

# **Fremont Middle School**



# **Huskies**

**Athlete/Parent  
Contract  
2009-2010**

## **Introduction**

This handbook is prepared as a guideline to inform parents/guardians and athletes of various aspects of Fremont Middle School's athletic program. Although an attempt has been made to cover every aspect of the program, some circumstances may arise that will warrant decisions and policy be implemented as they arise. The guidelines in this handbook specifically state the guidelines and expectations for student-athletes for FMS. As a member of the Tri-County League, FMS adheres to these guidelines as well as those provided by the Colorado High School Activities Association (CHSAA.)

## **Expectations**

Participation in Fremont Middle School athletics is a PRIVILEGE that provides opportunities, recognition, and responsibilities. This code applies to all students participating in extra-curricular activities and all school rules apply to students participating in athletics. Student-athletes are expected to behave and perform at a high level of sportsmanship and fair play.

## **Athletics**

Student-athletes must have the following information on file in the office prior to participating in practice for any sport:

- valid physical with parent signature
- proof of insurance
- signed emergency card (yellow card)
- equipment check
  - equipment from previous sport must be checked in and/or all fines paid in full
- signed athlete/parent contract

### **Coaches:**

- Cross Country: Mark Selakovich
- Football: Toby Swisher/Anthony Lozano
- Softball: Scott Morton
- Volleyball: Lori Dodge
- Boys Basketball: Adam Combs
- Girls Basketball: Lori Dodge
- Wrestling: Jeremy Nix
- Track: Chandra Serfoss

### **Student-Athlete Expectations**

Student-athletes are representing Fremont Middle School while attending class, participating in the sporting contest and being a member of a community. This level of representation brings a high level of expectation for all student-athletes. The following guidelines will be in place for athletes:

## **Academics**

- must be passing all classes weekly
- eligibility runs from Friday to Friday
- students failing must attend practice, but will not participate or travel to athletic contests
- any athlete who is on the ineligible list for three consecutive weeks may be dismissed from the team for that season
- students can only be removed from the ineligible list by teacher error

## **Athletic Equipment**

Athletes will receive the necessary equipment from the school with the exception of shoes, socks, underclothing, etc. Athletes will be charged for any equipment not properly checked in at the conclusion of each sport. Athletes will not be allowed to participate in future sports until equipment has been checked in or fines paid.

## **Attendance**

- All day attendance in school is required for athletes to participate in practice or athletic contest
  - Pre-arranged absences and/or verified medical absences will be an exception to the attendance policy
- parent must notify school if student-athlete will be out due to illness or emergency to excuse absence from practice
- athletes may not suit or travel with the team if he/she misses any part of game day, with the exception of pre-arranged absences
- **unexcused absences:**
  - failure to notify school and/or coach prior to absence
  - school disciplinary action (ISS, suspension, detention, etc.)
    - athlete will not participate or travel to next contest after unexcused absence
    - after the second unexcused absence, a meeting will be held with the athlete, parent and athletic director to determine the future of athlete on the team

## **Behavior**

- student-athletes will adhere to all school district policies
- good sportsmanship and citizenship will be expected of athletes at all times including at home, in school, at practices, home/away games and at restaurants. Any disrespect towards an adult or other athlete or violation of behavioral expectations may result in disciplinary action
  - a meeting will be established with the athlete, coach, parent and athletic director following an incident
- an athlete may be dismissed from a practice if failing to adhere to team or school expectations.
  - A meeting will be held with the coach on the day following the dismissal

- In the event an athlete is dismissed from two practices, a meeting will be held with the athlete, coach, parent and athletic director to determine future participation of the athlete
- alcohol, drug, tobacco, fighting or any other violations are subject to Fremont Middle School and Fremont Re-2 School Board policies. Athletes violating these policies will face disciplinary action:
  - **First offense:** in addition to school action, athlete will be suspended from the next athletic contest. If the season ends, the suspension will be served during the next season in which the athlete participates.
    - Athletes will be expected to serve in managerial type duties at all home games during suspensions.
  - **Second offense:** athlete will be suspended for the remainder of that season and up to two games of the next season in which he/she participates.
- no abusive language or behavior will be tolerated at any time from athletes
- all athletes will sit together and support one another at all games

### **Parents**

- parents are responsible to pick up athletes immediately following practices or events
- after the second tardiness of parent/guardian to pick-up an athlete, a meeting will be held with the athlete director
- if the situation continues, the student-athletes may be dismissed from the team

### **Personal items**

- personal items of value should not be brought to practice and/or games (iPods, cell phones, jewelry, etc.)
- locks and lockers are available for every sport from the coach
- if valuables are brought to practice, the athlete assumes full responsibility for the safety of such items. Fremont Middle School and coaches are not responsible for lost items.
- Every athlete is responsible to maintain security of his/her own belongings

### **Practice/Participation**

- all required forms must be on file in the office prior to participation in practice
- all fall athletes and wrestling athletes must complete nine (9) practices prior to competing in any athletic contest. Athletes participating in basketball and track need five (5) practice days (*Colorado High School Activities Association guidelines.*)
  - attending a scheduled contest does not count as a practice
  - practice during a scheduled game day does not count as a practice

### **Quitting a team**

Students wishing to be released from a sport during the season after games have started) must arrange for a meeting with the coach and the Athletic Director (parents are encouraged to be present) and express their reasons for wanting to leave the

team. Student must contact the coach or Athletic Director to set up the meeting. Students will not be eligible to participate in another sport until released from team. Students who quit a sport will not be allowed to participate in another sport during that same season. Equipment must be checked in to coach immediately upon leaving team.

### **Team Selection**

Athletes will be evaluated to determine the level of play in which each will participate. Coaches will expect athletes to perform at his/her highest level in the areas of performance, attitude, and competitiveness. The beginning of each season will serve as a try-out period consisting of three days in which the athlete will be rated on performance. The coach may excuse any absence during the try-out period *prior* to the practice. The coach will notify each athlete as to the level in which he/she will participate. When numbers warrant, a developmental team will be established and a schedule to provide game-like situations for these athletes. There will be no guarantee as to the amount of playing time for any athlete.

### **Traveling Rules**

- Athletes are required to ride the bus with the team to any away contest. In the event a parent must meet the team at the location, previous arrangements must be cleared with the athletic director **prior** to game day.
- Athletes are expected to ride the bus home with the team. If a parents needs to take the athlete home, the parent must sign the check-out sheet with the coach.
- Parents **MAY NOT** sign an athlete out to ride home with someone else, including grandparents, siblings, etc. If an emergency situation exists that requires alternative transportation, please contact the athletic director by phone **AND** send written permission for your son/daughter to ride home with another parent.
- When traveling to Colorado Springs, the bus will stop in Penrose to drop off athletes on the trip home.

### **CHAIN OF COMMAND**

The Fremont Middle School Athletic Department will strictly adhere to the policy that a disgruntled parent, fan or athlete **MAY NOT** address a coach before, during, or after a contest. The chain of command that FMS will follow is:

1. Parent, Athlete, and Coach
2. Parent, Athlete, Coach, and Athletic Director
3. Parent, Athlete, Coach, Athletic Director, and Principal

These meetings will be made by appointment at a designated date and time. The athlete will be present at all meetings between parents and coaches.

***Coach John Wooden once said, "Mistakes are stepping stones to achievement." Athletics teach kids that mistakes are not to be feared, and they are a way to improve performance and to accept and learn from their mistakes.***

# Fremont Middle School Athlete-Parent Contract

**Athlete Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Guardian Name** \_\_\_\_\_ **Date** \_\_\_\_\_

We (athlete and parent/guardian) have read, understand and agree to abide by the guidelines set forth in the Fremont Middle School Athletic Contract. We also understand that participating in athletics is a privilege and a responsibility. It is a privilege to develop various athletic skills and a responsibility to represent your school and community with your best sportsmanship and appearance. We will accept responsibility to contribute in making this a successful year with Fremont Middle School athletics.

We agree to:

- demonstrate good sportsmanship at all times
- be a positive representative of our school
- be gracious in winning and losing
- not use vulgar and abusive language in games, at school, or in the community
- not criticize game officials
- not be in possession of any illegal substance

If we have any questions regarding items in the contract, we will contact the coach and/or athletic director. If situations should arise during the season, we will follow the appropriate methods to handle each situation as it arises.

\_\_\_\_\_  
**Student-Athlete Signature** **Date**

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

**\*\*This form must be signed and on file in the office for student-athletes to participate.\*\***