

MIDDLEBURY UNION MIDDLE SCHOOL

<https://www.acsdvt.org/mums>

ATHLETICS/ACTIVITIES GUIDE

2020-2021

Show Your Tiger PRIDE!



Middlebury Union Middle School

Positive Attitude

Respect

Integrity

Dynamic Behavior

Empathy

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Philosophy

MUMS strives to provide athletic and activity programs which excite and challenge students. The programs function as an integral part of the MUMS learning environment. The athletics and activities offered at MUMS promote dedication to excellence, hard work, self-discipline, teamwork, self-control, citizenship, physical, mental and emotional growth.

The values and attitudes learned in the athletic and activity programs enhance what the students learn in the classroom and help contribute to the complete education of the individual.

Spectators play an integral role in many activities at MUMS. By modeling the behavior themselves, spectators at MUMS should support our core values of compassion, caring and acting responsibly while helping us create a sense of belonging in a safe environment. Also through their behavior, spectators should help MUMS students develop the qualities of honesty, respect, perseverance and responsibility to self and others as stated in the ACSU Mission Statement.

Participation in athletics and activities at MUMS is a PRIVILEGE. During the season of participation, students are expected to conduct themselves in a reasonable, appropriate and respectful manner. Each student's behavior should reflect positively on the school.

Middlebury Union Middle School Activities

Art Club	Composting Club
Creative Writing Club	Dance
Drama	Gaming Club
GeoBee Club	Intramural Basketball
Mathcounts	Memory Book
Social Justice	Tiger TV
Unified Bocce	Unified Basketball
Xtreme Winter Running	

~The development of a new activity or club is always an option.
See the Director of Athletics and Activities with your ideas!!~

Middlebury Union Middle School Interscholastic Athletics

Fall Season:	Boys' Soccer, Girls' Soccer, Field Hockey, Cross Country Running
Winter Season:	Boys' Basketball, Girls' Basketball, Wrestling, Gymnastics
Spring Season:	Boys' Lacrosse, Girls' Lacrosse, Baseball, Softball, Track & Field

PARTICIPATION GUIDELINES GOVERNING STUDENT ATHLETICS AND ACTIVITIES

1. Student athletes must have on file with the school nurse a completed physical examination form, which needs to be updated at least every two years. Students will not be allowed to participate in any sport until records are on file with the school nurse. It is the athlete's/parent's responsibility to make sure the school nurse has this form on file.
2. Student athletes must have a signed parental permission form, signed participation contract, and sufficient insurance coverage. The contract and permission/travel information forms must be submitted to the main office by the end of the first week of practice. Students will not be able to participate after the first week if this paper work is not handed in.
3. When participating in sports there is an inherit risk of injury which can be minor to serious. Although it is extremely uncommon for serious injuries to occur, there is risk that cannot be ignored. No protective equipment can totally eliminate the inherent physical risks of playing sports; which may include serious brain and/or neck injuries. Although the risk of serious injury is small, you need to be aware of possible risks and stress to your child the importance of following the techniques and direction of the coaches.

As of July 1, 2011, the Vermont Concussion Law, Act 58, went in to effect. This law requires that all K-12 schools provide information annually to parents, coaches and children about prevention and treatment of concussions and related injuries. This information is provided to parents as part of the August mailing and by checking the box on the permission form for each activity you acknowledge receipt and understanding of the concussion information provided to you.

4. MUMS does not purchase insurance for its students. According to VPA rules, all students must have health insurance. The school district offers an insurance program at a nominal fee that is available to all students. Applications can be obtained from the school nurse.
5. Students participating in athletics or activities must comply with the full day program at MUMS.
6. A home-study student who wishes to participate in a public school co-curricular program shall be an "eligible student" according to VPA bylaws if:
 - a. The participating student is in a home-study program in compliance with Title 16, Section 166(b).
 - b. The student must be a legal resident of UD #3 District.
 - c. Participation in a school's co-curricular activities program shall not commence until a copy of the Vermont State of Education Enrollment Letter and a letter notifying the principal that he/she wishes to participate in a school's athletic or activity program are received.
 - d. The participating student's academic program as referenced in the Vermont State Department of Education Letter of Enrollment will be reviewed by the student's parent/guardian on a quarterly basis as determined by the UD#3 school calendar. This review must be verified in writing from the parent /guardian to the principal.
 - e. The student may participate in co-curricular sponsored athletics and activities by the VPA member school provided the student complies with the same physical examination,

insurance, and any other requirements for participation as required for all students.
f. The home-study student must adhere to the same standards of behavior, responsibilities, and performance as the other participants.

7. There is no formal academic eligibility requirement for participation in athletics or activities. However, a student participating in athletics or activities may be asked to modify their involvement in the program if he /she needs additional academic support.

8. All participants are to be in school on the day of a sporting event or activity unless granted permission by an administrator. Attendance means students are present for more than one half of the school day. If a student has an unexcused absence from school and participates in a sporting event or activity, that student will be ineligible to participate in the next scheduled sporting event (game) or activity.

9. Students are expected to be present and on time for school the day after a sporting event or activity.

10. If a student is assigned a Restricted Schedule or Out of School Suspension, that student may not participate in any sporting event or activity during the time the suspension is being served.

11. Each student participating in a sporting event or activity is expected to be given quality participation time. It is expected that each student participate in each contest/activity. These guidelines will apply unless the coach/activity leader deems it necessary to sideline a participant due to disciplinary action (practices missed, violation of participation contract, etc.).

12. The use of tobacco, alcohol, and/or a controlled substance is prohibited. Students who sign the MUMS participation contract agree not to possess and/or use these substances while participating in a sport or activity. A student who is participating in a sport or activity and is reported to have used tobacco, alcohol, and/or controlled substance will meet with the administration. The student will have an opportunity to be heard and the administrator will determine the finding. The appropriate consequences will be applied accordingly:

1st Violation: Student will be ineligible to participate in games, performances, or activities for a period of fifteen (15) days of participation. However, the student is expected to practice during this time. Should the offense occur during pre-season, the student's ineligibility begins the first day of the competitive season.

2nd Violation: Student will be ineligible to participate in games, performances, or activities for a period of thirty (30) days of participation. However, the student is expected to practice during this time. Should the offense occur during pre-season, the student's ineligibility begins the first day of the competitive season.

3rd Violation: Student will be ineligible to participate in any sport or activity for twenty-six (26) calendar weeks. Students will not be permitted to practice during this time.

These penalties may carry over to the student's next season or activity and are cumulative during the student's time at Middlebury Union Middle School. Also, the student's twenty-six (26) week ineligibility period for a third violation may carry over to Middlebury Union High School. In addition, the student will be required to meet with the substance abuse counselor and prevention specialist and will be required to complete substance abuse classes.

13. In accordance with UD #3 School Board Policy on unlawful harassment, MUMS maintains a learning and working environment that is free from unlawful harassment. Any form of unlawful harassment on the basis of disability, marital status, national origin, race, religion, age, sex, or sexual orientation is prohibited.

14. Hazing is prohibited and contrary to Middlebury Union Middle School's mission statement and against Vermont State Law. Hazing is any action directed from one person to another person that is meant to persecute and/or harass with meaningless, difficult, dangerous, or humiliating tasks. Actions which hinder the development of a cooperative community in which we develop respect for others and ourselves, will receive appropriate disciplinary action.

15. Taunting is prohibited and contrary to Middlebury Union Middle School's mission statement. Taunting is considered to be any action or comment by coach, player, or spectator that is intended to bait, anger, embarrass, ridicule, or demean others. Included is contact that berates, needles, intimidates, or threatens based on race, gender, ethnic origin or background, as well as conduct that attacks religious beliefs, stature, economic status, speech, family, special needs, or personal matters.

16. Students, parents, or guardians may address concerns through the following procedure.

Step 1: Meet with coach/advisor to address the issue. This meeting will occur outside of practice time, not during a game and at least one day after the event that caused the concern occurred.

Step 2: If the issue is still unresolved, the student, parent, or guardian should provide the Director of Athletics and Activities with a written request for further action. After investigating the concern, the Director of Athletics and Activities will provide a response and if necessary schedule a conference with the parties involved.

Step 3: If the individual is not satisfied with the decision of the Director of Athletics and Activities they can request a meeting with the Principal.

17. In keeping with our philosophy, officials are to be treated with the utmost respect. Spectators unwilling to do so will be asked to leave the event. Participants unwilling to do so will be held to the consequences described in the Student Participation Contract. Remember, without officials there can be no game. Any concerns regarding officials are to be addressed through the Director of Athletics and Activities.

18. Students are required to use transportation by the school to and from events, unless permission is received 24 hours in advance of the trip or parents/guardians who attend the event request their child return with them. All requests for alternative arrangements need to go through the head coach. Sports' teams do not stop to eat when traveling during the school week (Mon.-Thurs.). It is recommended that athletes bring their own food for away games.

19. Only team members and activity/group members are allowed on their respective trips.

20. Practice schedules are coordinated between the Director of Athletics and Activities and the head coaches. Each coach will provide a tentative practice schedule for the season. The numbers to call for practice information are 382-1251 or 382-1600. All sporting events and

activities will be canceled on days when there is school cancellation. Game schedules and updates can be located at <http://acsdvt.org/mums>.

21. Athletic teams are allowed to practice 5 days a week. The length of practices is generally 1.5 hours. Coaches will be responsible for providing supervision during meeting hours. **Athletes MUST be promptly picked up at the end of practices and games.** Coaches will report to the Director of Athletics and Activities any athlete who is repeatedly picked up late. Parents/Guardians of those students may be asked to attend a meeting with the Assistant Principal to address the problem. Coaches will be the last to leave practices or games.

22. Students are responsible for keeping uniforms and equipment clean, in good repair, and for returning them to the office at the end of the season. Bills will be sent home for lost or damaged items. Students will not be allowed to begin another season until complete uniforms and/or money is submitted to the office. Some teams may collect a security deposit from students at the beginning of each season. The deposit is held until all of the issued equipment is returned in satisfactory condition.

23. Coaches/Advisors expect the following from participants:

- a) team rules and regulations are followed
- b) students attend all scheduled meetings, practices and games unless excused by a coach/advisor

24. Athletic and activity awards are based on regular and prompt attendance at practices; participation in an adequate number of games, cooperation, attitude, behavior, effort, and improvement.

25. Appropriate displays of game day spirit is encouraged. These displays may include:

- a) wearing all or part of the uniform during the school day
- b) dressing up (shirt & tie, dresses/skirts)
- c) wearing school colors

THE FOLLOWING IS NOT ALLOWED

- a) expectations of all team members wearing make-up
- b) expectations of wearing tight fit clothing
- c) wearing pajamas

This is not meant to be an exhaustive list, but a guideline. The barometer will be based on good taste and respect for the feelings of all the members of the team as well as adhere to the school's policy on appropriate clothing.

26. Each athletic program at MUMS offers a 7th and 8th grade team when possible. Every attempt to keep a student at his/her grade level will be made. However, this may not always be possible due to numbers of athletes for each team at each grade level.

27. MUMS offers three opportunities to play basketball during the school year. There is a pre-interscholastic season and a post-interscholastic season (intramurals). Any 7th or 8th grade boy or girl is welcome to participate. The interscholastic season is for those boys and girls who have been selected from the pre-interscholastic season by the coaches. The interscholastic teams will compete against other schools.

BEST OF LUCK AND ENJOY THE SEASON!