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2017 - 2018

Ouray School District R-1

# MS Athletics Handbook

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## IMPORTANT REMINDERS:

1. Payment of your \$40.00 participation fee is due PRIOR to the first practice in your sport.
2. Make your check payable to "Ouray Schools" and give to Paige or Kimberly in the office. **Please be advised that participation fees may increase.**
  - \$200.00 fee maximum per family. **Fee maximum may increase.**
  - Provisions available for those on free and reduced lunches when arranged in advance. \$35.00 if on reduced-price lunches; \$15.00 if on free lunches.
  - See Paige and Kimberly in the office to file the appropriate paperwork.
3. Each athlete is responsible for arranging his/her physical exam and obtaining a current copy to turn in to the office **prior to participation in the FIRST PRACTICE.**
4. Please review BOTH sides of each sheet of this packet. Complete pages 3 and 4 and 11 (if applicable) and return to the office **prior to participation in the FIRST PRACTICE.**
5. Fall sports practices begin: August 14, 2017, for MSVB, HSVB and MS/HS XC.
6. If you require further clarification, please contact Bernie Pearce, Athletic Director at school, 325-4505, x6027 or at home, 325-4295, or cell number 318-8585.
7. **Parents:** Take your support to the next level...Join the Booster Club!, Volunteer to drive, help out at the gate, man the scorer's table or officiate games, get your CDL to drive the big bus. -Contact Bernie.
8. Healthy participation and genuine expression of sportsmanship are two of the most important goals of extra-curricular athletics. Ouray High School and Middle School athletes, managers, coaches, and fans shall be models of these qualities for our school and community, the San Juan Basin League and at the District, Regional and State levels.

***"If it doesn't challenge you, it won't change you." --- Fred Devito***

## TO SIMPLIFY YOUR REGISTRATION TO PLAY A SPORT:

1. Bring completed physical and insurance form to the main school office along with your required fee payment and give to one of the office personnel.
2. Be sure to receive 2 copies of your receipt.
3. Retain the yellow copy for your records and present the pink copy to your coach as proof that you have completed all the necessary requirements prior to your first practice.

# OURAY MIDDLE SCHOOL ATHLETICS: 2017-2018

Greetings, Athletes and Parents! Welcome to another exciting year of sports activities! We know that you enjoy participating as fans, plus CHSAA statistics show that those students involved in such endeavors tend to have better attendance rates, higher GPA's and are less inclined to drop out of school! It is with great enthusiasm that we invite you to be a part of the tradition of Ouray Middle School Trojans sports teams!

Sincerely,

Bernie Pearce, Athletic Director

1. READ these materials thoroughly...call Bernie @ 325-4505, x6027 for clarification!
2. **One of the forms that you must return to the office is this page, both sides.**
3. The **FRONT** side covers the training rules, catastrophic injury acknowledgement and insurance policy statement, while the physical form is on the **REVERSE** side.
4. BOTH sides of this sheet MUST be filled in completely, signed by the appropriate people and turned in to the office PRIOR to the first day of practice for the athlete's first sport of the year! The paperwork is good for one calendar year.
5. July 4 is the signal to call and schedule physicals if you have not already done so.

**Forms for secondary Athletic Participation Liability insurance coverage to protect your son or daughter in the event of an accident as a result of an athletic event or practice are available in the school office. Waiver forms are included in packet.**

Please indicate below how your family insures your athlete:

\_\_\_\_\_ FAMILY INSURANCE CO: \_\_\_\_\_

\_\_\_\_\_ CONTRACT #: \_\_\_\_\_

\_\_\_\_\_ SIGNED WAIVER FORM (included in athletic packet, p. 11)

## ATHLETIC PARTICIPATION CONTRACT

By signing below, we, the parent and athlete, have:

- a) indicated our insurance coverage;
- b) acknowledged the possibility of injury;
- c) read, understood and do intend to follow the OMS training rules and guidelines.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

**Ouray Middle School: 2017-2018  
PHYSICIAN PERMIT FOR ATHLETIC PARTICIPATION**

I hereby certify that I have examined \_\_\_\_\_  
*Student's legal name*

and that the student was found physically fit to engage in high school baseball, basketball, cross-country, football, golf, gymnastics, ice hockey, skiing, soccer, softball, swimming, tennis, track and field, volleyball, wrestling. (Please cross out any sport in which the student should not participate.)

Student's birth date \_\_\_\_\_

Today's Date: \_\_\_\_\_  
(valid for 365 days unless rescinded)

Signed \_\_\_\_\_  
PHYSICIAN (Must be signed by a physician)

**PARENT OR GUARDIAN PERMIT**

**WARNING:** Although participation in supervised interscholastic athletics and activities may be one of the least hazardous in which any student will engage in or out of school, **BY NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC.** Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate this risk.

Participants can and have the responsibility to help reduce the chance of injury. **PLAYERS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAILY.**

By signing this Permission Form we acknowledge that we have read and understood this warning. **PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN PERMISSION FORM.**

I hereby give my consent for \_\_\_\_\_ to compete in athletics for **OURAY MIDDLE SCHOOL**, in all offered sports except those ***crossed*** out below:

Baseball, basketball, cross-country, football, golf, gymnastics, ice hockey, skiing, soccer, softball, swimming, tennis, track and field, volleyball, wrestling and cheerleading.

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

Date \_\_\_\_\_ Student's Signature \_\_\_\_\_

**NOTE: This statement must be on file in the Athletic Director's office for every student participating in interschool athletic competition.**

## Middle School Eligibility Policy (update: 5-29-13)

**General Eligibility:** Students who are on the ineligibility list may neither participate in nor attend events that require their absence during the school day. These events include attending away games or activities. If an activity or field trip is an extension of the classroom experience as part of the expected curriculum, the student is allowed to attend and participate. Any situation not covered explicitly in these rules will be handled by the coach or supervisor in a manner consistent with Board Policy and in a manner that best upholds the integrity of the team, program and school district.

**Interscholastic Activities:** The interscholastic activities segment is an extra-curricular part of the total school program. It is neither required nor part of the basic instructional set of offerings. To participate in interscholastic activities a student must meet the requirements of the Colorado High School Activities Association, as endorsed by Ouray Middle School, as well as any additional requirements set by coaches, sponsors, administration and/or the Board.

Activity rules are set up in accordance with the school district's philosophy and guidelines. These guidelines are in writing in this packet, and a copy given to participants and their parents. Each participant must follow these rules or be subject to suspension from the team. The purpose of athletic/activity programs shall be:

- to provide a wide basis of participation in both team and individual activities in interscholastic competition;
- to foster a program of competitive sports and activities by encouraging development in all offered activities, providing sufficient opportunity for students to grow in their individual ability, developing good attitudes, pride, sportsmanship and ethical behavior in students, participants and spectators, forging and maintaining a good relationship among teams, the student body, staff, administration and community and providing equal opportunity for boys' and girls' sports/activities in giving equal time for the use of facilities.

**Ineligible Student Participants:** If a student participant in a sport or activity is academically or behaviorally ineligible, he or she may not play or participate in any of the contests or team activities in their normal capacity. It is the discretion of the coach/supervisor in conjunction with the parents whether or not the student can attend practice. It is also the discretion of the coach as to whether or not the student may accompany the team on away trips (or at home venues) to do managerial chores as a consequence.

**Suspended Participants:** If a student is suspended due to chronic attendance/tardy issues, behavioral situations, game ejection, training rules violations or other serious transgressions, they may not attend practices, team activities, nor in any way be associated with the team for the duration of the suspension.

**Specific Eligibility Rules Pertaining to Sports and Activities:** These rules affect any/all in-season athletics and activities (baseball, basketball, cross country, skiing, soccer, spirit, swimming, tennis, track and field, volleyball, wrestling, music, speech, Knowledge Bowl and student council).

### Grades:

- a. A student must be enrolled in a minimum of 2.5 Carnegie units every 18 weeks;
- b. Eligibility is determined on a weekly basis. One F or two D's will render the student ineligible for one week, beginning on Wednesday and extending through Tuesday of the following week. Eligibility may be regained the following week, if s/he has no F's and only one D.
- c. Grades start fresh each quarter.
- d. Grades start fresh each semester.
- e. A student entering the 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade will start each school year with full eligibility.

**Procedure for grade reporting:** Each **Tuesday at 10:00 p.m.**, the ineligibility sheets will be posted and printed. The report is final, unless there is an entry error by the teacher. The report will be e-mailed to the staff, the athletic/activities director and off-campus coaches so that ineligible students can be informed.

**Consequence:** If a student has one F or two D's in any class(es), s/he is automatically INELIGIBLE beginning that Wednesday and extending through Tuesday of the following week. In this event, s/he will be required to attend either mandatory study hall during practice time or Homework Help sessions in order to participate in practices. Chronic ineligibility is a detriment to the individual, the team, the coach and the overall program. Therefore, should a student appear on the ineligibility list three (3) consecutive weeks, s/he will be dropped from the squad.

**Attendance:** Attendance at school is necessary for extra-curricular athletic and activity participation. A student must be in attendance for the entire day in order to participate in extra-curricular activities (including practice) that day or on Saturday, if the absence is on a Friday. A student who is ill on Friday, and who visits a health care provider that day, and is given medical clearance to play on Saturday, will be allowed to participate with a written note from the doctor and expressed parental permission. Exceptions to the full-day attendance requirement include medical, dental, orthodontic, etc. appointments (when documented by a note from the professional), driver's license exam, school field trips and internships. Excessive tardies will be dealt with on an individual basis.

**Citizenship:** Behavior is also a component of eligibility to participate. If a student has received one or more referrals, the principal will make the decision whether a student may or may not participate.

## **GENERAL GUIDELINES AND EXPECTATIONS**

As a middle school student participating in athletics and activities, you are proud and privileged to be an ambassador for Ouray Schools.

You are expected to be physically and mentally prepared to give your best effort through adequate training, rest and nutritional habits.

You have chosen to take extra care of your mind and body by refraining from the use of alcohol, drugs and tobacco (in all forms).

You are requested to behave in an exemplary, sportsmanlike manner during competitive events within and around school surroundings, at practices, in classes, on the bus or anytime that you are representing Ouray teams.

Your consistency in respecting teammates, coaches, opponents, officials and fans, being gracious in victory and defeat and exhibiting good manners in general are among many specific examples of desired behavior that form the basis of our expectations of you as representatives of our school and community.

You are addressed with the responsibility of maintaining your grades at a level that places importance on academics.

In order to guide you in attaining these life skills, some reminders via training rules have been established. These are included in both the student handbook and this athletic/activities training rules packet. Please read them and follow what they say.

## **SPECIFIC RULES**

- 1) All participants must complete **5** days of practice prior to their first competition.
- 2) Know each coach's particular practice requirements, especially if you are participating in more than one sport/activity at a time.
- 3) A participant who has an unexcused absence from practice will miss the next game or performance. A participant who has more than one unexcused absence from practice will be subject to disciplinary action, including possible dismissal from the team.
- 4) Participants have the responsibility of reporting to the school vehicle for away games with all of the appropriate gear, plus snacks, drinks and emergency apparel.

## **COMMUNICATION PROCEDURES**

Coaches are expected to maintain fluid and consistent communication links with all of their student/athletes, the student/athletes' parents/guardians, administration and staff regarding the sport they supervise. The protocol is to utilize school email, current school web pages and websites explicitly endorsed by Ouray School District R-1.

The District policy strongly discourages the use of social media in communicating with student/athletes. Any communication media outside those listed in the paragraph above that contain inappropriate messages, language, images or otherwise disparaging remarks that are brought to the attention of the administration will be addressed by the administration and the coach.

# Athletic Training Rules Pertaining To Drugs, Alcohol & Tobacco

**Purpose:** To foster in each student a three-fold discipline:

- a) respect for the law
- b) personal health and safety habits; c) integrity in representing Ouray Schools interscholastic participation.

**Standards:** Honoring legal codes regarding underage drinking, and the purchase, use, sale or distribution of illicit drugs, alcohol and tobacco products in any form are the behavior expectation of all participants. Breaking the law in any of these areas equates to breaking the training rules, so any participant found in violation is subject to the following procedures (for those students 18 years of age and older, the use and/or purchase of tobacco products, while not illegal, is contrary to compliance with principles (b) and (c) above, so they are therefore still in violation of the school policy. This is consistent with policies in place during activities as established by the National Federation of State High School Associations)

## Reporting:

**The consequences below will be enforced by the athletic director and administration when the violation is reported by law enforcement, a school staff member, an adult commissioned by the school or the parent(s)/guardian(s) of the athlete(s) involved.**

## In-season consequences:

### First offense = Suspension for 25% of the season-in-progress.

If the season-in-progress does NOT have enough remaining contests to serve out the determined percentage of suspension, then the next season of their participation will be used to finish the probation, using the numbers from the season during which the violation occurred. As a component of re-admission to the team, the student/athlete is expected to enroll in a cessation program, at the parents' expense.

### Second offense = Dismissal from the team.

The student will also be unable to participate in a sport/activity for the subsequent season for a period of time that equals the percentage of the first season that he/she completed prior to the dismissal: for example, if the student incurs his/her **second** offense three-fourths of the way through the season, then he/she will NOT be able to participate in the comparable first 75% of the subsequent season activity.

## Out-of-season consequences:

Violation of these training rules out-of-season during the entire school year will result in a warning by the supervising coach, and he/she and the student will formulate a plan by which the student will demonstrate conformity to the standards by the time the next activity season begins.

## Other Stipulations:

The student will also be subject to the disciplinary consequences as outlined in the student/parent handbook. Referral to attend programs addressing the substance abuse, necessary treatment and subsequent rehabilitation will possibly be made.

## Enforcement:

The coach, in conjunction with the administration and in consultation with the parents, is authorized to enforce the rules immediately when the investigation leads to the conclusion that there was a violation.

**We look forward to a very exciting year of sports. OMS athletic goals include: learning the rules, working on skills, building teamwork, and keeping the proper attitude. Winning means accomplishing these goals.**

**Please keep these rules at home for your reference.**



# WARNING TO STUDENTS AND PARENTS/GUARDIANS

## **SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.**

By its very nature, competitive athletics may put students in situations in which **SERIOUS, CATASTROPHIC** and perhaps **FATAL ACCIDENTS** may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment, which may result in accidents, strenuous physical exertion and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal for further information.

**Note: Emergency consent-to-treat forms are filled out @ registration and are on file in the office.**

# PLAN FOR REGAINING ELIGIBILITY

Student \_\_\_\_\_ Date \_\_\_\_\_

## INELIGIBILITY INFORMATION:

Class \_\_\_\_\_ Teacher \_\_\_\_\_

**LIST OF MISSING WORK:**

--

**OTHER FACTORS CONTRIBUTING TO INELIGIBILITY**

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Is tutoring necessary? ( ) yes ( ) no

\_\_\_\_\_  
Teacher's Signature

Date \_\_\_\_\_

*Note: If student has an IEP, the signature of the Special Education Teacher is required below.*

\_\_\_\_\_  
Special Education Teacher's Signature

Date \_\_\_\_\_

**OURAY SCHOOL DISTRICT R-1  
OURAY, CO 81427**

**WAIVER AND RELEASE OF LIABILITY**  
*FOR JULY 1, 2017 THROUGH JUNE 30, 2018*

I, \_\_\_\_\_, understand and hereby acknowledge that participation in \_\_\_\_\_ involves INHERENT RISKS AND HAZARDS. I VOLUNTARILY accept and assume all such RISKS AND HAZARDS and do hereby release Ouray School District R-1 from any and all liability including, but not limited to, bodily injury, personal injury, and/or property damage and to save and hold harmless Ouray School District R-1, its agents and employees from any and all claims, demands, or causes of action of whatsoever kind or nature resulting from my VOLUNTARY participation in said activities.

As the parent or legal guardian of \_\_\_\_\_, a minor child, I, \_\_\_\_\_, understand and agree that:

1. I am responsible for their actions and that the above stated provisions of this WAIVER AND RELEASE OF LIABILITY apply to each child, their heirs, successors, assigns and legal representatives: and
2. Any future claims or charges, known or unknown, are barred should the minor child upon reaching the age of majority (age 18 and 21) attempt to bring a separate claim, demand or cause of action against Ouray School District R-1.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_