Indian Springs Middle School

Handbook

For Girls Athletics

This handbook is to familiarize you with the ISMS Athletic program, policies, and procedures. Each has been developed to provide your child with a positive, successful, athletic and academic environment. Please read and discuss the following policies and procedures with your child. The coaches at ISMS hope this handbook will answer most of your questions.

**ATHLETICS**

At ISMS, Athletics consists of the following sports: volleyball, basketball, cross country, track and field, and soccer. Swimming and wrestling are also offered through the high school. Each sport will have tryouts in order to determine who will be selected to each of the teams. Cross country is a no-cut sport so all athletes are welcome to join the cross country team.

Student athletes who do not make a competitive team will be instructed in sport specific skills, athletic skills, and general conditioning until the next season. (This is called off-season).

**PARTICIPATION**

Athletes must have a current physical and all electronic paperwork must be completed in order to participate in athletics or tryout for any sport.

**GRADING POLICY**

The athletes’ grades will be based on:

Formative Assessments- Weekly Participation-Every athlete has the opportunity to earn 20 points per day (100 points per week). Athletes are required to be prepared for class (athletic clothing and shoes). If an athlete does not participate they will lose 10 points for that day. They may also lose points if hair is not up, they wear earrings, or do not have appropriate footwear.. Please see “sickness/injury policy” for policy on notes from home.

Summative Assessments-Fitness based assessments will be given.

**SICKNESS/INJURY POLICY**

An athlete may be excused from participating with a note from a parent for no more than three consecutive days. As per KISD policy, after the three days, a doctor’s note will be required. PLEASE LIMIT PARENT EXCUSES TO SEVERE CASES ONLY. Excessive parent notes can be cause for removal from the Athletics class. On the note please include your name, the child’s name, the date, and the reason for not participating. You may email but please do so before 8am for 7th grade and before noon for 8th grade to make sure we see it in time. \*\*If you have marked that your Lady Eagle has Asthma on her Physical Packet please make sure to see our Nurse to get the proper forms filled out for the inhaler to be on campus and carried to practice and games. \*\*

**ATTENDANCE POLICY**

In the event an athlete makes a sports team, the before and or after school practices are mandatory. Missing practice may result in consequences ranging from loss of game playing time to removal from the team. Naturally, students get sick or have other school related requirements. We share students in several different departments (band, choir, theater, etc.). If a child will miss practice for anything SCHOOL related, they must give at least 48 hours’ notice to their coach. If sickness is the reason for the absence, please email the coach that they are out sick as soon as possible. We would like the student-athlete to email their coach and copy their parent when they will be out–this is a skill they need for high school.

**LOCKER ROOM**

All athletes will be issued a locker and must provide their own combination lock. They must lock up their valuables at all times. The coaches are not responsible for stolen items because everything should be locked up. Horseplay will not be tolerated. Cleanliness of the locker room is the responsibility of the athletes as a group.

**Cell Phones:** Per the KISD Student Handbook, **the use of mobile telephones or any device capable of capturing images is strictly prohibited in locker rooms or restroom areas** while at school or at a school-related or school-sponsored event. Phones will be taken up immediately and can be picked up in the front office (which may include a $15 fine).

**CLASSROOM BEHAVIOR**

Athletes representing Indian Springs Middle School are expected to be leaders and examples to their peers in the classroom, in the community, and in their particular sport. Each athlete will be respectful of her peers, teachers, and coaches at all times. If an athlete gets detention, ISS, OSS, or any other type of infraction, they will also have a consequence in athletics. These consequences may include, but not limited to: being benched for an entire or partial game, removal from the team, or removal from athletics. Our athletes are held to a high standard as they represent ISMS on a daily basis.

**TUTORIALS**

Being in athletics demands a lot of time from the athlete. Knowing this, the ISMS coaches feel a responsibility to help keep the athlete on track. We will check Aeries to ensure all athletes are passing. If an athlete is failing a class on her progress report, we will advise her to attend tutorials before and/or after school, whichever doesn’t conflict with her attendance in practice. This grade check will be required for all of our athletes. Per UIL, all student athletes must maintain a grade of 70 or above in all classes to compete in a competition.

**PRACTICE TIMES & GAME DAYS**

PRACTICE TIMES

**Volleyball**

 7th & 8th grade: 7:00 a.m. – 9:00 a.m.

**Basketball**

 7th & 8th grade: 7:00 a.m. – 9:00 a.m.

**Cross Country**

 7th and 8th grade: Mon and Tues and Wed 4:15-5pm and Thurs/Fri. 7:05am back of school by playground

**Track and Field**

 7th and 8th grade: 4:00 p.m. – 5:00 p.m.

**Soccer:** 7th and 8th grade: 4-5:15pm

**Swimming and wrestling:** 7th and 8th grade**:** 3:45 p.m.-6:00 p.m. Monday-Thursday bus provided

GAME/MEET NIGHTS

**Volleyball**

 7th & 8th Grade: usually Thursday beginning at 5:00 p.m. and one or two weekend tournaments

**Basketball**

 7th & 8th Grade: usually Thursday beginning at 5:00 p.m. and one or two weekend tournaments

**Cross Country**

 7th and 8th grade: usually Wednesday beginning at 5:00 p.m. (If all teams are present and agree, the meet may start earlier). Order of events: 8th boys, 8th girls, 7th boys, 7th girls

**Track and Field**

 7th and 8th grade: beginning at 5:00 p.m.

**Soccer**: 7th and 8th Grade: usually Thursday beginning at 5:00p.m.

**Swimming**: 7th and 8th Grade: TBD by High School Swim & Dive Coaches

**TRANSPORTATION**

Student athletes MUST ride the bus to every away game. After the completion of ALL games, parents may take their child home provided they have completed the following:

 \*Parents are present at the site.

\*Parents sign their athlete out at the game site. We cannot release athletes via telephone. Only a legal guardian may sign out their athlete (You will not be permitted to sign out another athlete except with 24 hour written notice).

\*Students may NOT leave until they have signed out with a coach.

\*We encourage all team members to stay until all games are played (C, B, and A) because we believe that it is important for all team members to support each other. Please limit signing out early to emergency situations.