

Messalonskee Middle School

Extracurricular Handbook

for

Students and Parents

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The Purpose of the Messalonskee Extracurricular Handbook

The purpose of the Messalonskee Middle School Extracurricular Handbook is to provide coaches, advisors, student participants, and parents with the policies, procedures, and information, which govern athletics.

Student participants are expected to know the policies and rules governing participation and abide by them at various levels of athletic competition.

Coaches and advisors will use this information in making decisions to insure that they are consistent and fair as they work with their students.

Parents and guardians are asked to work very closely with their sons and daughters, coaches, advisors, teachers, and administrators in making this experience for their children rewarding, positive, and memorable.

GENERAL POLICIES FOR ALL PARTICIPANTS

I Prior to participation in athletic extracurricular activities all students must:

- a) Submit a completed medical history and athletic contract form.
- b) Have a physical exam.

II All candidates must meet the RSU #18 eligibility requirements. A pupil shall be ineligible to participate in any interscholastic middle school athletic contest or non-athletic activity who does not meet the eligibility rules established by the Board of Directors. (Note: Summer school makeup of subjects failed during the regular school year does not affect eligibility, unless the failure was due to unavoidable absence.)

Makeup of Interscholastic Athletic Teams

It is the policy of this district that no student be denied the opportunity to participate in interscholastic athletics because of race, color, sex, religion, or national origin.

To accomplish the goal of ensuring equal opportunity for all students, the district supports a wide-ranging program of interscholastic athletics at the middle school and high schools. Due to the nature of certain sports and the regional and state organization for interscholastic competition, team make-up is designated as 'boys', 'girls', or 'mixed'.

The following lists the various sports, classifications, and the school(s) at which they are offered.

<u>Boys</u>	<u>Girls</u>	<u>Mixed</u>
Baseball	Basketball	Track
Basketball	Field Hockey	Football
Lacrosse	Lacrosse (when available)	
Soccer	Soccer	
Swimming	Softball	
	Swimming	

The above classifications are intended to provide clear direction for the Administration and may be changed only through action by the Board.

Message to the Student Athlete

Participation in athletics is a very valuable part of your education. The camaraderie, loyalty, and respect for other participants, advisors, and officials will be an integral part of your life.

As a student participant, you must be aware that you represent Messalonskee High School and communities of Oakland, Belgrade, Sidney, China and Rome. We hope that you will assist us to project a good image of our school and our towns. There is a strong tradition for athletics, as well as the performing arts, and the visual arts, at Messalonskee Middle School. It is now your privilege to contribute to that tradition.

It is a privilege for a student to participate in athletics. Participation is also voluntary and is not a requirement. Therefore, extra time and extra effort are required of those who participate. Since the reputations of the school programs are often judged by the public performances and the athletic program, high standards must be maintained. Those who have earned the privilege to represent Messalonskee Middle School in a public way are expected to accept greater responsibilities as school citizens.

Participation in athletics is open to ALL students at Messalonskee Middle School provided they meet the requirements pertaining to academic standards, eligibility, behavior and appearance outlined in this handbook and approved by the RSU #18 School Board. Good luck to all participants. May your experiences be positive and rewarding.

Message to the Parent

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assists students in personal adjustments.

We feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of administration to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parents. It is our hope to accomplish this objective through this publication for students and parents.

If at any point during your son's/daughter's season, you as a parent have a concern about a specific policy or a coach's judgment, we ask that you follow this procedure.

1. Speak to your son's/daughter's coach regarding your concern.
2. Speak to the Athletic Director, if you feel the issue has not been addressed.
3. Request meeting of Athletic Director and coach, if issue is still not addressed.
4. Meet with principal if still not satisfied.

Hopefully through open communication we can avoid unresolved issues.

Athlete's Code of Ethics

The athlete must keep in mind that an athletic contest is only a game designed and conducted to promote the physical, mental, moral, social, and emotional well being of the individual player. He/she must remember that he/she is representing his/her family, school, and community both on and off the athletic courts and fields.

The Player should:

1. Always respect official's decisions regardless of their outcome.
2. Never use profanity in practice, or during competition.
3. Control his/her emotions at all times and avoid verbal and physical fighting.
4. Use his/her influence on and off the field or court to develop good spectator sportsmanship.
5. Accept victory modestly, defeat gracefully and never give up or quit.
6. Treat opponents with the courtesy and respect due any guests.

The administrators and coaches of the Messalonskee School District are committed to the promotion of good sportsmanship. It is the responsibility of all (including our guests from visiting schools) in attendance at any athletic contest to respect the opposing fans, the officials, the coaches, and most of all the athletes.

PLEASE

1. Be respectful during the National Anthem. Stand, remove your hats, and refrain from cheering until its completion.
2. Be respectful and courteous during the introduction of players from both teams.
3. DO NOT chant group cheers that contain inappropriate or obscene language
4. Horns (to include air horns), noisemakers, and confetti are prohibited.
5. Posters in poor taste will not be allowed.
6. Bare-chested displays by any spectator will not be permitted.

Everyone is urged to cheer and support all our athletic programs. Taunting, trash-talk, and other forms of disrespectful behavior are what we are hoping to avoid. The Messalonskee School District's "*Standards for Responsible and Ethical Student Behavior*" also states these same expectations under Responsible Group Behavior and Good Sportsmanship.

"Groups and teams of individuals represent the District at various festivals, athletic events, competitions, field trips, and other gatherings. Students, either as participants or spectators are ambassadors for our communities and must demonstrate the highest standards for responsible and ethical behavior."

Good Sportsmanship Happens When:

The Player:

Lives clean and Plays hard.

Wins without b`oasting. Loses without excuses and never quits.

Respects officials and accepts their decisions without question.

Never forgets that he/she is a representative of the school.

The Coach:

Inspires in players a love for competition and the desire to win.

Teaches them that it is better to lose fairly than to win unfairly.

Leads players and spectators to respect officials by setting a good example.

The Official:

Is fair and firm in all decisions

Calls them as he/she sees them.

Treats players and coaches courteously and demands the same treatment for themselves.

Knows the game is for the players and lets them have the spotlight.

The Spectator:

Never boos a player or an official.

Appreciates a good performance, no matter who does it.

Knows that the school gets the blame or praise for their conduct.

Sportsmanship

We can't all play a winning game –

Someone is sure to lose.

Yet we can play so that our name

No one may dare accuse;

That when the Master Referee

Scores against our name

It won't be whether we've won or lost

But How We've Played the Game!

Author Unknown

RSU 18 Middle School Eligibility for Extracurricular/Co-curricular Activities

The expectation is that to be eligible for extracurricular/co-curricular activities middle school learners must be making appropriate progress as determined by the classroom teacher on all measurement topics.

Learner eligibility will be checked every 4 weeks throughout the school year.

When progress is checked, if a learner is not making appropriate progress on any Measurement Topic, then he or she will be placed on probation. Learners on probation have to create an individualized learning plan with a staff member within one week of being placed on probation. The building administrator, or designee must approve each plan.

Learners will remain on probation as long as they are following the plan. While on probation, a learner remains eligible to participate in practices, games, rehearsals, performances, or competitions. All plans will have specific goals and be finite in design. Once the learner has completed his or her plan, the learner is considered fully eligible.

Learners will only become ineligible when they fail to follow their individualized learning plan. Once this happens, the learner will remain ineligible until the next scheduled eligibility check. At any time when a learner is ineligible, he/she may not participate in extracurricular/co-curricular activities. This includes practices, games, rehearsals, performances, or competitions.

REGIONAL SCHOOL UNIT NO. 18

File: JICH (Belgrade, China, Oakland, Rome and Sidney)

DRUG & ALCOHOL USE BY STUDENTS - STUDENT SUBSTANCE ABUSE DISCIPLINE

Regional School Unit No. 18 (Messalonskee School District) recognizes that illegal drug and alcohol use and abuse are harmful to the individual and too prevalent in today's society. It is the District's philosophy to educate students about the detrimental effects of alcohol and drug use and abuse and deter the use and possession of alcohol and drugs. The purpose of this policy is to discipline students who violate Board policies and school rules concerning drugs and alcohol.

I. PROHIBITED CONDUCT, SUBSTANCES

Students are prohibited from consuming, possessing, furnishing, selling, receiving, buying, manufacturing or being under the influence of prohibited substances before, during and after school hours, at school, in any school building, on any school premises, in any school-owned vehicle or in any other school-approved vehicle used to transport students to and from school or school activities, off school property at any school-sponsored or school-approved activity, event or function (such as a field trip or athletic event) where students are under the jurisdiction of the School Unit, or at any time or place if the conduct directly interferes with the operation,

discipline or welfare of the schools.

The term "prohibited substance" shall include, but not be limited to:

1. Alcohol;
2. Scheduled drugs (as defined in 17-A M.R.S.A. § 1101);
3. Controlled substances (as defined in the federal Controlled Substances Act, 21 USC § 812);
4. Any performance-enhancing substance listed on the Maine Department of Health and Human Services' banned substances list and any other substance which is illegal in Maine or the use of which is illegal for minors;
5. Prescription drugs not prescribed for the student and/or not in compliance with the Board's policy on administering medications to students;
6. Any substance which can affect or change a student's mental, physical or behavior pattern, including but not limited to volatile materials such as glue, paint or aerosols (when possessed for the purpose of inhalation) or steroids;
7. Paraphernalia – implements used for distribution or consumption of a prohibited substance;
or
8. Any look-alike drug or substance that is described as or is purported to be a prohibited substance defined in this section.

II. DISCIPLINARY CONSEQUENCES

Any violation of the terms of this policy shall constitute sufficient grounds for student discipline, including suspension or expulsion from school, at the appropriate discretion of the administration and the Board. Law enforcement authorities shall also be notified of violations of this policy. Because participation in extracurricular/ co-curricular activities is a privilege, students who participate in co-curricular or extracurricular activities who violate this policy are subject to additional rules and sanctions. (See Section V.)

The disciplinary procedures that follow are intended as guidelines. The administration reserves the discretion to impose consequences for any violation of this policy up to and including a recommendation for expulsion. The offenses and subsequent disciplinary procedures described in this policy shall be cumulative throughout the student's years in the Messalonskee School District.

III. CONSUMING, POSSESSING, RECEIVING OR BEING UNDER THE INFLUENCE OF PROHIBITED SUBSTANCES

Violations will result in the following consequences.

A. First offense

1. Confiscate substance.
2. Notification of the building and Central Office administration.
3. Notification of parents/guardians.
4. Notification of the police.
5. Loss of student "driving/parking" privileges for 30 school days.
6. Out of school suspension of the student for ten days. The student is required to meet with a guidance counselor for referral to appropriate intervention services.

B. Any Subsequent Offenses

1. Confiscate substance.

2. Notification of the building and Central Office administration.
3. Notification of the parents/guardians.
4. Notification of the police.
5. Loss of student "driving/parking" privileges for one calendar year.
6. Out of school suspension of the student for ten (10) days, with appearance before the Superintendent to discuss the student's educational future and possible expulsion.

7. Meet with a guidance counselor for referral to appropriate intervention services.

IV. FURNISHING, SELLING, BUYING OR MANUFACTURING A PROHIBITED SUBSTANCE

Violations will result in the following consequences.

A. First Offense or Subsequent Offense

1. Confiscate substance.
2. Notification of building and Central Office administration.
3. Notification of parents/guardians.
4. Notification of police.
5. Suspension of student from school pending an expulsion hearing by the School Board. An expulsion hearing is mandatory if furnishing, selling, buying, manufacturing, or transfer of the prohibited substance has occurred on school property, in school vehicles, under school supervision, or at any activity sponsored by the Messalonskee School District.

V. PARTICIPATION IN EXTRACURRICULAR AND CO-CURRICULAR ACTIVITIES

The Messalonskee School District realizes the value of extracurricular and co-curricular participation as a positive alternative to substance use. It is, therefore, the policy of the District that students participating in extracurricular activities, including all athletic teams, clubs, and school sponsored co-curricular activities, sign and abide by rules, which prohibit violations of the Board's substance abuse policy at any time or place from date of pre-season practice in August through final tournament or co-curricular event in June. If a student/parent do not sign an acknowledgement of the rules, this policy will still be enforced.

In addition, students will be subject to disciplinary action if it is determined that they are present at a party or any location where drugs are being used or underage drinking is taking place, and they do not leave when they become aware of such activities.

Participation in extracurricular/co-curricular activities is considered a privilege, and students who choose to participate in such activities are held to a higher level of responsibility. Students who represent the Messalonskee School District are expected to conduct themselves at all times and in all places in a manner which reflects positively on the school and its member communities. Upon verification of violation as a result of administrative investigation, the following consequences will occur. These consequences are in addition to consequences for the

underlying policy violations.

VI. CONSUMING, POSSESSING, RECEIVING, BEING UNDER THE INFLUENCE OF PROHIBITED SUBSTANCES, OR BEING PRESENT AT A PARTY OR ANY LOCATION WHERE DRUGS ARE BEING USED OR WHERE UNDERAGE DRINKING IS TAKING PLACE

A. First Offense

1. Notification of building and Central Office administration.
2. Notification of parents/guardians.
3. The student will be suspended from extracurricular/co-curricular activities for nine (9) weeks after verification of the incident. For the purposes of this policy, participation in an activity begins with the first day of participation in any meeting, practice, try-out, preseason activity, contest or performance and continues through any concluding activity such as an awards recognition event. If a 9-week suspension is not completed by the end of a school year, the suspension carries over into the next school year. Students who are not eligible during the pre-season and/or tryout period will not be allowed to join any extracurricular or co-curricular activity during the season.
4. Students are required to meet with a substance abuse counselor at parents' expense for a risk assessment and an additional three (3) times in order to be eligible to participate in future extracurricular/co-curricular activities.
5. Parents are encouraged to attend an educational program on alcohol and drug abuse.
6. The student cannot participate in any awards ceremony during suspension; receive a certificate of participation, "letter," or any other extracurricular/co-curricular awards; and continue to hold any leadership role and/or elected office during suspension.
7. While on suspension the student will not be allowed to attend or participate in any sessions of the activity as a participating member.

B. Any Subsequent Offense

1. Notification of building and Central Office administration.
2. Notification of parents/guardians.
3. Students are suspended from any extracurricular or co-curricular activity for one calendar year after verification of the incident.
4. Students are required to meet with a substance abuse counselor at parents' expense. If the student is again to participate in activities, satisfactory evidence must be demonstrated to the appropriate school administrator that he/she is no longer involved in the illegal use or abuse of chemical substances.
5. Parents are encouraged to attend an educational program on alcohol and drug abuse.
6. The student cannot attend any awards ceremony during suspension; receive a certificate of participation, "letter," or any other extracurricular/co-curricular awards; and continue to hold any leadership role and/or elected office during suspension.
7. While on suspension the student will not be allowed to attend or participate in any sessions of the activity as a participating member.

VII. FURNISHING, SELLING, BUYING, MANUFACTURING A PROHIBITED SUBSTANCE,

OR BEING PRESENT WHERE THESE ACTIVITIES ARE TAKING PLACE

A. First Offense

1. Notification of building and Central Office administration.
2. Notification of parents/guardians.
3. Notification of police.

4. Suspension of student from any extracurricular activity for one (1) calendar year after the verification of the incident.

5. Suspension of student from school pending an expulsion hearing by the School Board.

An expulsion hearing is mandatory if the sale or transfer of the prohibited substance was on school property, in school vehicles, under school supervision, or at any activity sponsored by the

Messalonskee School District.

B. Any Subsequent Offense

1. Notification of building and Central Office administration.

2. Notification of parents/guardians.

3. Notification of police.

4. Suspension of student from any extracurricular or co-curricular activity for the remainder of the student's educational career in the Messalonskee School District.

5. Expulsion hearing before the School Board.

This policy shall be communicated to students through each school and/or activity handbook and appropriate postings.

Leg. References: 21 U.S.C. Section 812 (Controlled Substances Act); 21 CFR Part 1300.11-15

20 U.S.C. Section 7101 et seq. (Safe Drug-Free Schools and Communities Act)

(smoking statute)

20 U.S.C. Section 608 (Pro-Children Act of 2001)

42 U.S.C 290dd-2; 42 CFR 2.1 et seq.

20-A MRSA Section 1001(9); 4008; 6621 et seq.

Title 17-A MRSA, Section 1101

(smoking statute)

Cross References: ADC – Tobacco Use and Possession

GBEC – Drug Free Workplace

IGDJ – Interscholastic Athletics

IGDK – Academic Eligibility Requirements for Participation in Extracurricular/

Co-curricular Activities

JFC – Student Code of Conduct

JIH – Questioning and Search of Students

JKD – Student Detention/Suspension

JKE – Expulsion of Students

JLCD – Administering Medications to Students

Date of Adoption: August 5, 2009

Date of Revision: July 21, 2010

Policies/RSU No. 18 Policies/J – Students/JICH – Student Substance Abuse Discipline

REGIONAL SCHOOL UNIT NO. 18
File: ADC
TOBACCO USE AND POSSESSION

Regional School Unit No. 18 does not allow the use of tobacco products in school buildings, on school grounds or in school vehicles at any time by students, staff or visitors. Advertising tobacco products by students and school employees is strictly prohibited on school property including articles of clothing.

The Tobacco-Free School Policy will be referenced, and corresponding disciplinary actions for infractions of this policy shall be printed in employee and student handbooks. Tobacco-Free signs will be posted on school grounds.

For the purpose of this policy, the following definitions shall apply:

"Tobacco product" is defined as any form of tobacco and any material or device used in smoking, chewing or other form of tobacco consumption, including but not limited to, cigarette papers, pipes, lighters and matches, or any object giving off or containing any substance giving off smoke. "Use" shall mean lighting, chewing, inhaling or smoking any tobacco product.

I. VISITOR USE OF TOBACCO PRODUCTS

Visitors to Messalonskee Schools (RSU No. 18) must comply with the policies and rules set forth by the School Board. Smoking or the use of tobacco products by visitors is prohibited at all times in school buildings, on school grounds or in school vehicles. In addition, visitors are prohibited from selling, distributing or in any way dispensing tobacco products to students. This policy also applies to all outside organizations using school property. Any person found smoking or using tobacco products will be asked to refrain from smoking or tobacco use while on school property and will be informed of the school's Tobacco-Free Policy. If the visitor does not comply, he/she will be asked to leave. If he/she refuses to leave, the police department may be called. In addition, any person suspected of selling, distributing, or in any way dispensing tobacco products to students shall be referred to an appropriate school official.

II. STUDENT USE, POSSESSION, SALE, DISTRIBUTION OR DISPENSING OF TOBACCO PRODUCTS

Students are prohibited from using, possessing, selling, distributing or dispensing tobacco products on school property, in school vehicles, or at any school-sponsored activity, whether on or off school grounds. Administrators may confiscate any article described in this policy and, if appropriate, shall submit it to a suitable law enforcement agency. The Board intends that this policy will deter students from the use of tobacco products and will encourage students using such products to make an earnest attempt to quit.

Disciplinary Procedure

The following procedure is intended as a guideline. The administration reserves the discretion to impose consequences up to and including a recommendation for expulsion for violations of this policy.

1. 1st Offense

A. The equivalent of four hours of detention.

B. The student will meet with the guidance counselor to discuss and be referred to the

appropriate tobacco education program and/or interventions.

C. The student will be reported to law enforcement, and the student's parents will be contacted.

D. The building principal, athletic director, and extracurricular/co-curricular leader will be notified.

2. 2nd Offense and Subsequent Offenses

A. The equivalent of eight hours of detention.

B. The student will meet with the guidance counselor to discuss and be referred to the appropriate tobacco education program and/or interventions.

C. The student will be reported to law enforcement, and the student's parents will be contacted.

D. The building principal, athletic director, and extracurricular/co-curricular leader will be notified.

E. The student may be referred to the Superintendent for further disciplinary action.

III. USE OF TOBACCO PRODUCTS BY STUDENTS INVOLVED IN EXTRACURRICULAR AND CO-CURRICULAR ACTIVITIES

Students involved in extracurricular (athletics) and co-curricular activities (all school-sponsored clubs, teams, or organizations) represent the Messalonskee School District in their respective sport or school-sponsored activity. This privilege carries with it the responsibility of not using, possessing, selling, distributing or dispensing tobacco products on and off school grounds, whether or not under school supervision from date of pre-season practice in August through final tournament or co-curricular event in June.

Upon verification of an incident, students involved in extracurricular or co-curricular activities shall be subject to the following disciplinary consequences in addition to consequences for the underlying policy violation.

1. Suspension of students from all extracurricular and co-curricular activities for nine (9) weeks unless the student participates in a tobacco education program approved by the administration in which case the student will be suspended from activities for four weeks. For the purposes of this policy, participation in an activity begins with the first day of participation in any meeting, practice, try-out, pre-season activity, contest or performance and continues through any concluding activity such as an awards recognition event. If a suspension is not completed by the end of a school year, it carries over to the next school year.

2. During suspension the student cannot participate in any awards ceremony; receive a certificate of participation, "letter", or any other extracurricular/co-curricular awards; or continue to hold any leadership role and/or elected office during suspension.

3. Any subsequent violation of this policy, and the student will be removed from all extracurricular and/or co-curricular activity for one calendar year from the date of verification of the incident.

IV. EMPLOYEE USE OF TOBACCO PRODUCTS

Smoking and the use of tobacco products by school employees are prohibited in school buildings, on school grounds, in school vehicles, and at any time or place that staff members are

responsible for students. In addition, employees are prohibited from selling, distributing or dispensing tobacco products to students.

1. Employees shall be disciplined for any violation of this policy (in accordance with any applicable collective bargaining contract).

Legal References: Title 22 MRSA, Section 1578-B

Title 22 MRSA, Section 1555-B

Pro Children Act of 2001, 20 USC § 4301 et. seq.

Me. PL 470 (An Act to Reduce Tobacco Use by Minors)

Title 22, MRSA, Section 1580-A

Cross References: GBEC: Drug Free Workplace

JIC: Systemwide Student Code of Conduct

JICA: Student Dress

JICH: Drug and Alcohol Use by Students - Student Substance Abuse Discipline

JIH: Questioning and Searches of Students

JKD: Student Detention/Suspension

JKE: Expulsion of Students

Date of Adoption: August 5, 2009

Date of Revision: July 21, 2010

REGIONAL SCHOOL UNIT NO. 18

File: IGDJ

INTERSCHOLASTIC ATHLETICS

Philosophy

The interscholastic athletics program offers students in grades 6-12 the opportunity to compete in various sports. In sponsoring this program, the Board has adopted the following philosophy.

It is our feeling that the purpose of extracurricular activities is to promote the physical, mental, moral, social, and emotional well being of the individual participants. It is expected that participants in our program will display the proper ideals of sportsmanship, ethical conduct, and fair play; to show and encourage respect to opposing teams, fellow players and coaches, and officials; and finally to encourage a winning spirit while not losing sight of the above ideals. It is the will of this School Unit that a successful program be made available to all with maximum participation. Liberal use of squad members is desired consistent with the winning tradition. It is further the will of this School Unit that our young people pursue as many sports and extracurricular activities as possible so as to expand their experiences and that coaches and advisors, working cooperatively, encourage students toward this goal of broad participation.

Selection of Team Participants

As is stated above, it is the intent of the Board to encourage broad participation in the interscholastic athletics program. However, due to the nature of certain sports, squad size must be limited. The following designates the various sports as either "open", meaning participation is "not" limited to a set number of squad members, or "selected", meaning that squad size is limited and, therefore, certain students may not be chosen for the team.

Even though a sport may be designated as "open" or "selected" based on number limitations, the Board further recognizes the need to insure the health and safety of each individual through proper conditioning and training, as well as the proper acquisition and progression of specific sport skills, techniques, and game strategies. For these reasons, a student must participate in tryouts and/or practices scheduled during the "preseason" time period in order to become a member of any team. This "preseason" time period begins with a date determined by the Maine Principals' Association for each sport season and officially ends on the date of the Maine Principals' Association's first countable game/contest for each sport. Students must meet all local and MPA eligibility requirements in order to participate during this "preseason" time period.

Athletic Programs - Open Participation

Field Hockey
 Football
 Swimming
 Boys' Track
 Girls' Track
 Boys' Lacrosse
 Girls' Lacrosse (when available)

Selected Participation

Baseball
 Boys' Basketball
 Girls' Basketball
 Softball
 Boys' Soccer
 Girls' Soccer

*Squad size shall be maximized for all middle school and sub-varsity teams listed as "selected participation".

It should be noted that (a) certain students may not be chosen for a sport in order to insure the health and safety of each individual and (b) future limitations, either due to budgetary restraints or unmanageable numbers, may have to be imposed by the Board in sports which are presently designated as "open participation". In those sports which have selected participation, it is the responsibility of the coach to choose the team. It is expected that each coach will base his/her judgment on open tryouts. The tryouts, three days minimum in duration and not to exceed the first Maine Principals' Association (MPA) countable game, should be comprehensive in format, allowing athletes ample opportunity to demonstrate their skill levels while affording the coaching staff sufficient time to assess abilities. Athletes must meet all local and MPA guidelines during the tryout period to participate. Following the last day of tryouts, rosters will be posted announcing the middle school teams.

Cross Reference: ADC – Tobacco-Free Schools

GBEC – Drug Free Schools

GBED – Smoking on School Unit Premises

JFC – Standards for Responsible and Ethical Student Behavior

JICH– Student Substance Abuse Discipline

JKD – Student Detention/Suspension

JKE – Expulsion of Students

Date of Adoption: August 5, 2009 Policies/RSU No. 18 Policies/I – Instruction/IGDJ – Interscholastic Athletics

Physicals/Medical History

A complete physical examination is required prior to participating in organized competitive sports every two years; or a complete physical examination is required prior to the first year an athlete competes.

Between physical examinations an interval history questionnaire will be used to screen sports candidates prior to participation each school year. The purpose of the medical history questionnaire is to learn of any illness or injury that may have occurred since the last physical examination that might affect current participation in sports.

Participants should be advised that physical examinations are provided by family physician at candidates expense.

Equipment and Uniforms

Equipment and uniforms that are the property of the school are issued for game and practice use only! Equipment and uniforms are not to be worn in physical education class or for personal use.

Participants may wear their game shirt or appropriate substitute to school on the day of a contest as determined by the coach.

Each boy or girl who is issued a uniform is responsible for its return in the same condition that it was issued, less the normal amount of wear and tear. Any uniforms lost or damaged beyond repair must be paid for at the replacement cost by the person to whom it was issued.

Uniforms must only be worn for athletic contests and not given to parents, friends, or other spectators to wear.

ALL EQUIPMENT AND UNIFORMS ISSUED MUST BE RETURNED BY THE ATHLETE PRIOR TO GOING OUT FOR THE NEXT SEASON'S ACTIVITY.

Attendance – School / Practice

1. Regular attendance is expected by ALL participants. In order to participate in either a practice or competition, a participant must be in attendance in school by 8:30 a.m. and **MUST** report to their period 1 class. (They are to check into the office and sign in before going to class.) Any exception to the 8:30 a.m. rule must be cleared by the principal or his/her designee. Pre-arranged tardiness or absences are basis for exception. Seniors with late arrival privileges must be in attendance by the beginning of period 2.
2. Participants who get **DISMISSED** from school because of illness will not compete or practice that day.
3. Students suspended from school for disciplinary reasons are not allowed to participate in athletics during that removal.
4. If school is in session, all participants are expected to be in attendance at school for the full day on the day following the contest or trip. Excuses for tardiness will be reviewed by the principal.
5. You must attend **ALL** practices. If you must be absent from practice, the coach must be

informed in advance. Absences of extended nature will be dealt with individually by the coach with the safety of the child and integrity of the team concept as prime determinants.

Release from Class

On occasion it may be necessary for a participant to miss class due to the length of a trip and/or time of the contest. Under these circumstances it is the responsibility of the student to see the teacher(s) involved and get all assignments prior to the absence.

Participants are not to take advantage of early dismissal time. They are given ample time to get ready for their bus departure time.

Attire and Appearance

All participants shall be neatly groomed. On school-sponsored trips participants are expected to dress appropriately.

All jewelry is prohibited during competition and should not be worn during practice or games.

Accident Insurance

Insurance coverage is NOT provided by RSU #18 to all students in Messalonskee High School who participate in extracurricular activities.

All participants are required to carry adequate health insurance. Proof of coverage must be presented to the athletic office.

If a student is not insured by a family insurance policy, school insurance is available at the student's expense.

Procedure for Reporting Injuries

A student should report all injuries to his/her advisor. The advisor will make a report of all injuries on the proper office form. This report will be filed with the school secretary within 24 hours after the injury.

In the event of an injury or sickness, the parents will be responsible for seeing that adequate follow-up treatment has been obtained.

If an injury is serious enough to require a physician's services, whether by school medical personnel or not, written consent to play by the attending physician and parents must be secured by the injured and acknowledged by the advisor and/or Athletic Administrator. This is the responsibility of the player and parents.

During an activity in which there is an injury, a questionable injury, illness, or a case of exhaustion, the medical personnel will be the determining factor as to whether the student is allowed to play.

The advisor shall keep a written roster of all players who have received injuries or who have been absent due to sickness, regardless of whether they are under treatment. This must be done so that the medical personnel will know which players to check before game time for approval or disapproval to play. A card file shall be kept on each boy or girl.

Length of Practice Sessions

The following time allotments are recommended for well-planned practice sessions: the maximum length of a practice is 2 hours (should seldom, if ever, exceed the length.)

NO SUNDAY PRACTICE Note: If special sessions or special lengths of time are needed, advisors should consult the Athletic Administrator and/or Principal.

**Messalonskee Middle School Athletics
Important Parent Information**

All student/athletes need a physical on file in order to participate. Physicals are good for 2 years. MMS Fax # is 465-9683.

If your son/daughter is going to walk to the high school after practice to watch a sibling's game or meet their sibling to go home, please give them a note stating that they have your permission to do so.

Please give your son/daughter's coach a note stating exactly who they can go home with from a practice or game.

School policy states that all students need to be in school by 8:30A.M. In order to participate in practices or games on that day. If there is any reason that they are going to be late or taken out of school (doctor's appointment, dentist appointment, family emergency etc.), please call or email the main office or send in a note as soon as you know about the appointment.

If a student misses the bus and no one is home to bring them to school, please ask the student to call the school immediately so that the school is aware of the situation and when the student is likely to arrive at school.

School Board policy states that: No animals/pets are allowed on school grounds during games or practices.

Please do not park in front of the gate to the access road. Emergency vehicles may need to get through the gate.

Communication is key! Please communicate with the main office, the athletic director and the coach as much as possible. This can alleviate many problems that can arise.

Please speak to the coach about any concerns you might have regarding your child. However, after a game is usually not the best time to do so. Call or email to make an appointment to talk.

Cancellation of games usually occur by 12:30 – 1:30P.M. They will be posted on our website/students will call home.

Our practice is that all student/athletes will play in all their games. However, playing time is not equal. Playing time is based on factors that include: skill, attendance, coachability, attitude, effort, teamwork, cooperation and hustle.