

Cougar Sports Athletics Handbook



Principal
April Dockery

Interim Athletic Director
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Athletic Mission Statement

The Asheville Middle School Athletic Department is committed to providing opportunities for students to be successful academically and athletically. We intend to nurture our student-athletes in a means which will positively build their character through sportsmanship, teamwork, and effective training. Our focus is the STUDENT-athlete.

Sports and Their Seasons

- Fall Sports go from about August to end of October:
boys' soccer, cheerleading, cross country, football, tennis, and volleyball
- Winter Sports go from about November to first of February:
boys' and girls' basketball, cheerleading, and wrestling.
- Spring Sports go from February to first of May:
baseball, girls' soccer, golf, softball, and track

PHILOSOPHY

Athletics are an integral and desirable part of the total educational process for those students who are selected to and choose to accept the tenets required for participation. The *process* of athletics is an important factor, not just the end result of winning or losing. We will do everything possible to win. We will coach to win, teach athletes to be winners, and build upon the existing character of our athletes through the drive to win by the rules. However, it is far more important to us that our student-athletes are winners off of the court, in the classroom and in the community. Strong character, responsibility, leadership, discipline, teamwork and respect for oneself and others are valuable assets developed through athletic participation. Student-athletes also develop a competitive attitude toward successful achievement that will continue throughout life. Attitude, discipline and work ethic are the most important intangibles in the program. **Participation in any sports program at AMS is optional and shall not be required; however, for those who are selected and choose to participate in the program, stringent expectations involving behavior, discipline, hard work and academic achievement are involved.**

Core Values

The general goal of the Athletic Program is to make athletics a positive learning experience for all those are involved. It is our belief that if the objectives listed below are attained, we will reach this goal.

1. Compete with the expectation and intent to win.
2. Promote sportsmanship.
3. Promote physical fitness.
4. Promote a positive self-concept.
5. Provide an avenue for student involvement.
6. Provide an avenue for community involvement.
7. Provide the leadership necessary to develop a strong, reputable character.
8. Provide an environment where athletes will learn self-discipline.
9. Provide a positive way of influencing peers.
10. Teach the importance of and the procedures of goal setting.
11. Establish excellence!
12. Promote education with the goal of graduation and advancing beyond high school.

“Show me your 3 closest friends and I’ll show you your future.”

EXPECTATIONS OF ATHLETES

We expect you to do something worthwhile in your life. We expect you to have great expectations. We expect the following things from you:

1. To get an education. Maintaining high academic standards is important to us as a school, and student athletes must pass 3 out of 4 of their core classes and maintain a 75 average.
2. To give your total effort; to make the most of your abilities.
3. To respect your teammates and coaches at all times.
4. To practice and play to the best of your ability.
5. To be totally honest in all your dealings.
6. To be loyal to your school, administration, teachers, coaches, teammates, families, and friends.
7. To be prompt.
8. To be courteous.
9. To always be encouraging.
10. To be emotional in a positive way and enthusiastic at all times.

“Nothing great was ever accomplished without great enthusiasm”

EXPECTATIONS OF COACHES

1. To be loyal to you in all areas.
2. To monitor grades/classroom behaviors and have weekly study hall to check on athlete’s grades.
3. To be totally honest.
4. To provide the leadership and training necessary to achieve our goals.

5. To work you harder than you have worked before.
6. To assist you in any way possible now and after you graduate.
7. To treat you with respect as an athlete and as a person.
8. To make all decisions predicated on what is best for the team, and then what is best for the individual.

Communication:

Parent-Coach Relationship:

Parenting and coaching are both extremely difficult. By establishing an understanding of position, we are better able to accept the actions of the other and provide a greater benefit to the student-athlete. Parents of our athletes have a right to understand what expectations are placed on parents and coaches. This begins with clear communication from the coach.

Communications parents should expect from the coach:

1. Coaching philosophy
2. Goals and expectations the coach has for the student-athlete
3. Locations and times of all games and practices
4. Any additional fee expectations beyond transportation and insurance
5. Any pre-season or post-season workouts
6. Procedures for injury care
7. Any disciplinary issues with the student-athlete
8. Opportunities for players to improve (strategies for at-home help)

Communications coaches should expect from parents:

1. Notifications that an athlete will be missing practice or game time
2. Notifications of any injury received outside of “team” time
3. Notifications of any change in how an athlete will be going home following practice or play.

Appropriate parent concerns to discuss with coaches:

1. The treatment of your child
2. Ways to help your child improve his/her skills
3. Concerns about your child’s behavior

The following are NOT appropriate to discuss:

1. Amount of playing time or positioning
 - a. It is very difficult to accept your child not playing as much as you had hoped. Coaches make decisions based on what they believe to be best for the team.
 - b. Your admission payment to a game does not ensure that you will see your athlete play.
2. Team strategies, game tactics, play calling
3. Other student athletes.

“Selfless service is the best kind of service.”

DISCIPLINE

Discipline - doing what is necessary or right in any and all circumstances.

Self-discipline is the source of inner power that separates the dynamic achieving person from the unfulfilled underachieving person.

Your outer appearance and language give the first impression of your degree of discipline. In many cases, you and your team will be judged from this first impression alone. Do not confuse discipline with cosmetology. You cannot win with cosmetics. They will be removed by adversity. You can win with discipline. Over the course of a season your athletic ability will not increase enough to make a significant difference. Disciplined techniques can increase enough to make the difference. Proper technique, no matter the opponent, no matter the score, no matter the officials, is discipline. **Discipline is not an inherited trait; it must be learned, modeled and demanded by your coaches and parents.** We will teach you. You must be willing to learn.

“Adversity does not build a man’s character, it reveals it.”

TEAM DISCIPLINE

Coaches will impose team discipline on a case-by-case basis. Each case requiring discipline will be evaluated on its individual merit, but the general rules listed below will be followed:

1. Absenteeism – any time an athlete is going to miss practice for any reason; the athlete will be required to communicate with their coach before the practice begins.

If the coach cannot be reached, a message should be left with the secretary in the main office.

Excused: consists of illness, injury, and death of relative or close friend

Unexcused: other than above (at the coach's discretion)

Consequences: determined by coaching staff

“On time, every time!”

2. Substance abuse - It is illegal for anyone under the age of 21 to purchase or use alcohol. It is illegal for anyone to be in the possession of or to use illegal drugs or to take legal drugs not prescribed to that individual. It is illegal for a minor to buy tobacco products. Anyone found doing any of these would be dealt with accordingly.

Consequences:

Parent/administrator conference.

The first offense will result in a suspension until plan of action is discussed and put into effect to correct the behavior. Dismissal after the first offense is at the discretion of the head coach.

The second offense will result in dismissal from the team.

3. Attitude/Respect - The athletes are expected to show respect to all members of the **faculty** and the athletic staff. Rude gestures or abusive language will not be tolerated toward anyone, including teammates.

Consequences:

Player/coach conference, parent/coach conference, formal apology, possible game suspension, and/or dismissal from the team.

4. Behaviors in Class - Athletes are expected to follow the classroom rules of all their individual teachers. Misconduct in the classroom could necessitate actions being taken by the coach. The head coach will determine the direction of action. **If a player is assigned to any form of alternative class setting for disciplinary purposes, they will not be eligible to play the days in that class.** After school practice will still be mandatory during the season.

5. Dress Code - Athletes will be required to be in school dress code at all times, unless it is otherwise stated by the coach. The athlete is required to be in acceptable workout clothes during practice. No jewelry is to be worn at any time.

6. Fighting during a Game - It will result in suspension from that game and possibly future games. This will be determined by the head coach, athletic director and principal.

7. Dismissed from Practice- a player removed from a practice session based on attitude or poor work habits will be subject to possible suspension and further disciplinary action.

PARENT CONFERENCES

All parent conferences should be scheduled with the coach of the appropriate team if any conflict occurs. **Parent conferences will not occur before, during or after a game.** Conferences may be scheduled before school, during the coach's conference period, or after school. **Conferences are to discuss your athlete and your athlete only. Playing time will not be discussed.**

Guideline for Athletic:

- The school will provide all uniforms and most equipment necessary for the participation of any sport.
- When an athlete is injured and emergency treatment is not required, the athlete will be referred to the trainer for evaluation and then to their family physician or to the team physician, if necessary. In the event of an emergency, an ambulance will be called if there is any doubt as to the severity of the injury. The trainer will work with the physician to establish a rehabilitation program for the athlete. The athlete will not be allowed to nor required to participate until the physician releases them in writing.
- The amount of time a player plays and the position they play is determined by the coach as to the needs of the team. **There are no guarantees of playing time or a position on the team.**
- Physicals for students must be in the hands of coaches before tryouts begin. Students not having physicals by the beginning date of tryouts will not be allowed to participate at that time.
- Students absent from school may not participate in athletic event(s) that day. A student present for one-half the school day (8:30 – 11:30) or (11:30 – 3:30) may participate. Students off campus during the day while attending a school – sponsored event may participate.
- Students sanctioned through CSI, ISS, or OSS (in-school or out-of-school suspension) may not participate in practice or games during the term of the suspension. For example, if Jim plays baseball and has a game on Wednesday and he has ISS on Tuesday and Wednesday, Jim will not be able to play in the game on Wednesday but may return to the team on Thursday.