requirement for graduation; therefore, extra time and effort are required of those who participate. Since the reputation of a school is often judged on the actions of an extra-curricular program and its participants, high standards must be maintained. Those who have earned the right to represent MVMS in extra-curricular activities are expected to accept greater responsibilities as school citizens.

Participation in clubs and activities is open to all students. All groups must have an adult supervisor who assumes responsibility for supervision, direction, fundraising, and planning for the activity. All eligibility requirements for participation apply to extra-curricular activities. Additional clubs may be considered when students indicate an interest. All teams/groups have additional eligibility requirements which will be provided upon request. The list of extra-curricular activities is included below:

Extracurricular

Baseball

Basketball

Cheerleading

Field Hockey

Football

Alpine & Nordic Skiing

Soccer

Softball

Track

Unified Basketball

Wrestling

THE PURPOSE OF THE MOUNTAIN VALLEY ATHLETIC HANDBOOK

The purpose of the Mountain Valley Athletic Handbook is to provide coaches, athletes, and parents with the policies, procedures, and information that govern our athletic programs. Mountain Valley High School is a member of the Maine Principals Association (MPA) and has agreed to conform to all of its rules and regulations governing athletics. Mountain Valley Middle School will also conform to those same rules and regulations to ease the transition of our athletes from middle to high school.

ATHLETES are expected to know the policies and rules governing participation and abide by them at all levels of athletic competition.

COACHES will use this information in making decisions that are consistent and fair as they work with their student-athletes. Additional coaches' rules and policies will be written and distributed at the beginning of the season.

PARENTS AND GUARDIANS are asked to work with their sons/daughters, coaches, teachers, and administrators in making this experience for their children rewarding, positive, and memorable.

A MESSAGE TO THE STUDENT-ATHLETE

Participation in athletics is a very valuable part of your total education. The competition, camaraderie, loyalty, and respect of other athletes, coaches, and officials will be an integral part of your life.

As an athlete, you must be aware that you represent Mountain Valley Middle School and the communities of RSU #10. We expect that you will represent our schools and towns in a manner that is pridetworthy. There is a strong tradition of athletics at Mountain Valley Middle School; it is now your privilege to contribute to that tradition.

Participation in athletics is open to all students at Mountain Valley Middle School provided they meet the requirements pertaining to academic standards, eligibility, behavior, citizenship, attendance, and paperwork outlined in the Athletic Handbook and approved by the Board of Directors. Good luck to all participants; may your experiences be positive and rewarding.

PHILOSOPHY AND GOALS

The Athletic Department at Mountain Valley Middle School believes that the opportunity for participation in a wide variety of student-selected participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the students themselves.

Those experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his/her education.

Mountain Valley Middle School student activities are considered a supplement to the school's program of education, which strives to provide experiences that will help to develop young men and women physically, mentally, socially, and emotionally.

Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics plays an important part too in helping the individual student develop a healthy self-concept as well as a healthy body.

Athletic competition adds to our school spirit and develops pride in our school.

OBJECTIVES OF THE ATHLETIC DEPARTMENT

1. To provide a positive image of school athletics at MVMS.
2. To strive always for playing excellence that will produce winning teams within the boundaries of good sportsmanship and the mental health of the student-athlete.
3. To provide opportunities that will allow the program to serve as a learning experience where students may cope with problems and handle situations similar to those encountered in everyday life.
4. To provide a program of student activities that includes appropriate activities for every young man and woman.
5. To provide an opportunity for a student to experience success in an activity he/she selects.
6. To provide sufficient activities to have an outlet for a wide variety of student interests and abilities.
7. To provide those student activities which offer the greatest benefits for the greatest number of students.
8. To create a desire to succeed and excel.
9. To practice self-discipline and emotional maturity in learning to make decisions under pressure.
10. To be socially competent and operate within a set of rules, thus gaining respect for the rights of others.
11. To develop an understanding of the value of activities in a balanced educational process.

POLICY: JJI**REGIONAL SCHOOL UNIT NO. 10 REVISIONS ADOPTED: 4/24/17****ELIGIBILITY FOR PARTICIPATION IN CO/EXTRACURRICULAR ACTIVITIES**

All students are encouraged to participate in co/extra-curricular activities. These activities offer students the opportunity to learn new skills, to compete in a variety of sports, to experience being part of a team, to develop character, positive attitudes and self-discipline, to demonstrate leadership and to realize personal accomplishments. This policy covers all activities that compete with other schools.

Participation in co/extra-curricular activities is a privilege that carries with it responsibilities to self, classmates, school and community. Participation is entirely voluntary. While the Board recognizes the importance of co/extra-curricular activities to students, the schools and the community, it is the Board's intent to ensure that participation in co/extracurricular activities does not interfere with student learning and academic progress. It is the Board's intent to establish eligibility standards that support the well-being of students and the integrity of the schools' co/extra-curricular programs.

Middle School Eligibility

In order to participate in co/extracurricular activities, scrimmages, exhibition games, performances, competitions, or tournaments students must pass all subjects to be eligible.

- A student who is on academic probation may regain eligibility if his/her two-week progress report indicates that he/she is meeting the academic minimum. The student will have to do two-week progress reports until the end of the marking period.
- A student may continue participating in practices while on probation and may attend home games.
- All middle school students will be considered eligible at the beginning of the first marking period of each year.

Sports Physicals and Insurance

Because of the relationship between athletics and student health and safety, a sports physical will be required every two years before a student may participate in interscholastic athletic activities.

- The school nurse will review the completed physical exam form and the athletic director will maintain the updated electronic student physical exam list.
- Thereafter, a student will be required to submit a completed Parent Approval/Sports Medical update form each year prior to participation.
- Returned forms will be reviewed by the athletic director, kept on file in the athletic director's office, and will be accessible for coaches at sporting events in the event of an emergency.

- A student who suffers serious illness or injury must obtain “return to play” clearance from his/her healthcare provider before further participation in athletics is allowed.
- All students must demonstrate evidence of health insurance coverage before participating in athletic activities. If the student is not insured by a family insurance policy, school insurance will be available at the student’s expense.

Parent Permission for Student Athletes

A student must provide his/her coach/ athletic director with a permission form signed by his/her parent or guardian before participating in the first practice.

Conduct Standards

The Superintendent/designee shall be responsible for enforcing eligibility standards prescribed in this policy. The Superintendent/designee may develop and implement other conduct rules for student-athletes and participants in other co/extracurricular activities so long as they are consistent with this and other Board policies. Students participating in interscholastic athletics and other co/extracurricular activities shall be subject to all such conduct rules, and the consequences for violating them, as well as all other rules affecting the student body.

POLICY: IGDA

REGIONAL SCHOOL UNIT #10

ADOPTED: 08/15/11

RSU #10 SUBSTANCE ABUSE POLICY FOR CO/EXTRA-CURRICULAR PARTICIPANTS

All students will be given and advised of the RSU #10 Student Participation/Parental Approval Form. The student and their parent/guardian will sign and return the form stating that they have read, understand, and agree to school unit rules and regulations.

1. The RSU #10 Student Participation/Parental Approval Form **will remain in effect for the entire school year** if a student participates in **any** Co-Curricular or Extra-Curricular activities. This policy will outline acceptable and unacceptable conduct both during and outside of school, as well as during school-sponsored events.
2. This policy will outline the expectations of RSU #10 in regards to use/possession of substances. No student shall use, possess, buy, sell or furnish alcohol, tobacco products, or any other substance defined by law as a scheduled drug, purported to be a drug or any substance not federally scheduled that is used as a mind-altering drug. It is not a

violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by any person legally authorized to prescribe medications.

3. **First Offense:** (alcohol, tobacco products, or any other substance defined by law as a scheduled drug or purported to be a drug)
 - A. Student and parent(s)/guardian will be required to meet with the Building Administrator and/or Athletic Director.
 - B. If deemed appropriate by administration the student and parent(s)/guardian will meet with the school counselor. The school counselor will provide an approved list of contacts for assessment services. Additional drug/alcohol information and support will be provided.
 - C. (Extra-Curricular Athletics) the student will be suspended from participating in twenty-five percent (25%) of regularly scheduled games and will attend practices and games, but will not be in uniform for games. The student will be expected to continue to practice with their respective team during this time. The coach will be made aware of this situation.
 - E. Non-Athletic Co-Curricular participants are required to fulfill the above steps, as outlined in First Offense. If a twenty-five percent (25%) formula is not able to be attained, the student shall be required to complete ten (10) hours of school-approved community service work (in addition to service learning requirements).

***These items must be completed prior to the return of the student to any activity they may participate in.**

- F. If a student is participating in both Co-Curricular and Extra-Curricular activities during the same time frame, and a violation occurs, the student will satisfy requirements of both # 4 and #5.
4. **Subsequent Offenses:** The student will be suspended from participating in any/all Co-Curricular or Extra-Curricular activities for the remainder of the season/activity. The student will be required to have a formal substance abuse assessment by a school-approved professional (at no expense to the RSU).
 - a. If a co-extra participant self-refers asking for help or is referred and there is no evidence of a violation of this policy, there will be no disciplinary action taken, however, they will be required to follow JICH – Drug and Alcohol Use by Students Policy.
5. For any student that is governed by this policy who is found to be at the scene of an underage event where violations of the policy are occurring, but found not to be using or possessing, the student will be counseled by the Building Administrator and issued a written warning. The student's parent(s)/Guardian will also be notified by the Building Administrator of this event.

6. If the student will be returning to an RSU #10 school and wishes to participate in Co-Curricular or Extra-Curricular activities the following season, they will be required to complete 1,2,3 (listed above), and in addition, twenty-five (25) hours of school-approved community service.

It is the expectation of the Board that this policy and the consequences will be well publicized so that any student violating this policy does so by conscious decision.

CONDUCT POLICY

If a student is late for school or dismissed they must have a signed note from a professional excusing that tardy or dismissal or they will not participate in activities that day

Athletes must be at school and in homeroom/class before 8:00 am to be eligible to participate in athletics that day - *one tardy allowed per season*

Athletes are responsible for school-issued equipment issued to them. If equipment is lost or damaged, athletes will be charged the replacement cost for the missing item.

Students who have received a detention must serve that detention on the scheduled date. Any student-athlete who skips a detention to attend an athletic event will serve a one game/event suspension from that team.

Any student-athlete who is suspended from school for any reason must have a meeting with the Athletic Director, Building Administrator, and parent/guardian to determine whether or not they will be allowed to return to participation in their extra-curricular activity when they return from suspension.

TRANSPORTATION

Athletes must travel to athletic events on school-provided transportation. Any exceptions in extenuating circumstances will have to be made with the Principal or the AD at least 24 hours before the trip.

Following away activities, students may be transported by their own parent/legal guardian or other designated parent/relative if the following procedures are followed:

- A. Parents wishing to take their own child from an away game need to sign their child out with a coach following the game/event.
- B. Parents wishing to have their child ride home with another relative or adult must send in a note 24 hours prior to the away event, and this must be approved by a building administrator before a student will be dismissed with another adult.