

COBB MIDDLE SCHOOL

ATHLETICS

GENERAL GUIDELINES and EXPECTATIONS

Each Cobb coach recognizes the extra time and effort required of the student-athlete. As coaches, we expect students participating in athletics at Cobb Middle School to conduct themselves in an exemplary manner. Athletics is a privilege. Consequently, when high ideals and standards are violated, the privilege can be removed. All athletes will be expected to conduct themselves with pride and dignity. The students will be required to comply with all of the policies and procedures outlined below while at school and all school sponsored events.

The general philosophy of the Cobb Middle School Athletic Department is that we will attempt to help our athletes make good decisions; however, if the procedures and policies are not followed, the student's continuation in the program will be in jeopardy.

SPORTS

Football, Volleyball, Basketball, Track, Cross Country, and Soccer are sports that will be offered at Cobb Middle School. Team selections will be based on the coaches' assessments. Fundamentals, attitude and behavior, in and out of the classroom, will all be taken into consideration for making a team at Cobb. You must enroll in the athletic period to participate in Football, Volleyball or Basketball. All other sports do not require athletics on your child's schedule.

PHYSICALS

All students participating in athletics **must** have a physical signed by a doctor, on the UIL physical form, before they begin any tryouts or practices. All incoming athletes must complete a new medical history form and have a yearly physical form on file before tryouts or practices begin. Physical's must be dated after May 1st of Fall seasons.

ATHLETIC PERIODS

1st Period – 8th Grade Boys Athletics
2nd Period – 7th Grade Boys Athletics

7th Period – 7th Grade Girls Athletics
8th Period – 8th Grade Girls Athletics

PRACTICE TIMES

Boy's Sports – All sports will take place before school beginning at 7:00 a.m.

Girl's Sports – All sports will be held after school until approximately 5:45 p.m.

With the possible exception of cross country and track for boys.

ATTENDANCE AND TARDIES

Attending practices is essential in developing both individual skills and successful teamwork, thus it is mandatory. If an athlete misses a practice, the absence must be communicated to the coach in advance. A phone call or email would be an acceptable means to communicate the absence. The conditioning part of the workout will be made up for both excused and unexcused absences. If the absence is unexcused the athlete will also be required to make up the skill work missed during the practice and any additional work deemed appropriate by the coach of that sport. If an athlete is unable to workout for more than 2 days in a row, a doctor's note will be required for continued missed workouts. If an athlete misses 2 or more practices from one scheduled game day to the next, **excused or unexcused**, he or she will be not participate for the first half of the next contest and re-entry into the game will be at the coaches' discretion. Students who are tardy to practice may be required to complete additional conditioning.

GAME DAY ATTENDANCE

Athletes must be in attendance for the full day of school to be able to participate on a game night. Extenuating circumstances may be an exception to this policy if students are in attendance for a minimum of a half day and the absence is documented by a doctor's note, or approved by the Athletic Coordinator prior to the absence.

Personal Appearance

1. DRESS: Game Day Dress—Athletes may be required to dress as a team on game days. We will look and behave in respectfully and appropriately. **Daily Dress**—All students are expected to meet school dress code every day; however, we do hold our athletes to a higher standard. Therefore, continued issues with inappropriate dress could result in consequences at the coach's discretion.

2. Hair: In accordance with school policy, hair shall be clean, well groomed, and out of the eyes and shall be styled in a way that is not distracting and/or designed to be conspicuous. The athlete's hair should be neatly trimmed to meet his/her coach's satisfaction. Hair should not be an unnatural color. **Bleaching and dying of hair a different color is unacceptable!!!** Facial hair such as mustaches, beards, goatees, and extremely long sideburns are not allowed.

3. Body Art/Piercing: The athletic department realizes that sometimes athletes will have tattoos and body piercing. However, tattoos should not be visible when representing FISD as an athlete. The same holds true for earrings, belly button rings, and the like. Examples of events deemed inappropriate include: practice, games, banquets, and at tournaments. Tattoos should simply have tape or a band-aid over them, while the body jewelry can simply be taken off.

24 HOUR RULE

If an athlete quits the in-season sport, he/she will be given an initial 24-hour grace period to reconsider their decision. If he/she quits again, they will not be allowed to participate until the following sport.

OTHER SPORTS AND ACTIVITIES

We want to always encourage our student athletes to participate in as many sports and activities as they would like but encourage him or her to keep in mind the following parameters: in-season sports take precedence over all other activities and events. We will do our best to accommodate conflicts with other schedules but by enrolling in our athletic program you have chosen that **Cobb Athletics is your primary commitment. Cobb games can not be missed for outside practices or games without consequence.**

ATHLETE'S CONDUCT

Athletes and their parents will show respect for all coaches, teachers, officials, teammates, opponents, opponents' facilities, fans, visitors, and school officials. Cobb athletes should strive for, and be taught, acceptable and proper conduct at all school functions, and in the community, as they are representatives of their school and athletic program. Profanity will also not be tolerated in the athletic program. Any unsportsmanlike behavior on or off the court, such as fighting, mouthing, taunting, etc. will be dealt with by the coach of that sport and may result in disciplinary action by administration.

Coaches have the right to discipline athletes in their individual sport, but will exercise sound judgment in evaluating each situation. Punishments may range from conditioning to removal from the program. Keeping in mind the welfare of the team, as well as the welfare of the individual, coaches will discipline in a consistent manner. If removal from the program happens for disciplinary reasons, this removal is for the remainder of the school year. Any 7th grader removed from the athletic program for disciplinary reasons will be allowed re-entry into athletics their 8th grade year, but will be placed on a discipline contract.

We feel that consistent C-halls and behavior issues are unacceptable within our athletic program and consequences for each action are outlined below:

The following consequences may be implemented for athletes in season or out of season.

Discipline C-Hall	=	extra cardiovascular conditioning
Full day of ISS	=	full game suspension for next scheduled contest per offense
4 Short Term ISS	=	1 Full day ISS= full game suspension for next scheduled contest

Multiple occurrences (ISS or OSS) could result in removal from that sport or the athletic program.

LOCKER ROOM, EQUIPMENT, AND THEFT

Equipment, which is school property, will be issued to each player and a record will be kept. Athletes are issued an athletic locker with their own combination. It is the athlete's responsibility to take care of their equipment. The athlete will pay for any lost or stolen equipment. A pricing list for each sport will be distributed at the parent meeting prior to each sport. The athlete will not wear or use school equipment for personal use. All equipment will remain at school unless instructed by a coach to take home. Athletes may not wear equipment home, wear another athlete's equipment, leave equipment out or have a messy locker room. Any violation will result in disciplinary action. **Stealing will not be tolerated!** Any athlete caught stealing may be removed from the program for the remainder of the school year. Cell phones, music devices, etc. are brought to school at your own risk and should be locked up. These devices are subject to school disciplinary actions if being used when they should not be or in a manner that is not acceptable.

SUBSTANCE ABUSE

Alcohol, tobacco, and drugs will not be tolerated at anytime in our program. Punishment will be dealt with through our Code of Conduct policies and the FISSD athletic policy and could range from one game suspension to suspension from the program.

TRANSPORTATION

We will provide transportation to and from the games for all athletes. Each student athlete must ride the bus to the game. We want to always encourage team unity, which includes riding on the bus home with teammates. Parents can pick their kids up at school after the game. Written (email or note), 24 hours in advance is required for a student to be allowed to ride with another parent. All athletes must be signed out before they are allowed to leave the game or contest. Athletes must be picked up within a reasonable time (**15 minutes**) upon completion of **practice and games**. If students continue to have problems being picked up, we will document and issue 2 warnings. On the third offense, the athlete may be removed from the program.

OFF-SEASON

Any student athlete not participating in the current sport will be placed in an off-season program. This program will involve conditioning and weight training as well as drills to prepare the athlete for the next sport. The program will take place only during the school athletic period.

PARTICIPATION

We encourage all of our student athletes to participate in all the sports offered at Cobb. With this being said, every athlete must try-out for at least one sport. Unfortunately, the coaching staff will have to make roster cuts in Volleyball, Basketball, Track, and Soccer. Athletes who do not participate in any sports in 7th grade will be required to have a recommendation from the athletic coordinator to be in athletics in 8th grade.

ELIGIBILITY

Athletes are held to a higher standard in the classroom. To be eligible to participate in athletic contests, a student must pass all classes with a minimum of 70% each 6 week grading period. Two terms of ineligibility may result in removal from athletics.

TUTORIALS

We understand that academics do come first and any athlete who needs to attend tutorials will be encouraged to attend; if failing they will be required to attend tutorials in that subject area. Teachers will have tutorials before and after school, so the athletes should try to attend the tutorials that will not conflict with their practice. For boys this would be in the afternoons and for girls this would be in the mornings. If this cannot be arranged, athletes may be required to come 20 minutes early to practice (boys) or stay 20 minutes later (girls) to make up missed conditioning.

GRADING

Athletes must be on time and suited out for work out. Attendance at practice and games is mandatory even if injured. Student athletes must participate to the fullest of their abilities in all practices and games. Athletes must follow all athletic policies as agreed to in our Athlete's Promise. Participation, attitude, work ethic, and compliance with athletics will constitute 100% of the six weeks grade.

PARENT CONCERNS

Parent concerns should be handled in the following order:

ATHLETE → COACH OF SPORT
ATHLETE/PARENT → COACH OF SPORT
ATHLETE/PARENT → ATHLETIC COORDINATOR
ATHLETE/PARENT → ASSISTANT PRINCIPAL → PRINCIPAL

These policies and regulations are important to a successful athletic program. However, the key to a successful program comes from communication between the coaches and parents, the coaches and athletes, and the athletes and parents. We encourage the parents to share in their son/daughter's athletic experience and help make it a positive and rewarding one. If there are any questions or concerns, please do not hesitate to contact us. We look forward to working with your child.

BY SIGNING UP FOR ATHLETICS, YOU HAVE AGREED TO ALL OF THE ABOVE.

Cobb Middle School Coaching Staff