

## **Mount Desert Island Schools' Philosophy of Extracurricular Activities**

The Mount Desert Regional School System AOS #91 believe that participation in extracurricular activities is an important part of the overall development of students. Through these activities students can learn the valuable life skills of teamwork, leadership, role modeling, positive attitude, and commitment to others. As participation in any extracurricular activity is a privilege, our academic/behavioral guidelines clearly tie student performance to their eligibility to participate in these activities. Students who would like to participate in extracurricular activities must demonstrate continued good citizenship and adequate academic school progress.

To participate in after school sports and/or extracurricular activities, the student must:

- be up to date on classroom assignments
- follow school rules and policies throughout the school year, and during all extra/co curricular activities.
- have a signed permission slip prior to the first time they practice or participate.
- provide evidence of insurance covering the student in case of injury (Parents who do not have family health and accident insurance may wish to buy school insurance.)
- must have an up to date physical in order to participate. Refer to Policy JLCA Physical Examination of Students

### **Middle School Programs**

MDIRSS AOS #91 is a school community committed to helping students make healthy, life enriching choices. We believe it is important to maintain a proper balance between academics and extracurricular activities. The middle school extracurricular program is the students' first experience with interscholastic competition; therefore, it is important that this program be designed to accommodate participation. The philosophy aims to accommodate students in the program of their choice, as well as incorporating the competitive nature of extracurricular activities. When identified as a need, school administration may combine teams/programs with other AOS 91 member schools.

Coaches/Advisors at this level will encourage their participants to develop their skills, sense of responsibility and physical fitness. A spirit of cooperation should emerge as students begin to develop both competence in their chosen sport/activity and awareness of their own sense of self-worth.

We believe in:

- Positive spectator support for both teams, participants and coaches
- Mutual respect between the fans of each team
- Pride and respect for the efforts of all participants in both victory and defeat
- Respect and appreciation for the efforts and hard work of the dedicated officials working the game

Your help in supporting these standards is greatly appreciated by the member schools of the Mt. Desert Island Athletic Association (MDIAA): Bar Harbor, MDES, MDIHS, Pemetic, Tremont, Trenton and the outer island schools.

## **AOS #91 Middle School Eligibility Guidelines**

MDIRSS AOS #91 is a school community committed to helping students make healthy, life enriching choices. We believe it is important to maintain a proper balance between academics and extracurricular activities. MDIRSS AOS #91 rules are for the protection of the entire student body and guarantee each student's right to a free and appropriate public education is respected. Students and staff must be guaranteed a safe, learning-focused environment. Mutual respect is the underlying principle in the classroom, in the hallway, on the bus, at a dance, or participating in any extra-curricular or co-curricular activity. Behavioral choices in one area will impact participation in other areas. Therefore, the behavioral choices one makes while in school **DO** have an impact on the privilege to participate in activities. Middle School Eligibility is based on **Habits of Work**, respect, responsibility, and perseverance.

### **Responsibility and Perseverance:**

Completing homework and classwork on time is essential to ensure a healthy and productive learning environment. Students will be required to complete assignments on time in order to maintain eligibility to participate in extracurricular activities.

For athletics or year-long, extra-curricular activities, the student's performance on their HoWs (Habits of Work) will be evaluated throughout the year. Prior to each season, student performance will be evaluated to determine eligibility status. Student participation may be impacted based on lack of work completion or behavior. Parents and students will be notified if their eligibility status is impacted. Initially, students would be placed on probationary status for two weeks. If work completion and behavior issues continue beyond week 2, the student will become ineligible to participate.

Once a student is found to be ineligible, they will be monitored on a regular basis. In order to prioritize academics, students will not be permitted to participate in competitions during that time. Eligibility will be reinstated upon demonstration of consistent work completion. Students may have the opportunity to continue participating in practices, if the practice time does not conflict with required academic support. Ineligible students may be present (in street clothes) at home competitions, **but will not travel to away competitions.**

*It is the student's responsibility to check in with their teachers to see what they need to do to complete all assignments.* If students are ineligible for three check-ins for the duration of an activity, the student may forfeit the opportunity to participate in the activity. The Middle School AD will contact students, parents, coaches and advisors with the names of students who are no longer able to participate in the activity.

### **Respect:**

Students are expected to model and maintain good citizenship. Students who receive a detention are expected to serve the detention within 24 hours (detentions are not assigned around athletic or extra curricular contests). After 24 hours, if the detention has not been served, the student will not be permitted to participate in practices or competitions until the detention has been served. Students who accumulate two detentions within a season will be required to conference with their parent(s), school administration, athletic director or other

appropriate activity coordinator to discuss the consequences of losing the privilege to participate after the third detention. Students who receive an in-school or out-of-school suspension will be placed on probation for the season. If a second in-school or out-of-school suspension occurs, they will no longer be allowed to participate in the extra-curricular activity for the remainder of the season. If an activity's "season" is the entire school year, for the purposes of eligibility, the school's sports seasons will be used.

### **Rules and Regulations for Middle Schools of MDIRSS-AOS # 91 Extracurricular Activities**

MDIRSS AOS #91 rules are for the protection of the entire student body and guarantee that each student's right to an education is respected. Students and staff must be guaranteed a safe, learning-focused environment. Mutual respect is the underlying principle in the classroom, in the hallways, on the bus, at a dance, or participating in athletics. Behavioral choices in one area will impact participation in other areas.

The following rules and regulations are standardized for participants of all athletic teams and extracurricular activities sponsored by Middle Schools of MDIRSS-AOS #91 and are specifically designed to provide a healthy and safe atmosphere. Recognizing that participation in extracurricular activities is a privilege in which the participant represents their team, school, and community, the participant needs to acknowledge and understand inappropriate behavior in school, out of school, in practice, or in competition may result in disciplinary action as determined by the coach, advisor, athletic director, and/or principal. This action could include an array of consequences up to and including suspension from the team.

- **Participants are expected to place their academic studies first.** If a student needs to see a teacher or staff member for extra help, the student must provide a note from the teacher/staff member to verify their tardiness to the practice/meeting/competition.
- Before a participant tries out, practices, or competes in extracurricular activities, they must have a physical exam within two years of participation dates, must indicate evidence of appropriate insurance, and must have the "Student Participation and Parental Approval Contract" appropriately completed, signed and returned to the main office of the participant's school.
- In order to participate in a game, practice, or activity the student is expected to be in school on time and must attend school for the full day of the game, practice, or activity (or the day before if school is not in session on the game/practice/activity date) unless they were previously excused by the school administration. There are five excusable reasons for a student absence: (1) personal illness, (2) an appointment with a healthcare professional that MUST be made during the regular school day (documentation may be requested), (3) observance of a recognized religious holiday when the observance is required during the school day, (4) a family emergency, at the discretion of the administration, (5) a planned absence for a personal or educational purpose which has been approved in advance by school administration.
- Participants are expected to be in school on time the day after a game or activity.
- Attendance at all games, practices, and activities is mandatory unless previously excused by the coach/advisor. A student with inconsistent school attendance may not be able to play in competitions/performances. Participation in these situations will be at the discretion of the coach/advisor and school administration. If a student is staying after school to serve a detention for disciplinary reasons, then they may not be able to

participate at the discretion of the principal in any after school practices, rehearsals or events for that day.

- Students suspended from school are not permitted to practice, compete, or participate during the suspension. If the suspension includes a Friday, students are not permitted to participate over the weekend.
- Team managers are considered team members and must meet the same requirements as players.
- Restitution for lost or damaged equipment/uniform will be made by the student to whom it was issued. That student will not be permitted to try out, practice, or compete in another sport or activity until such restitution has been made. School equipment and uniforms will only be worn in games, practice or when directed by coach.
- The school bus is an extension of the classroom/school campus and all behaviors must align with those rules and expectations. All activity participants must ride to and from away contests and events in transportation supplied by the school unless prior arrangements have been made and approved. The coach or advisor may release students to their parents when parents check out with their coach/advisor.
- Any students who are leaving with another adult/guardian must have approval by the coach/advisor or administration. All athletes and activity participants are expected to be neatly dressed when traveling out of town.
- Any form of hazing or initiation is prohibited as indicated by the district Bullying & Hazing Policy.
- Student and parent/guardian have read and understood any athletic/extracurricular handbook issued by Middle Schools of MDIRSS-AOS # 91 or the individual program's coach/advisor and abide by it as evidenced by the signed contract.
- Substance abuse & tobacco violations should be referred to policy JICH-R & ADC Handbook Policy

### **Middle School Sports/Extracurricular Activities**

#### Fall Season

- XC ~ 5th - 8th grades
- Co-ed Soccer ~ 6th - 8th grades
- Golf ~ 6th - 8th grades

#### Winter Season

- Boys & Girls Basketball ~ 6th - 8th grades
- Cheering ~ 6th - 8th grades

#### Spring Season

- Baseball & Softball ~ 6th - 8th grades
- Outdoor Track ~ 6th - 8th grades

#### Co-Curricular

- Chess
- Drama
- Jazz Band
- Math Team
- Robotics

- Show Choir

Participation level is determined by the advisor with approval of the building principals.

Note: When identified as a need, school administration may combine teams/programs with other AOS 91 member schools.

***\*\*\*This list is subject change based upon student interest and programmatic offerings.***

### **Parent/Staff Communication**

An effective and successful program requires commitment from students, parents, coaches, and advisors. Communication is a vital part of any successful program.

#### **COMMUNICATION YOU SHOULD EXPECT FROM YOUR COACH/ADVISOR:**

- The when and where of practices and contests
- The coach/advisor's philosophy
- The expectations the coach/advisor has for all participants, as well as your student
- Requirements of being part of the team, special equipment, off season conditioning
- If your child is injured during participation
- Any discipline action of your child that results in removal from participation

#### **APPROPRIATE CONCERNS TO DISCUSS WITH COACHES/ADVISORS:**

- The treatment of your child, emotionally and physically
- Skill improvement and development
- Concerns about your child's behavior

#### **INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES/ADVISORS:**

- Playing time
- Team strategy
- Officiating, play calling or judging
- Other participants

#### **EXPECTATIONS FOR PARENTS/ GUARDIANS:**

- Concerns are to be expressed directly to the coach/advisor.
- Notification of any schedule conflicts well in advance.
- Support and commitment of the program/activity
- Students are at practice/ picked up on time

## **Communication Protocol**

In dealing with concerns at any level (student, parent, peers, or fellow coaches/advisors), it is necessary to follow proper procedure to alleviate conflicts and resolve issues at the lowest level possible beginning with the coach or advisor. When there is a concern, the goal is to have it resolved by the coach/advisor. If this step does not solve the problem, bring the Athletic Director into the process. This procedure will continue up the chain of command as necessary. We continue to place an emphasis on communication with our students and parents. We believe this begins with our first meeting of the school year. When everyone understands the direction and philosophy of each program, then good communication has begun.

### **1. Head Coaches/Advisors**

If there is an issue with your child a meeting with the coach/advisor should be made.

### **2. Athletic Administrator**

Call and setup an appointment with the Athletic Director to discuss the situation.

At this meeting the appropriate next step can be determined.

### **3. Principal**

The Principal oversees the day-to-day operation of the school, including the athletic/activity department.

### **4. Superintendent of Schools**

The Superintendent oversees day-to-day operation of the District.

### **5. School Committee**

The Board of Directors sets policy, presents the budget, and hires personnel based on the recommendation of administrators.

**Middle Schools of MDIRSS - AOS #91**  
**Extra Curricular Contract**

This contract covers all interscholastic athletic and extracurricular activity participants for the 2018-19 school year and is to be completed and turned in to the main office prior to participating in any activity.

Name \_\_\_\_\_

Grade \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Family physician \_\_\_\_\_ Hospital \_\_\_\_\_

\*\*Date of last physical \_\_\_\_\_ Where \_\_\_\_\_

Restricted activities  
\_\_\_\_\_

**\*Please attach a photocopy of insurance card with this form which is necessary for participation.**

Medical concerns or alerts  
\_\_\_\_\_  
\_\_\_\_\_

**Student Agreement**

This contract to participate and compete in interscholastic athletics and extracurricular activities at Middle Schools of MDIRSS-AOS #91 must be signed. The understanding is that I am not in violation of, and will not be in violation of any of the eligibility policies and/or procedures of the Middle Schools of MDIRSS-AOS #91. I also acknowledge that I have read, understand, and agree to abide by the rules and regulations on these forms and have detached and retained a copy of those rules and regulations.

**Signature of Student:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent(s) or Legal Guardian(s) Agreement**

I hereby give my consent for the above named student to (1) engage in Middle Schools of MDIRSS-AOS #91 approved activities and to represent Middle Schools of MDIRSS-AOS #91 in those activities (excluding those activities indicated by an examining physician), (2) accompany any school team or activity of which they are a member on any of its local or out-of-town trips, and (3) be given professional emergency first aid or medical care that may become reasonably necessary for the student in the course of such athletic participation or activity.

For **athletics**, I understand and acknowledge that the above student received a physical examination on the date indicated and that this examination cannot assure that the student is completely physically able to participate in the above named supervised activity. I agree to indemnify and hold harmless the examining physician, MDIRSS-AOS #91 and the School Committee, their agents, servants, employees and representatives, free from any and all claims, losses, damages, injuries or adverse consequences arising out of the student participation in such activities and being the result of any circumstance or condition which could not have been determined by the physical examination. I understand that participation in competitive athletics may result in severe injury, including paralysis or death.

I also acknowledge that I have read and understand the rules and regulations on the two pages of this form and have retained a copy of those rules. Furthermore, as a parent/guardian of a student involved in a co-curricular activity at Middle Schools of MDIRSS, I agree to actively support and enforce the rules and regulations for participation.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**MOUNT DESERT ISLAND REGIONAL SCHOOL SYSTEM - AOS # 91**

**Mild Traumatic Brain Injury (MTBI) / Concussion**

**Annual Statement and Acknowledgement Form**

I, \_\_\_\_\_ (student), acknowledge that I have to be an active participant in my own health and have direct responsibility for reporting all my injuries and illnesses to the school staff (e.g., coaches, team physicians, athletic training staff, school nurse). I acknowledge that my physical health is dependent upon providing an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after athletic activities.

By signing below, I acknowledge:

- My middle school/high school has given me specific educational materials including the \*CDC Concussion Fact Sheet (<http://www.cdc.gov/concussion/HeadsUp/youth.html>) on what a concussion is and has given me an opportunity to ask questions.
- I have fully told the staff of any prior medical conditions and will also tell them about any future conditions.
- There is a chance that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the coach, team physician, athletic trainer, athletic director or school nurse.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours later.
- If I think a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a licensed healthcare professional.
- Following a concussion, the brain needs time to heal and I am much more likely to have a repeat concussion or further damage if I return to play before my symptoms resolve.

Based on the incidence of concussion as published by the US Centers for Disease Control and Prevention (CDC) the following sports are identified as high risk for concussion; baseball, basketball, cross country, golf, soccer, softball, cheering.

I represent and certify that I and my parent/guardian have read the entire document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document.

**Student Athlete:**

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent or legal guardian** must print and sign name below and indicate date signed.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

