

FORWARD

The Mount Pleasant Middle School Athletic Handbook has been created as a guide for all athletes and parents of Mount Pleasant Middle School. The goal of the Mount Pleasant Middle School Athletic Department is a quality experience in athletics. Good sportsmanship is expected from athletes, coaches and fans that participate or attend events. The Mount Pleasant Middle School coaching staff is dedicated to provide a quality experience to Mount Pleasant Middle School students. Student welfare and safety are a top priority as athletes enter the spirit of competition.

If you would like more information regarding West athletics, please contact the Mount Pleasant Middle School Athletic Office at **(989) 775-2220**.

ATHLETIC PHILOSOPHY

The interscholastic athletic program at Mount Pleasant Middle School is a vital and integral part of the total education program. The purpose of interscholastic athletics is to make a positive contribution to the development of the participants, spectators, school and community. Many of the character traits required to be successful participant are exactly those that will promote a successful life after high school. Research indicates a students involved in extracurricular activities has a greater chance for success during adulthood.

As an integral part of the educational process, the athletic program should always conform to and support the objectives and standards of the school. The total educational curriculum must take precedence over the athletic program. Athletes should strive for educational excellence, playing excellence, as well as staying within the boundaries of good sportsmanship.

VISION STATEMENT

To provide the highest quality educational athletic program for Mt. Pleasant Public Schools, students, staff and community members who will meet the educational, technological and facility demands and expectations of its participants.

MOUNT PLEASANT MIDDLE SCHOOL DEPARTMENT OBJECTIVES

1. To provide a positive image of school activities at Mt. Pleasant Public Schools.
2. To provide students with opportunities for physical, mental and emotional development.
3. To experience team play along with loyalty, cooperation and fair play.
4. To create a desire to exceed and excel.
5. To practice self-discipline and emotional maturity while learning to make decisions under pressure.

6. To develop an understanding of the value of extracurricular activities in a balanced educational experience.
7. To demonstrate good sportsmanship at all times.
8. To develop leadership qualities and skills.

TEN PRINCIPLES FOR PARENTS

1. Encourage a positive sports experience for your child.
2. Have your child at practice and games.
3. Practice with your child at home.
4. Attend the games as often as you can.
5. Cheer positively.
6. Allow the coach to coach.
7. Let the officials officiate.
8. Compliment your child.
9. Communicate with the coach.
10. Remember: This is your child's game.

THE MOUNT PLEASANT MIDDLE SCHOOL INTERSCHOLASTIC PROGRAM

Mount Pleasant Middle School offers a varied program of interscholastic athletics. The purpose of this program is to aid in the development of leadership, cooperation, sportsmanship, competitive spirit, and physical well-being. It is hoped that all Mount Pleasant Middle School students have the experience of participating on one or more of the following athletic teams.

Boys' Fall Sports

Cross Country

Boys' Winter Sports

Wrestling (Co-ed)
Basketball

Boys' Spring Sports

Track

Girls' Fall Sports

Cross Country
Basketball

Girls' Winter Sports

Wrestling (Co-ed)
Volleyball

Girls' Spring Sports

Track

**Midland, Mt. Pleasant, Bay City, Saginaw Middle Grades Association
Statement Of Belief**

The Midland, Mt. Pleasant, Bay City, Saginaw Middle Grades Association believes that a quality extra-curricular program plays an integral role in the educational process by enhancing the mental, emotional and physical well being of each participating individual.

Mount Pleasant Middle School is a member of the Michigan High School Athletic Association. This governing body determines the rules and regulations for all our interscholastic sports.

MHSAA ATHLETIC CODE FOR ATHLETES

1. Know and adhere to the athletic code.
2. Exceed all attendance and academic requirements as practical evidence of loyalty to school and team and a proper philosophy of school-sponsored athletics.
3. Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
4. Counsel with the Athletic Director over questions of eligibility.
5. Practice, play, and give complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
6. Accept favorable and unfavorable decisions as well as victory and defeat, with equal grace.
7. Demonstrate respect for opponents and officials before, during and after contests.

MOUNT PLEASANT MIDDLE SCHOOL CODE OF CONDUCT

1. The Mount Pleasant Middle School athlete must respect the purpose of our school by being a good citizen and a good student.
2. Coaches retain the privilege of insisting on proper grooming and dress of each team member.
3. Any athlete involved in any activity that would reflect unfavorably on the school shall be subject to disciplinary action. This could mean expulsion from athletics.
4. Athletes are expected to conduct themselves in an appropriate manner at all school activities.
5. Athletes must adhere to the training rules as listed on **Page 9**.

MOUNT PLEASANT MIDDLE SCHOOL STUDENT/ATHLETE EXPECTATIONS

Mount Pleasant Middle School student-athlete should encompass the following:

1. Follow all training rules, schools rules and regulations.
2. Exhibit good sportsmanship towards the opponents, officials, teammates and fans.
3. Work to excel in academics.
4. Put team goals ahead of personal goals.
5. Be a role model for all students before, during and after school.
6. Show pride in yourself, your team, your school and care for your facility
7. Respect but never fear the opponent.

8. Work harder than the competition both in and out of season and never quit.
9. Be on time and prepared for practices, meetings and games.
10. Accept the results, learn from mistakes, focus on the goal and never, give up.

DRESS CODE

We expect our athletes to project a favorable image for our school. Dress must follow the Mount Pleasant Middle School handbook rules. **No part of any athletic uniform should be worn to school at any time.**

MHSAA ELIGIBILITY RULES

ENROLLMENT - To be eligible for interscholastic athletics, a student must be enrolled no later than the fourth Friday after Labor Day (1st semester) or fourth Friday of February (2nd semester). A student must be enrolled in the school for which he/she competes.

AGE - A 7th-grade student who competes in any interscholastic athletic contest limited to 7th graders must be under fourteen (14) years of age, except that a student whose (14th) birthday occurs on or after September 1 of a current school year is eligible for the balance of that school year. Any 7th grade student whose (14th) birthday occurs after September 1 is ineligible for interscholastic athletics in Michigan except he or she may play on the 8th grade squad.

Physical Examination – No student shall be eligible to represent Mount Pleasant Middle School without having passed a physical examination. A completed physical examination form must be on file in the principal's office prior to the first day of practice. **(A physician's statement for the current school year is interpreted as a physical examination given after April 15th of the previous school year).**

Previous Semester Record – No students shall compete in any middle school athletic contest during the current semester who does not have to his or her credit in the official records of the school represented, a passing grade for the last semester as defined below in at least 50 percent of the total periods of work carried. A semester is a period during which a student has been enrolled in grades 7 or 8, prior to the fourth Friday after Labor Day or the fourth Friday of February, or during which he or she shall have taken part in any interscholastic athletic contest. A first year middle school student may compete without reference to his or her record in the 6th grade.

Limited Team Membership – A student shall become ineligible for a minimum of the next three contests and a maximum of the remainder of that season in that school year due to the following.
Participating in any athletic competition not sponsored by his or her school in the same sport season.

Equipment and Supplies – Some athletic equipment is supplied to athletes, in each sport by Mount Pleasant Middle School. This equipment is on loan for that sport season. Students are responsible for the care of this equipment. **If damage or loss occurs, the student is liable for the replacement cost of the equipment.**

MOUNT PLEASANT MIDDLE SCHOOL ELIGIBILITY RULES

Mount Pleasant Middle School Eligibility Rules – Eligibility at Mount Pleasant Middle School is based not only on academic performance but also has a behavior component as well. Eligibility is checked on a weekly basis. Eligibility checklist goes out to teachers on Thursdays and coaches are notified by 3:00 p.m. on Fridays of any student athlete that is ineligible for the week.

- A student athlete that is identified as being ineligible will remain ineligible for one week (**Monday through Sunday**).
- Eligibility is checked again on Thursday for the following week.
- **Any student athlete who is ineligible three or more times in any one season (any combination of academics and behavior) will be ineligible for competition for the remainder of that season. Ineligible student athletes will not be allowed to travel to away contests however they are expected to practice with their perspective teams.**

Academic Eligibility

- Students earning an **F** in at least one class will appear on the eligibility list and receive an **Academic Warning**. The student remains academically eligible for contests the following week.
 - If the student athlete is still earning an F in any class **for a second consecutive week, in any class**, then that student athlete would be ineligible for competition for one week (Monday through Sunday).
 - Example – Student has an F in science on Thursday of week 2 and receives academic warning. Student participates in competition week 3. Upon eligibility check on Thursday of week 3, student has a C- in science, but math is now an F. Student has had at least one F in any class for two consecutive weeks. Student is now academically ineligible for week 4 competition.
 - If student is back to passing all classes, then student is cleared. An academic warning returns if a grade earned in any class returns to F and process above resumes.

Behavior Eligibility

- Any adult in the building may submit a behavior warning for a student for behaviors that do not meet the TEAM expectations (Total Respect, Effort and Ownership, Awesome Attitude, and Mental and Physical Safety) matrix of Mount Pleasant Middle School.
- A student who receives a behavior warning remains eligible for the following week.
- If the student is issued a behavior warning at any point in any subsequent week, the athlete is then ineligible for competition the following week.
 - Example – Student gets behavior warning on for leaving mess in cafeteria during week 3. Student participates in week 1. During week 4, student receives warning for running in the halls. Student is now ineligible for week 5.
- Unlike academics, behavior warnings stay with the student the whole season. Therefore, any third, fourth, fifth, etc. result in behavior ineligibility from here on out.
- Any student athlete being assigned an Out-Of-School Suspension is immediately ineligible to participate in any athletic contest scheduled for the week he/she received the Out-Of- School Suspension.

TEAM RULES AND POLICIES

All coaches who choose to have additional rules and policies must issue a copy to the **Athletic Director** team members and parents.

EXCUSING ATHLETES FROM CLASS

1. Athletes will not be excused from class for practice without Athletic Director or Principal approval.
2. Athletes will be excused no earlier than **ten** minutes before the time the bus is scheduled to leave for an away game.
3. Athletes are expected to be in school the entire school day to be eligible for practices or games. Exceptions must have approval from the Athletic Director or Principal.

INJURIES

1. If an athlete is injured and needs attention, the coach will contact his/her parents. If an ambulance is necessary, the coach will call for one. **Neither Mt. Pleasant Public Schools nor West Intermediate is responsible for ambulance costs.**
2. The coach will report the injury to the Athletic Director.
3. In no instance shall a coach make a medical decision to allow an athlete to return to activity after a serious illness or injury without medical clearance.
4. A note from the parents, which allows return to activity from a serious illness or injury, is not adequate. These injuries require written clearance from a doctor (M.D. or D.O.).

ATHLETIC ATTENDANCE POLICY (Absences from games or practice)

Attendance - Coaches are required to take daily attendance. Athletes are not allowed to have an unexplained or unauthorized absence from practice or a game. The athlete or his/her parents must communicate to the Coach or Athletic Director why the athlete will not be at practice or game. Players or teammates are not allowed to report absences.

If a parent or guardian verifies the absence, the missed practice will not be considered as an unexplained or unauthorized absence. If an athlete is unexcused the following will take place:

- 1st offense: Coaches' decision.
- 2nd offense: One game suspension.
- 3rd offense: May result in dismissal from team. The coaching staff will review the situation with the Athletic Director and student athlete.

POSSIBLE REINSTATEMENT PROCEDURES

Athletes dropped from the team for unauthorized absences may petition in writing within five school days for reinstatement. The petition will be made to the head coach, who will refer it to the team for review. Coaches enjoy their association with players; the team depends on them. Because players who cut practice harm the team more than the coaches, the team will be involved with reinstatement conditions. If the head coach disagrees with conditions the team can re-petition for coach's approval. If the coach agrees, reinstatement will occur. If the Head coach disagrees, dismissal from the team will stand.

TEAM MEMBERSHIP

1. Once an athlete has decided upon a sport he/she wishes to try, he/she may not change to another sport without the permission from the coach of the sport he/she is dropping.
2. If an athlete wishes to change from one sport to another, he/she must do so prior to the first game of the season.
3. If an athlete is dropped from a team for disciplinary reasons, he/she is not allowed to try out or participate in another sport during the same season.
4. Athletes are **required** to be in school when school begins on the morning following a previous night's game. Coaches and parents should impress this upon their athletes.
5. Athletes must travel to and from away contests with the team. In the event a parent has a justifiable reason to have the athlete return with them, that parent must notify the coach in writing at least twenty four hours prior to departure. **The parent must pick up the athlete from the coach after the game.**
6. During Out of School Suspensions (OSS), students are suspended from participation in all extra curricular activities, including athletic practices and contests. Suspended students are not permitted on school grounds without permission from the Principal and/or Assistant Principal.
7. If a coach suspends an athlete from his/her team, the coach must notify the Athletic Director by the next morning stating the reasons for the action.

VACATION POLICY

Some teams may hold practices during school vacation closures. **These practices are always voluntary.** Athletes should still communicate with their coaches if they are not planning on attending vacation practices.

TRANSPORTATION

1. The Athletic Director will arrange for all transportation to away contests.
2. Athletes will not board the bus at any time until the coach is present. Everyone will board the bus together. Coaches should verify before leaving that all athletes, coaches and managers are present.

3. All athletes must travel with the team to away contests. The Athletic Director may approve athletes leaving with parents in extenuating circumstances. This must be in writing and initialed by the A.D. prior to departure.
4. No bus will leave unless the coach or chaperone is on the bus.
5. If food is taken on the bus, it will be the responsibility of the coach and athlete to make sure all refuse is picked up and deposited in a container.
6. Athletes are to remain in their seats when on the bus. This means no walking around, standing up or hanging out the window.
7. Any athlete violating the transportation policy may be removed from the team.

SQUAD SELECTION PROCEDURE

I. Philosophy

In accordance with our overall athletic philosophy, and our desire to see as many student/athletes as possible participate in the athletic program while attending Mount Pleasant Middle School, we encourage our coaches to keep as many student/athletes as they can without unbalancing the integrity of their sport. Obviously, time, space, facilities, personal preference and other factors will place limitations on the most effective squad size for any particular sport. Coaches, when developing individual sport policy should strive to maximize the opportunities for our student/athletes without diluting the quality of the program.

II. Limitation of Team Membership Policy

The coaches of the respective sports and the Athletic Director will determine minimum and maximum team membership limits. When the "Squad Reduction Policy" is utilized, the coach should keep the Athletic Director informed concerning the method and time of "cuts".

III. Squad Reduction Policy

A. Responsibility

1. Choosing the members of any athletic team is the sole responsibility of the coaches of those teams.
2. There is no such thing as a final cut. The athlete's membership on any team is always subject to proper behavior and the following of specified team guidelines.
3. Prior to try-outs, the coach shall provide the following information to all candidates for the team:
 - a. Extent of try-out period
 - b. Criteria used to select team
 - c. Number to be selected
 - d. Practice commitment if they make the team

B. Procedure

1. When squad cut becomes necessary, the process should include these important elements:
 - a. Have completed a minimum number of practices.
 - b. Be informed by the coach of the cut and the reason for it.
2. **Cuts should never be posted.**

3. Coaches should take the opportunity to discuss alternative possibilities for participation in the sport from which they were cut or other sports.
4. If a coach foresees difficulties arising as a result of squad cuts, he/she should discuss the situation with the Athletic Director ahead of time.

ATHLETIC TRAINING RULES

Philosophy: As a representative of the Mt. Pleasant Public Schools, athletes are expected to conduct themselves in an exemplary manner at all times. This standard applies to both school and community activities. Schools and communities are judged by the actions and behavior of their students, and in particular, their athletes. It is a privilege to compete in athletics, and our athletes must subscribe to certain rules and regulations. These rules and regulations have been instituted for the betterment of the athlete. Athletes are required to follow all Michigan High School Athletic Association, Midland, Mt. Pleasant, Bay City, Saginaw Middle Grades Athletic Association, and Mount Pleasant Middle School rules and regulations. Not following these rules could result in suspension or dismissal from a team. In order to participate in any athletic event, the athlete must be mentally and physically at his/her best. We, therefore, insist that you, as an athlete, follow these training rules that have been adopted by the Mt. Pleasant Board of Education.

1. Conforming to reasonable standards of socially-acceptable behavior. This includes respect for those persons in authority, and conformity to school rules as well as well general provisions of laws regarding minors.
2. Respecting the person and property of others.
3. Preserving the degree of order necessary to the educational program in which they are engaged.
4. Respecting the rights of others.
5. Committing forgery of any type.

All previous violations are null and void at the point in time when an elementary athlete/participant comes to Mount Pleasant Middle School. Every athlete/participant begins their middle school experience with a clean record for the purpose of compiling offenses. The training rules will begin with the first fall practice and run through the final athletic event of the school year or the final day of the school year, whichever is last to occur. Once training rules are signed, they remain in effect the entire athletic career of the athlete and are subject to change by the Board of Education on an annual basis.

Our Student Athlete Handbook is now digital. Please visit mtpleasantsschools.net/mpms and click the Athletics tab to view the .pdf version.

MOUNT PLEASANT MIDDLE SCHOOL TRAINING RULES AND STATEMENT OF UNDERSTANDING

This statement of understanding acknowledges that I/we, as legal parents and/or guardians have read, understand and agree to follow the MPMS Training Rules. I/we accept the Training Rules as terms of participation in all interscholastic events. By signing this form, the athlete/participant and parent/guardians are agreeing to follow this code for the remainder of the athlete/participant's career at MPMS.

I/we also consent to allowing our son/daughter to participate in athletics knowing that there is the inherent risk of injury. I/we understand that there are risks involved with athletics and that allowing our son/daughter to participate is exposing themselves to those risks. It is also understood that, as parents or guardians, we assume all liabilities and insurance responsibilities for athletic related injuries.

As parents of students at MPMS, we understand that attending any school event (paid or unpaid) does not give us the right to be unsportsmanlike or abusive physically or verbally to advisors, officials, players, coaches or fans. We understand that attending a MPMS athletic event or extracurricular activity is a privilege, and that school personnel may revoke the privilege temporarily or permanently for inappropriate conduct.

The athletic department requires the **parent and athlete to sign this sheet** to indicate the following:

1. Each has read the training rules.
2. Each has reviewed the digital MPMS Athlete's Handbook.
3. Each understands that athletics is a voluntary program in which the student may participate if he or she so desires, but the student does so at his/her own risk of injury.
4. Each understands that a student participating in athletics should be insured under an adequate health care insurance policy.
5. Each understands that the athlete or parent is obligated to pay the replacement cost of lost, stolen or damaged equipment, uniforms or Mt. Pleasant Public Schools Property.

Please Print:

TODAY'S DATE: _____ ATHLETE'S NAME _____

ATHLETE SIGNATURE _____

PARENT SIGNATURE _____

PARENT CONTACT NUMBER = _____

RETURN THIS FORM TO YOUR COACH BY THE FIRST DAY OF PRACTICE.