

PHILLIPSBURG MIDDLE SCHOOL



ACTIVITY HANDBOOK

2011-2012

PHILLIPSBURG MIDDLE SCHOOL ACTIVITY

ATHLETICS - Many individual and team sports are available to 7th & 8th grade students. Our young people have always done an admirable job in both effort and excellence. The respect and conduct demonstrated by the athletes is readily observable and should be maintained at a high standard. 5th and 6th grade students are not eligible for interschool competition but will receive an introduction to many sports through their physical education classes and through intramural activities.

ELIGIBILITY - Any athlete who, at weekly progress report time, has an F in any subject is ineligible for that sport until the grade is brought up to a passing grade. Every two weeks Accelerated Reader points will also be calculated. Each student/athlete will be required to attain a specific number of points relating to their reading ability. If these points are not met, they will be declared ineligible for the following week in that activity. The student must let the head coach know by Tuesday at 8:05 a.m. prior to a Thursday event or Friday at 3:08 p.m. prior to a Saturday event, as to their grade status. The student-athlete is responsible for letting the coach know the grade is passing. This policy goes into effect the Monday through Saturday following the weekly progress report. Athletes are ineligible for competition only. They may, and are expected to, practice while they are ineligible.

ATHLETIC AWARDS - All students, who in the opinion of the head coach, have adequately participated in a sport will receive a Certificate of Participation for that sport. Letters will be awarded to 7th and 8th grade athletes as determined by the head coach, teacher or sponsor of the respective sport or activity with approval of the building principal. These requirements will be outlined at the beginning of that sport and are outlined under each sport description as follows in the handbook.

DRUGS AND ALCOHOL - All coaches in all sports and activities at Phillipsburg Middle School endorse the concept of Drug/Alcohol Free Schools. In the event that any of our students violates provisions of abstinence, we will work within the provisions of the Code of Conduct appendix located at the back of this handbook.

PHYSICALS - Every athlete must have a physical before they take part in any practice. All physical forms must be turned in to the head coach of each sport or to the Middle School office. All physical forms must be signed by the parent or guardian of the athlete.

PRACTICES - Practices for each sport will be daily, unless otherwise announced. It is inevitable that practices will need to be missed. The head coach of each sport should be told with as much advance notice as possible. Try to keep these absences to a minimum. Athletes are expected to be punctual to all practices. Each athlete is responsible for telling the head coach if he/she will miss a practice.

BEHAVIOR AT EVENTS - Every athlete is expected to behave themselves appropriately at all sporting events. Each athlete represents not only themselves, but Phillipsburg Middle School and Phillipsburg as well. Therefore, it is a must that all athletes treat opposing teams, schools, and properties with the utmost respect.

TRAVELING TO EVENTS - Athletes are expected to travel with their respective teams both to and from the sporting event. Middle School coaches feel that this is an important time in the development of the team concept. At certain times, permission may be granted for the athletes to ride home with their own parents. This permission is given only after verbal and visual contact is made with the parent at the sporting event. Permission will be granted for athletes to ride home with another parent **only** with written permission from the respective parents given to the Principal and the head coach, prior to leaving for the event.

EQUIPMENT - At the beginning of each, sport, certain equipment is issued to the athlete. The athlete is responsible for the care and maintenance of this equipment throughout the season. That athlete will pay for any school issued equipment that is lost, damaged or destroyed by the athlete.

SHOWER ROOMS - The showers are there for your use and you are expected to use them. Cleaning and maintaining a clean locker room is important to the health of everyone. Picking up your clothes, books, shoes, etc. is your responsibility, not your coaches or the managers. Dressing should be done in the locker rooms, not in the bathrooms of what facility you are in. Before and after practicing, athletes are instructed to be either in the locker room or the gymnasium.

OTHER - These policies are only minimums agreed upon by the Athletic Committee to clarify school policies guiding all sports programs. Individual coaches can require additional rules depending upon the circumstances of their particular sport with approval of the administration. Any additional rules will be provided to the athletes at the beginning of the sport season as well as published in the Athletic/Activity Handbook.

VOLLEYBALL

PRACTICE

1. Practice will be daily. Practice times and places will be posted in the locker room. Calendars will be sent home to parents
2. Report all injuries to the coaches.
3. No sitting during practice.
4. Always shag balls. Hustle through every drill.
5. Give 100% ALL the time. You must practice like you want to play on game day. Come mentally and physically prepared to play. Horseplay will not be tolerated and may mean dismissal from the team.
6. Everyone must listen when the coaches are talking.
7. Taping will be done prior to practice.
8. Anyone who quits will not be permitted back on the team.
9. Get plenty of sleep, especially the night before a game.

GOALS - As Head Volleyball Coach, I have set the following goals for our volleyball team.

1. To develop the basic volleyball skills.
2. To develop a team concept.
3. To help each athlete develop their own skills and to help with individual goals.

LETTERING - Letters will be awarded based on:

1. Finishing the season in good standing.
2. Attending all practices and games.
4. Attending the MCEL Tourney (8th grade only)
5. Demonstrating exemplary efforts in practice and games and making positive contributions to the team throughout the season.
6. Due to the uniqueness of the sport, discretionary judgment by the coach will determine letter awards based on each athlete's total contribution to the team.

FOOTBALL

TRAINING - It is recommended by me that the athlete be in bed by 10:00 p.m. on any school night, and 12:00 midnight on weekends.

CLEANLINESS - It is recommended that all athletes wash their clothes at least once a week, twice if it is hot and you have been sweating a lot.

LETTERING - Letters will be awarded to athletes who meet the following criteria:

- a. Finish the season in good standing.
- b. Attend all practices and games Athletes will be excused for illness, doctor appointments and events requiring family participation at the discretion of the head coach.
- c. Play in a varsity contest.
- d. The head coach may award letters to athletes who do not meet all of the above criteria for exemplary efforts and contributions to the team at his discretion.

WRESTLING

Football rules about training and cleanliness apply to wrestling.

WEIGHT LOSS - No wrestler will lose down a weight class until they check with coach and their parents.

LETTERING - Letters will be awarded to athletes who meet the following criteria:

- a. Finish the season in good standing.
- b. Attend all practices and games unless excused for illness, medical appointments or significant family events, etc., by the head coach.
- c. Wrestle varsity in 1 more than 1/2 of the scheduled dual matches OR
- d. Score at least one point at the league tournament
- e. Participate as a team member for two years.(8th Grade)
- f. The head coach may award letters for exemplary effort and contributions to the team at his discretion.

BOYS AND GIRLS BASKETBALL

EXPECTATIONS FROM THE COACHES

Each basketball athlete should try as hard as they can. We ask a commitment from each one of you. Your effort in practice will reflect your attitude and how well you prepare for a game. Make sure that you understand this.

1. Hours - 10:00 Sunday through Thursday unless with parents. Friday & Saturday - whatever is okay with your parents. If you break this rule, you will not play in that week's game.
2. Whenever A Coach is speaking be quiet and pay attention.
3. Anyone who quits will not be permitted back on the team.
4. Report all injuries to the coaches.
5. You play like you practice so give 100% all the time.
6. Absolutely NO profanity.
7. Always be courteous to others.
8. Respect your coaches and teammates at all times.
9. If something is bothering you, feel free to talk it out with either coach.

TEAM GOALS

1. To learn shooting, passing and dribbling fundamentals.
2. To learn rebounding--stopping--pivoting fundamentals.
3. To learn defensive fundamentals.
4. To work as a team and do our best.
5. To enjoy playing the game of basketball.

YOUR GOALS

Set your sights on being the best at something this year in practice or in games. Find some area you think you can excel in. It doesn't have to be anything major, but think of something.

LETTERING REQUIREMENTS - An athlete may letter in two ways:

1. Play in at least one-half of the varsity quarter's possible.
2. Participate in basketball at Phillipsburg Middle School for both years.(8th Grade)
3. In rare circumstances, the coach may letter an athlete who does not fulfill the above guidelines. This is at the coach's discretion.

BOYS AND GIRLS TRACK

In many cases track is the first individual and team sport that you have participated in. You will earn ribbons for your efforts and hopefully trophies for your team. You will enjoy the sport, make new friends and hopefully achieve success in your various events.

It is recommended that the athlete be in bed by 10:00 p.m. on any school night, and 12:00 midnight on weekends. It is recommended that all athletes wash their clothes at least once a week, twice if it is hot and you have been sweating a lot.

Athlete or parents should report any and all injuries to one of the coaches as soon as possible.

GOALS - You will be expected to set goals for each meet. After you have an idea of how far you can jump, throw or leap, or how fast you are, you should try to strive to do better.

FIELD TRACK

Long jump	75 meter dash	75 meter hurdles(8 th grade boys-33", all others 30")
High jump	100 meter dash	400 meter relay
Discus	200 meter dash	800 meter relay
Shot put	400 meter dash	800 meter medley relay
Pole Vault	800 meter run	1600 meter run
Softball throw (girls)	3200 meter run	- (8th Grade only)

LETTERING - Letters will be awarded based on:

1. Finishing the season in good standing.
2. Attending all practices and competing in all events entered in unless excused for illness,

- 3. medical reasons, significant family events, etc. by the head coach
Scoring one or more points in two or more meets or scoring one point at the MCEL meet. Relay points earned are divided by 4. Example: if a relay places 5th, the team receives 2 points but each member only earned 1/2 point.
- 4. Participating as a team member for two years.(8th Grade)
- 5. The head coach may award discretionary letters for exemplary effort and making outstanding contributions to the team.

PEP CLUB

The Phillipsburg Middle School Pep Club is an organization to help support the athletic program at the Middle School. It is open to any seventh or eighth grade student in the school. The Pep Club will be organized directly after school begins. For cheerleaders, physicals are required as is academic eligibility.

Cheerleading tryouts will be held during May of the preceding year. Any student desiring to try out is afforded the opportunity. Tryouts are conducted on a point system before a panel of judges. The former cheerleaders from this year will also be judging. Eight cheerleaders are selected, four from the 7th grade and four from the 8th grade. No other students are permitted to observe the tryouts. A scheduled meeting with a family member of the newly elected cheerleaders will be held. The meeting will be to select uniforms and answer questions pertaining to requirements and expectations of the cheerleaders.

PEP CLUB POINT SCHEDULE:

- A. GAME ATTENDANCE 5 points
- B. ATTENDING PEP CLUB MEETINGS 5 points
- C. WORK (for extra points) 10 points

FOOTBALL AND VOLLEYBALL	35
BASKETBALL	50
WRESTLING	35
MEETING	30

Total Points Needed to Letter 135

- 1. Pep Club Meetings will be held when announced during the Teacher/Advisor time or during Enhanced Study Hall in the gym.
- 2. Cheerleaders must earn their points in order to letter the same as other Pep Club members.
- 3. No Pep Club member is allowed in the building before 8:00 a.m. or after school without notification to sponsors the previous day.
- 4. A student must have 90% of the total points possible in order to letter in Pep Club.
- 5. All students wishing to ride the Pep Club bus to games out of town:
 - must be eligible-any Pep Club member who, at weekly progress report time has a F is ineligible to ride the Pep Club bus for that game/match until the grade is brought up to a passing grade.
 - must have a signed note turned into the Pep Club sponsors from their parents no later than 12:00 a.m. the day before the game/match, or deadline time stated by sponsors. No signed notes will be accepted after deadline time.
- 6. Pep Club members in good standing will not have to pay admission to the games out of town or at home.
- 7. Points may be deducted by the sponsors or the principal for behavior at games or on the bus.

GAME RULES:

- 1. ALL Pep Club members are to be in their designated area 1 minute before athletic event starts.
- 2. You are to stay in that designated area at ALL TIMES during games and matches unless permission is granted from the sponsors or the principal.
- 3. Restroom breaks and trips to concession stand will be taken only during intermission or half time.
- 4. Your responsibility as a pep club member is to support your team. Do so by participating in cheers and paying attention to the games/matches.

BUS RULES:

- 1. Remain in your seat while bus is in motion.
- 2. No screaming, shouting or screeching.

3. All trash will be picked up before group is dismissed from the bus.
4. No sunflower seeds.
5. Be courteous and attentive to your bus driver and sponsors.
6. SPORTSMANSHIP, PRIDE and RESPECT are the key to a successful Pep Club.

Phillipsburg Middle School Cheerleading Constitution

As a member of the Phillipsburg Middle School cheerleading squad, you will be expected to fulfill certain obligations and responsibilities. You will find these listed below. A cheerleader's job is to improve student morale and boost team spirit. You are expected to direct the student body in the support of your school's team and to develop loyalty to the school and team, regardless of the outcome of the game. This role makes you a strong influence in guiding student conduct at games and pep rallies, and you should maintain the proper dignity in this leadership.

PRACTICES: All cheerleaders will be expected to attend ALL organized practices. If practice is scheduled for 7:45 a.m. you should be warmed up and ready to practice at that time and not just arriving. If, late to practice on Pep Rally Day, the cheerleader may not be allowed to cheer at the Pep Rally.

ABSENCES: Cheerleaders will be expected to cheer at ALL MCEL events. Two games or practices missed will result in dismissal from the squad; unless one of the sponsors receives a telephone call from a parent informing them of the nature of the illness or conflict. Two unexcused practices equal dismissal from the squad, and three tardies equal an unexcused practice or game. These phone calls are a MUST. Should a cheerleader miss one practice or game without the required phone call, they will not be permitted to cheer or wear their uniform to school for the next scheduled game. However, they must still attend all practices.

CONDUCT AND RESPONSIBILITIES:

1. A cheerleader shall cooperate with the sponsors, the game officials and other squad members.
2. A cheerleader shall be energetic, well groomed, and in command of the situation at all times.
3. A cheerleader shall not eat, drink, or chew gum while on the field or court.
4. A cheerleader shall keep their concentration focused on the game in progress. Visiting with one another, friends, or fans must be kept to a minimum. See your friends at half time or after the game.
5. A cheerleader shall not sit in the stands or leave the squad until the end of the game.
6. A cheerleader shall promote good sportsman-like conduct and school spirit through cooperation with other students, teachers, administrators, and opponents.
7. Cheerleaders shall plan pep rallies, contribute spirit ideas, and help control the attitude of the crowd.
8. Cheerleaders are expected to maintain a grade point average of C-. A cheerleader, who at weekly progress report time has an F, is ineligible to cheer until the grade is brought up to a D-. The cheerleader must let the sponsor know by Tuesday at 8:05 a.m. prior to a Thursday event, and Friday at 3:08 p.m. prior to a Saturday event as to her grade status. Cheerleaders are ineligible to cheer at the athletic event only. They are expected to practice while they are ineligible. Any cheerleader with an F will not be allowed to attend the event.

Your appearance and conduct at the game and while in uniform will reflect on your school and community. Those who chose you for the post did so because they felt you would make a favorable impression upon others. It is up to you to live up to your school and communities expectations.

WHEN TO CHEER:

1. As your team comes on the floor or field.
2. When your team or player makes an exceptional play.
3. When a substitution is made on your team.
4. As encouragement and in tribute to an injured player.
5. When an opponent, who has played spectacularly, leaves the game.
Such a cheer would be recognition of a fine exhibition and a concrete example of good sportsmanship.
6. As encouragement to your team in its drive for a score.
7. As encouragement to your team in its defense of its goal.

WHEN NOT TO CHEER:

1. As team signals are being called during the huddle of either team.
2. When an opposing player makes a mistake or the opposing team is being penalized-this is poor sportsmanship.

REPORT OF VIOLATIONS:

Violations may be reported in the following ways:

1. Self-admission by the student to administration/coach within 48 hrs of incident. The student will receive the appropriate penalty.
2. Violation witnessed by a member of the school faculty or administration, or by any law enforcement officer. The student will receive the appropriate penalty.
3. Violation reported by a concerned individual. The report will be investigated by the school administration and, if confirmed, the student will receive the appropriate penalty.

PENALTIES:

First Violation: Self-Admission

1. The student will have a conference with the parents/guardian and an administrator.
2. The student will be ineligible for participation in school activities for 10 calendar school days, starting with the first competition/activity they are eligible for.

First Violation: Other than Self-Admission

1. The student will have a conference with the parents/guardian and an administrator.
2. The student will be ineligible for participation in school activities for 30 calendar school days, starting with the first competition/activity they are eligible for.

Second Violation

1. The student will have a conference with the parents/guardian and an administrator.
2. The student will be ineligible for participation in school activities for 125 calendar school days, starting with the first competition/activity they are eligible for.

NOTES

For the purpose of this policy, a calendar school day consists of a Student Day as approved by the Board of Education on the yearly calendar.

Periods of ineligibility will begin with the first activity that the student would be a participant in after the violation has been confirmed by the administration.

Other than a first violation by Self-Admission, the student may NOT participate in any practices for any activities.

**Violations will accumulate throughout the school year and will carry over into a new school year.

MUSIC AWARDS

The Middle School awards students participation and effort through a music awards program. The instructors have established the following list of requirements, which must be met to receive such awards.

VOCAL MUSIC

1. Maintain a "A" average in vocal music for the school year.
2. Perform in all scheduled vocal music concerts during the school year.
3. Participate in the MCEL Music Festival by taking part in one of the following:
 - a. Take a vocal solo.
 - b. Take part in a vocal ensemble.
4. The student must have a cooperative, positive attitude toward vocal music.

INSTRUMENTAL MUSIC

1. Maintain a "A" average in band for the school year.
2. Perform in all scheduled band concerts during the school year.
3. Participate in the MCEL Music Festival by taking part in one of the following:
 - a. Take an instrumental solo
 - b. Take part in an instrumental ensemble.
4. The student must have a cooperative, positive attitude toward instrumental music.

LIST OF SUPPLEMENTAL ASSIGNMENTS

Jacque Abell	Assistant Volleyball
Keith Sides	Head Football
Andy Kenney	Head Wrestling, Assistant Football
Mizie Weinman	T.A. Coordinator, Student Council
Melanie Molzahn	Yearbook
Arlene Williams	Scholar's Bowl
Bill Schick	Instrumental Music
Annette Kennedy	Vocal Music
Sky Davis	Pep Club/Cheerleading
Ryneck Sharp	Pep Club/Cheerleading
Rachel Miller	Assistant Track
David Hindman	Assistant Football
Nicole Glynn	Head Girls Basketball
Aaron Beckman	Assistant Wrestling, Assistant Track
Kara Hilburn	Assistant Volleyball, Head Track,
Edie Lively	Assistant Girls Basketball
Kim Pakkebier	Head Girls Volleyball
Logan Robinsin	Head Boys Basketball,
Patrick Means	Assistant Boys Basketball