



## GRISHAM MIDDLE SCHOOL



### GIRLS' ATHLETIC POLICY

2009-2010

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The following information is in addition to the athletic policies in the RRISD Athletic Handbook and is designed to answer questions parents or athletes may have concerning expectations of the Girls' Athletic Program.

#### **Goals**

1. The student-athlete will develop a positive attitude toward themselves, their teammates, competitors, and authority figures.
2. The student-athlete will realize that winning is learning to set realistic goals and working to achieve them while maintaining positive behavior in both winning and losing situations.
3. The student-athlete will develop skills that will benefit them for a lifetime in the areas of self-discipline, teamwork, time management, cooperation, and communication.
4. The student-athlete will develop the fundamental skills of each specific sport in which they participate and focus on preparing for the next level of competition.

#### **Games**

1. For home games, athletes will be expected to sit with their teammates in a designated area of the gym/field to watch their teammates play until it is time for their own match/game. Athletes who have finished playing are expected to stay and watch the next match/game. Parents may take their daughter if they have approval from the coach prior to the 1<sup>st</sup> match/game start time.
2. For away games, the same policy applies with home games. We highly encourage athletes to ride the bus after the game. With a win or loss, your daughter needs to share these emotions with her teammates. This will help build team unity. If for some reason the parent needs to take their daughter home, the athlete will need to provide a written note to the coach prior to departing the school for the away game. Please do not ever take your daughter without providing the school with a written note. We are legally bound by state law to transport athletes safely to and from matches, games and meets.

Your daughter may only be released to her parent(s) or legal guardian. We cannot release your daughter to close relatives such as brothers, sisters, grandparents, aunts, or uncles. Once we get back to GMS, she may ride home with anyone you wish without a problem.

3. There are many variables which coaches are not able to control (length of games, traffic, etc.). Therefore, it is difficult to give an exact time for pick up after a home or away game. However, the coaches will do their best to get your daughter back at the time specified.
4. Game day dress will consist of khaki pants, GMS shirt specific to each sport and shoes (no flip flops). This applies to both home and away games.

### **If a Problem Arises**

1. Please remember that coaches must consider the needs of the team as well as the individual. When there is a problem, please try following these steps toward a resolution:
  - a. Have the athlete talk to the coach first. Quite often this can resolve the problem and the athlete learns responsibility and communication skills as well.
  - b. Schedule a meeting with the coach if the problem needs to be addressed further.
  - c. Contact the GMS Girls' Athletic Coordinator.
2. Please do NOT approach a coach to discuss differences during or just after a game or practice. Quite often emotions can be high and it's best to wait until the next day to schedule a conference.
3. Finally, the coaches at Grisham Middle School are dedicated to working with athletes to reach their fullest potential. Please feel free to contact your coach with any questions or concerns.

## **GIRLS' ATHLETIC DISCIPLINARY POLICY**

### **RROC**

1. If the athlete is suspended to the RROC, she will be released from the team for the rest of the season.
2. The athlete will fulfill all the requirements of the RROC.
3. Once RROC requirements are fulfilled, then the athlete and parents will meet with the Girls' Coaching Staff to discuss her future in the athletic program at GMS.

### **SAC**

1. If the athlete is in SAC on the day of a game, match, meet or tournament, she will not be allowed to participate in the athletic event.

2. While in SAC, the student may not participate in the athletic period, but will participate in the morning or afternoon practice.
3. The athlete will fulfill all the requirements of SAC which will include a written report.
4. The athlete will also have extra conditioning drills to complete before the next game, match, or meet.

### **Detention**

1. If the athlete is in detention, there will be limited playing time in the match/game.
2. The athlete will also have extra conditioning drills to complete before the next game, match, or meet.

### **Lost Equipment**

Each athlete is responsible for the exact (the number that is issued) athletic equipment that is issued to her. She will be furnished equipment for the sport in which she will be competing. It is the responsibility of the athlete to make sure their uniform is kept neat and clean. The team coach will inform parents and athletes of any equipment that may need to be purchased separately. The athlete will be required to purchase equipment that is lost or damaged. One of the most important things we are stressing to our athletes is RESPONSIBILITY; therefore if equipment is repeatedly lost there will be the following consequences:

1. Purchase new equipment and conditioning drills.
2. No equipment will be issued for the next sport until all the previous sport equipment has been turned in.

### **Tardiness**

Unexcused tardiness will not be tolerated because it takes away from the team. Please help us by making sure your daughter makes it to practices, game and tournaments on time. If tardiness becomes a problem, it may result in the athlete not competing in an upcoming game/event until missed practice time is "made up".

### **Missed Practices**

1. It is important that all athletes be present at every practice. Please do NOT schedule doctor or dentist appointments during practice times. If it is unavoidable, please have the athlete talk to the coach to discuss what will be missed ahead of time.
2. The athlete will be required to make up a missed practice before the next game. The athlete will need to talk to the team coach to schedule a time to make up practice.

3. Extra-curricular activities are excused absences as long as the team coach has approved them in advance. Athletes are still required to make up this missed practice time before the next game.
4. Unexcused absences will result in loss of playing time. If an athlete has an unexcused absence from practice and is unable to make up the missed practice time prior to the next game, they will not be able to participate in the event.

### **Missed Games/Matches**

1. It is important that all athletes be present at all practices, games, and tournaments. If it is unavoidable, please let the coach know ahead of time.
2. Each team member is an important part of the team and we expect all the girls to be at all games, tournaments, etc.

### **Procedures for Athletic Injuries**

1. If not an immediate emergency, please do not take your daughter to a doctor. Please allow our athletic trainer to evaluate her first.
2. Athletes are allowed to see the trainer at Westwood High School for injuries. There is no charge for this service.
3. The trainer will then let the coach know the status of the injury, what the treatment is, how long your daughter will be out, and if your daughter needs to seek further medical attention.
4. Your daughter is still required to be at all practices and games/matches/tournaments dressed out and doing whatever rehab the trainer or doctor want her to do.
5. If your daughter is not healed by the time the note says she should be, she need to be evaluated again by the trainer or doctor.
6. Please do not write a parent note excusing your daughter from athletics if at all possible. If it is unavoidable, a parent note will be accepted for one day. After this, the athlete should see the trainer.
7. Notes from doctors excusing athletes from practice and participation need to have a release date. Please ask your doctor for a specific date on the note rather than "can return when tolerated, etc.." We can ONLY accept doctor notes to allow athletes to return to competition. We cannot accept notes from parents, physical therapists, etc.

# GRISHAM MIDDLE SCHOOL GIRLS' ATHLETIC RULES & PROCEDURES

## 2009-2010

1. Follow all RRISD, UIL and GMS Athletic Policies, Disciplinary Policies, and Rules and Procedures.
2. When responding to your coaches and teachers, use "yes coach", "yes ma'am", "yes sir", etc.
3. Show respect to ALL others. Have good manners. Be polite.
4. Always act as a young lady.
5. Hustle everywhere you go!!
6. Be coachable.
7. Be positive and enthusiastic.
8. Knock on the coaches' door before entering. Make sure a coach has invited you in.
9. No glass containers or aerosol sprays of any kind in the locker room.
10. A messy locker room will not be tolerated. Keep our home away from home looking nice.
11. When traveling, be sure the bus is very clean before we get off. Leave it better than we found it.
12. Everything must fit in the athlete's locker. Nothing should be left out.
13. No food or drink in the locker room except water.
14. No gum.
15. Wear the proper uniform daily.
16. Please have all jewelry off and hair pulled back.
17. Set high behavior standards for yourself. This includes in the hallways, classrooms, cafeteria, and all school sponsored activities. Don't forget you represent girls' athletics at ALL times.
18. Be on time to practice, games, to your classes, etc..
19. You will not miss athletics (class) or practices to go to another class or activity without coach approval.
20. Set high academic standards....you must pass all classes with 70 or above. You will be getting your pass/fail sheet at the end of every 3<sup>rd</sup> and 5<sup>th</sup> week of each six week period. Failure to turn it back in on time will result in conditioning drills.
21. As an athlete, you need to know your pain tolerance. You need to know when you are sore, when you are really hurt, etc.. You need to communicate this with your team coach. If you are sore or have a dull pain, try and work through it. If you have a shooting pain, etc.. let the coach know immediately so we can begin to treat the injury.

GRISHAM MIDDLE SCHOOL

GIRLS' ATHLETIC POLICIES, DISCIPLINARY POLICIES, RULES & PROCEDURES

2009-2010

*Please sign this form and have your daughter return it to her coach as soon as possible.*

I have received and agree to adhere to the specific policies set forth in the Grisham Middle School Girls' Athletic Policies, Disciplinary Policies, and Rules and Procedures.

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Athlete Signature

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Date

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Parent Signature

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Date