

District Philosophy:

The philosophy of the Suburban Middle School Conference is to provide maximum opportunities for participation in a variety of curricular activities with school that share common middle school beliefs.

The Conference's primary focus centers around the needs of each student athlete. Our desire is for the student to participate, develop skills, and build confidence in themselves, and instilling the importance of respect and true sportsmanship. Our focus is in maximum participation and not end of the season records. Within limited (cut) sports, winning at the cost of maximum participation runs contrary to the belief of this conference. Each school administration/athletic directors are responsible for instilling this belief with their coaching staff.

Physicals : Some Students may need updated Physicals, make sure to keep them updated.

MAY SKIP THIS PART

Athletic Sports Physicals are good for one calendar year.

It is BEST to have them done in JULY so they don't lapse during the year
6th Graders are required to have a Certificate of Child Health Examination.

This counts as Sports Physical

IMPORTANT REMINDERS

Child's name must appear on the form

Parent must complete Health History

Parents must sign & date

Physician must sign & date (must be legible)

The may participate in PE and/or Sports box must be checked

DO NOT wait to turn them in over the summer - drop them off early to avoid issues with tryouts. Nursing staff would like them in a minimum of three prior to tryouts. Turning them in the day of could risk the chance to tryout.

No Physical - NO TRYOUT - NO Exceptions!!!

Look for Walk-In physicals at Walgreens/COSCO. They often have great deals

Concussions:

Any incident at practice or competition that may present concussion like symptoms, must be reported to the school nurse, and state concussion protocols must be followed.

Coaches will

Parent Responsibilities: (Even Poms cheer parents will be spectating, please paraphrase)

-Monitor your child's participation. If valid concerns arise, bring them up appropriately through proper channels (The athletic Department is a big fan of the 24 hour rule... we

will inevitably run into each other again somewhere, if you have an issue with something that happened, take 24 hours to decide how you want to talk about it before saying or doing something that might be unnecessary.)

-be a good spectator and demonstrate appropriate sportsmanship at all times

-Will not allow your child to participate in practice and/games not sanctioned by Hawthorn Middle Schools

-Commit to and support the Hawthorn Middle Schools Code of Conduct... Which must be signed to participate. Eligibility included.

Athletes Rights and responsibilities:

-Being a student comes first, athlete second

-To be treated with dignity and respect

-To follow and abide by the rules and guidelines established by the coach

-To demonstrate appropriate sportsmanship at all times

-Commit to and support the Hawthorn Middle School Code of Conduct

Coaches Rights and Responsibilities:

-To provide a safe and fun experience for all students

- To work with the Person -1st, Student - 2nd, Athlete - 3rd

One takes care of the other !!!!

-To understand that all students are gifted, but not in equal ways

Everyone has something to contribute to the team!

-To demonstrate respect and appropriate sportsmanship at all times

-To be open to valid criticism and be willing to keep the channels of communication open

Carpooling and Ride Sharing... The district has been looking over policies from the past in regards to students being picked up by people that are not their parents (Carpooling).

It is the districts stance that there should be signed proof of permission to ride home with other parents and hopefully specific as to whom and when. There is a document attached for use if you choose. If you have a system that has been used in the past to use, you may continue, just know that the responsibility of kids getting into an approved car is yours as the coach. Please have a discussion with your teams and parents about the expectations you have for knowing where your players are and how they are getting home.

Please set expectations for where to meet daily, when to be there, and what to do if they

cannot be there on time. **If your practice is in our building, all athletes should be out of the commons by 2:20.** If you will not be there immediately at that time, the athletes should be aware of what to do while they are alone. Maureen Wright is our paid coverage for teams when coaches will be late or on game days when we do not need to be somewhere immediately. Please let her and I know ahead of time if her services will be needed. Teams should not be practicing alone (Without Adult Supervision). If the practice is at Aspen, please spend some time discussing proper behavior there, and that they do not let teams in before 2:30 unless a coach is there to let them in.

Also, Discuss DRESS CODE for practices. Our athletes are not in High school yet, Keep them covered, spandex is fine in practice areas as long as it covers, but athletes should have sweats/real clothes, covering them if hanging out in common areas while others are in the building. Stretched out, sleeveless shirts, with huge arm holes and sports bras are not acceptable.

Eligibility: All students must Maintain a combined C average in the four core academic classes (Math, Science, social studies, Language arts), with no “F’s” in any class, to be eligible. Grades Notifications are handed out to the players on Fridays by the end of the day, if they are not in compliance. They have until 2:20 on Friday to fix and verify with the A.D. their grades if there are any corrections or if the grade has been amended. If this is not done in time, the following week (Starting Monday and going through the following Sunday), they will be ineligible the week. This means they cannot dress for competition or COMPETE for the week, and will have to work with their teachers until 3 PM during the school week, but are allowed to attend practice after 3. If you are ineligible for a specific week, it cannot be fixed during that week, regardless of bringing grades up (It’s a consequence that needs to be finished). If you are deemed ineligible for four weeks in a season, the fourth time will mean being cut from the team. (Eligibility is generated at 10:50 A.M. Fridays, that is the cut off point for the following week. Please be up to date with homework, projects, absent make up work, by 10:50 a.m. weekly to avoid issues.)

Included in Eligibility is hours in a day/attendance. If you are not at school for the full day, you cannot practice or attend practice/games after school. Exceptions may be granted, but need approval from A.D. or building level administration. If you are home sick, you cannot come back for practice or competition.

Any Athlete that sits out of PE for any reason, cannot participate in any way at that days practice or game. They can watch and sit on the bench, but cannot warm-up, practice, or be involved in the activity. This includes competition days, athletes must dress and fully participate in PE.

Coaches are expected to make sure all athletes are being picked up at a reasonable hour and should not leave until this is done.