

NLMS Athletic Policies and Student Code of Conduct **2022-23**

North Lincoln Middle School believes that appropriately conducted school athletics can be among the most important elements in preparing our students to be well-rounded citizens of our community. More specifically, our athletic programs exist for the purpose of helping our students meet the high expectations set forth in our school's mission and vision. For these reasons, we have established the following codes and expectations for our athletes and their support groups.

Medical Requirements

Physical Exams All student-athletes must have a physical exam at least once every 395 days . The physical must be current before a student will be allowed to participate in workouts, tryouts or practices. Completed medical forms should be forwarded to the athletic director, school nurse, or front office.

Concussion Forms In addition to a physical form each athlete is required to have one completed concussion form on file per school year.

Students will not be allowed to participate until all medical requirements have been met. Physical and concussion forms are available online or in the front office

Team Selection and Tryouts

All *eligible* students in grades 6, 7, and 8 are encouraged to try out for the sport of their interest. Team selection is the responsibility of the coaching staff. Selection will be based on student performance during the given try out period and will not be based on participation on any outside sporting teams. Team selection decisions made by the coach are final. Athletes not selected to the team may contact the coach to discuss areas of growth and improvement.

Athlete Attendance

1. Students must have no more than **11** unexcused absences during the first semester of the 22-23 school year to be eligible to participate in athletics during the second semester. During the second semester students must have no more than **14** unexcused absences to be eligible to participate in athletics during the first semester of the 23-24 school year.
2. Athletes will be allowed to participate in practice or contests only if they are in school for half the school day on that day. Half-day is considered 11:30am. Students who are absent from school may not participate in any athletic event during that afternoon or evening. When arranged in advance the principal may approve individual exceptions.
3. Any student who has been placed on out of school suspension may not participate in any school related activity while suspended, including athletic practice or competition.

Roles and Responsibilities of Student Managers

Managers' duties include, **but are not limited to**:

- Stat Keeping: Managers will be responsible for assisting in keeping statistics during games and/or practices as it applies to both NLMS and the competition.
- Water: Managers will be responsible for assisting with maintaining hydration stations and equipment during practices and games.
- Equipment: Managers will be responsible for assisting with equipment set-up and storage before, during and after practices or games.
- Practice: Managers will be responsible for attending practices and games, setting up and/or participating in drills as needed, and remaining ready at all times to assist players and coaches. **Managers are not guaranteed on field practice participation.**
- Attendance: Managers will be held to the same attendance standards as players.
- Behavior: The academic code of conduct applies to all athletic team managers.
- Expectations: Our managers are an important part of the team concept. Managers are a representation of our school and their team and as such will be treated like a team member.

Parent Conference/Communication with Coaching Staff

There are situations that may require a conference between the coach and the parent. Please do not attempt to confront a coach before or after a practice or game. These can be emotional times for the parent, child, and coach. Meetings of this nature do not promote resolution. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed:

1. Call the next day to set up an appointment with the coach.
2. If the coach cannot be reached, call the athletic director. The AD will set up a meeting for you.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior with the team and on the practice/game field.
4. The future of your child's play at the next level.

Issues Not Appropriate to Discuss with Coaches

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

What can a parent do if a meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director.
2. At this meeting the appropriate next step can be determined if necessary.

Playing Time

It is the desire of every parent and student to receive maximum playing time; however, decisions regarding playing time are left to the discretion of the coaching staff. Coaches will make every effort to ensure athlete participation while operating within the best interest of the team as a whole. Moreover, playing time is not guaranteed regardless of grade-level, experience, or seniority with the team.

After Practice and Home Competition

Following each practice and home competition student athletes and managers are expected to stay and assist with clean up. This includes ensuring that bleachers and grounds are clean.

Panther Code of Conduct

As a student athlete you represent North Lincoln Middle School. The way you act and communicate with teachers and peers during school matters. You are expected to make good decisions, both on and off the field of play. Student athletes are expected to be positive role models at school and in the community. For this reason all student athletes are required to follow all school rules and all team rules at all times, and they should strive to be a positive influence at all times. Parents and students should always remember that participation in extracurricular activities, such as athletics, is a privilege for students.

Please read the Students receiving school consequences of ALC, ISS, or OSS will receive the following consequences for inappropriate school behavior during athletic season.

1 Period ALC Offense- Consequences will be at coaches discretion to be addressed at the next immediate practice.

2nd and Repeated ALC Offenses - Will not be allowed to participate in the next immediate contest for the full length of the contest. More than 3 ALC referrals during an athletic season will result in dismissal from the athletic team.

½ or Full-Day ISS- Will not be allowed to participate in the next immediate contest for the full length of the contest. More than 3 ALC referrals during an athletic season will result in dismissal from the athletic team.

OSS < 5 days- Will not be allowed to participate in the immediate next 2 contests. If OSS is the result of 3 or more repeated ALC referrals during an athletic season, it will result in dismissal from the athletic team.

OSS > or = 5 days - Will result in dismissal from athletic team

**Consequences are cumulative

Panther Athlete Behavior Contract

As a student athlete, I, _____, recognize the commitment that is included while participating on a North Lincoln Middle School athletic team.

- I understand that participation on a team is a privilege and a responsibility.
- I will always strive to improve my skills and improve the team by participating in all practices.
- I will always work to represent myself and North Lincoln Middle School in a positive manner at every event while I am on and off the field of play.
- I understand that honor, integrity, and good sportsmanship are keys to my success.
- I understand that my responsibilities as a student are superior and as a student athlete I must remain in good academic standing.
- I understand that it is my responsibility to be prepared for practices and games by bringing the appropriate clothing, protective gear, and equipment.
- I understand that if I do not represent myself or the school in a positive way, the Athletic Department will have the authority to suspend or remove me from team involvement.

Student's signature: _____ Date _____

As the parent of a student athlete, I understand that my role is vital to the success of my child and the team. I recognize the commitment that is included while my student is participating on a North Lincoln Middle School athletic team.

- I will support my student athlete in their academic responsibilities.
- I will support my student athlete at competitions as often as possible.
- I will encourage my student athlete to adhere to all NLMS behavior standards.
- I will promote positive camaraderie and sportsmanship while supporting NLMS athletics.
- I will support the decisions of the coaches and Athletic Department.

Parent's signature: _____ Date _____