

Flowing Wells Junior High
2017-2018

Athletic Expectations and Spectator Code of Conduct

I am responsible for understanding all the information in this packet. Also, I will make sure any other parent(s)/guardian(s) of my child gets this information as well. I have read and understand the Spectator Code of Conduct and recognize that I may not be allowed to attend games if I violate any of its statements.

Parent Name: (print) _____

Parent Signature: _____

I understand that playing sports for FWJH is a privilege and I will give my best effort to meet the expectations in this packet. Also, I understand that I may not be allowed to participate if I violate expectations described in this packet.

Student Name: (print) _____

Student Signature: _____

****Please return to the front office before becoming eligible to play in athletic competitions.***



Dear Student Athlete and Parent(s)/Guardian,

Flowing Wells Junior High School offers a variety of sports for students who would like to participate on an athletic team. We recognize the importance that athletics play in the growth and development of our young adolescents. Through sports, students improve their knowledge and skills in regards to game rules, strategies, fundamentals, socio-emotional growth, and physical fitness.

At the junior high school level, the focus is on developing skills that will encourage a healthy lifestyle into adulthood. Our goal is to work extremely hard to be a role model of exemplary sportsmanship, positive attitude, and solid character. These expectations carry over to each student-athlete. We take great pride in our athletic accomplishments and look forward to another successful year on the fields and courts. See below for a complete list of sports offerings for 2017-18.

Flowing Wells Junior High School Seasons and Sports Teams

SEASON 1 - Quarter 1

Football
Cross Country
Tennis
Girls' Softball
Boys' Volleyball

SEASON 2 - Quarter 2

Girls' Soccer
Boys' Basketball

SEASON 3 - Quarter 3

Wrestling
Girls' Basketball
Boys' Soccer

SEASON 4 - Quarter 4

Track & Field
Girls' Volleyball
Boys' Baseball

The following pages include the Athletic Expectations and Spectator Code of Conduct.



2017-2018 FWJH ATHLETIC EXPECTATIONS

Eligibility

Students must have the following on file in order to be eligible to participate in interscholastic athletics:

1. Completed **Insurance Liability Form**- Student athlete must have health insurance. If not, school insurance is available.
2. Completed **Health History Form** (Completed by parent/guardian)
3. Completed **Physical Exam and Evaluation Form** (Completed by physician)
4. A signed **Mild Traumatic Brain Injury (MTBI) / Concussion Form**
5. A signed **Athletic Expectations and Code of Conduct Form**

Additionally, the athletic department strongly believes that satisfactory performance in the classroom is a necessary prerequisite for participation in interscholastic sports. Therefore, a student who is passing all classes will be eligible to participate. Students receiving at least one grade of "F" during a quarter grading period, on progress grades, or on quarter grades will be marked ineligible from competition, but can still participate in tryouts and practices in hopes of becoming eligible in the follow way:

- A contract must be signed by the teacher verifying the student is no longer receiving an "F" in their class. After the eligibility contract is given to the student, it is the student's responsibility to 1) improve the grade to "passing", 2) get teacher to sign the contract, 3) return the contract to the Administrative Assistant (Julie Abrams) in the front office for reinstatement to game competition.
- If a student does not get the contract signed by the teacher of the failing class, the student will remain ineligible unless he/she passes all classes at the next progress or quarter grading period.

Participation

Daily, punctual attendance is a key ingredient to success in any endeavor. Please come to practice on-time, prepared to fully participate, improve your skills, and have fun. Appropriate and approved practice attire must be worn at all times. This includes all protective equipment and footwear.

In order to participate in athletic contests and practices students must be in attendance for all of the school day. All student athletes will play in all contests for which they are in good standing. Please note however that playing time is not equal and will be determined by the coach. Missing practice due to personal issues/appointments may reduce the amount of time your child may participate in game competitions.

Transportation

To better serve our student athletes, athletic buses depart the junior high daily at 5:30 p.m. All student athletes are required to leave campus by 5:30 p.m. on practice days. The bus is the best mode of transportation home from practice. If you choose to pick your child up, it is very important that you are on time (5:30 p.m.). **Your child may be suspended from game participation or removed from the team, if he/she is picked up at least 10 minutes late more than once.**

On game days athletes are to be **picked up from the junior high within 15 minutes of arriving to campus from away contests** and as soon as post-game obligations are met at the conclusion of home games. A student can use a cell phone after away contests to call a parent.

Conduct

Participation in the FWJHS athletic program is a privilege. Student athletes are expected to follow school rules at all times and conduct themselves in a manner befitting the proud traditions of Flowing Wells Junior High School.

Expectations of the Participant:

- Accept and appreciate the seriousness of your responsibility as a student athlete and the privilege of representing Flowing Wells Junior High School.
- Serve as a role model of high moral character and demonstrate positive attitude and behavior.
- Exhibit appropriate behavior at all times. Model exceptional sportsmanship and show genuine appreciation for other individuals that do the same.
- Treat opponents as you would like to be treated.
- Respect the integrity and judgment of game officials. Treating them with dignity and respect, even if you disagree with their judgment, is a fundamental behavioral expectation.
- Win with humility and experience setbacks with grace.

Parent/Coach Communication

As parent/guardian, when your child becomes involved in our athletic program, you have a right to understand the expectations held by FWJHS. This begins with clear communication from the coach.

Communication that you can expect from your child's coach:

1. Philosophy of the coach
2. Expectations the coach has for your child and all team members
3. Locations and times of all practices and contests
4. Team requirements (i.e., special equipment, etc.)
5. Discipline that may result in the denial of your child's participation

Communication coaches expect from parents:

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts in a timely manner

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

It can be very difficult to accept your child not playing as well or as often as you may hope. Please remember, our coaches are professionals. They make judgments based on what they believe to be best for all student-athletes involved in the program. As you have seen from the list above, certain things can and should be discussed with your child's coach. However, there are other items which remain the purview of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team strategy, play calling
3. Other student athletes

There are situations that may require a conference between the coach and parent/guardian. This can be a positive experience and is to be encouraged. 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 used to help promote resolution of the concern:

1. When appropriate, please encourage your child to speak directly with the coach. Often this will rectify the situation.
2. If needed, call the coach to schedule a meeting or leave a message with the athletic director at 696-8557 and he will give your child's coach a message. Please give your child's coach one full school day to return your call.
3. If the meeting with the coach does not foster an agreeable resolution, please call the athletic director (696-8557) and arrange a meeting to discuss the matter.

Uniforms/Equipment

Uniforms and other necessary equipment will be individually assigned and distributed to all student athletes. Wash your uniform in **COLD water on delicate cycle ONLY!** Please report any stains to your coach so that the equipment manager can have them removed.

Students will surrender uniform and school distributed equipment to their coach **immediately upon the conclusion of the final contest of the season or immediately after not continuing to play on the team for any reason.**

You are responsible for paying the **full replacement cost** for any damaged, lost, or stolen equipment/uniform. Students will not be allowed to participate in the subsequent athletic season or any other extra curricular activity until all assigned materials have been returned or replacement costs paid. Equipment/personal items must be locked in your personal locker during each practice and game unless your coach has arranged for a different equipment pick-up area. **The school will not be responsible for stolen/lost items that are left out of the locker or locker room area.**

Injuries/Hydration

As a normal aspect of athletic participation, injuries may occur throughout the year regardless of the sport your child is playing. It is the responsibility of the student athlete to inform the coach about any substantial pain that he/she is feeling throughout the season.

It is critical that athletes remain properly hydrated while playing sports, especially outdoor activities. While water is supplied at all practices and games/matches, sharing personal water bottles is strongly discouraged. Your child needs to bring his/her own water bottle to school each day. In the event that your child fails to bring a water bottle from home, water will be administered by a team manager with a "squeeze" bottle. Additionally, it is important for your child to drink plenty of water throughout the school day and at home as well to replenish lost fluids from sweating.

Immunizations/Infections

Along with the many immunizations that your child has already been given, it is encouraged that you talk to your child's primary care physician about meningococcal meningitis. Though rare, this disease comes on quickly and can lead to death or permanent disability, such as brain damage, hearing loss, kidney disease and limb amputations, within hours of first symptoms. The Centers for Disease Control and Prevention (CDC) recommends meningococcal vaccination for pre-teens at their pre-adolescent doctor's visit as this can potentially prevent almost 85% of cases occurring among teenagers and college students.

Flowing Wells School District has specific protocols in place to prevent the spread of MRSA (Methicillin-Resistant Staphylococcus Aureus) and staph. Good hygiene helps prevent MRSA and staph skin infections. The following are some things that can be done to promote good hygiene:

- Keep hands clean by washing thoroughly with soap and water.
- Keep cuts and abrasions clean and cover with proper dressing until healed.
- Avoid contact with other people's wounds or material contaminated from wounds.
- Wash hands before eating, after playing outdoors or playing with pets, after using the bathroom, and after blowing your nose.
- Clothing, equipment, and towels should not be shared and need to be routinely cleaned.
- Athletes should shower after practice and competition.

SPECTATOR CODE OF CONDUCT

To the Student-Athlete and Parent(s)/Guardian(s):

Attending an athletic event should be a fun and significant part of a sound educational program that embodies high standards of ethics and sportsmanship.

Flowing Wells has a code of conduct for spectators attending athletic events on our campus. Attending an athletic event should be a positive experience for everyone associated with the event.

We request that you and your family be familiar with this code. We also request that you and those who attend the events with you abide by the code.

ATHLETIC CODE OF CONDUCT FOR SPECTATORS AND FANS

As a spectator attending a Flowing Wells Junior High School athletic event, I recognize:

- ◆ That the goal of this event is to provide young people with the opportunity for healthy competition in the spirit of sportsmanship and camaraderie.
- ◆ That I have a role to project a positive and supportive attitude towards the participants, officials, school authorities, and fellow spectators of the event.
- ◆ That my words and behavior have a powerful impact on those around me and that I have a role to conduct myself in a mature and dignified fashion.
- ◆ That for the orderly management of this event, I have a role to adhere to directions stated by school authorities.
- ◆ That if my conduct is not conducive to a positive environment, I may be asked to leave the event.
- ◆ That at no time will I enter the area of competition.

Failure to meet the expectations of the Spectator Code of Conduct may result in not being allowed to attend games involving FW Junior High School teams.

If you have any questions or concerns about any information, please contact Flowing Wells Junior High Athletics at 696-8557.

