**Starkville Oktibbeha Consolidated School District**



**2018 - 2019**

**Athletic Handbook**

**FOR**

**STUDENTS AND PARENTS**

*(Approved by School Board June 19, 2018)*

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# True Meaning of Athletics

**A AMBITION** – ambition to be the best possible athlete as one can be

**T TRAINING** – the first requisite of any athlete

**H HONESTY** – honesty to one’s self and one’s teammates

**L LOYALTY** – loyalty to team, coach, and school

**E ELIGIBILITY** – without which an athlete is valueless to his or her team

**T TRUSTWORTHINESS** – a trait all good athletes possess

**I IMPROVEMENT** – which is always observable in good athletes

**C COURAGE** – courage to do the right thing, ***regardless*** of how the completion is going

**S STICK-TO-IT-ATTITUDE** – the best trait in any athlete

# Administration of Starkville Oktibbeha Consolidated School District

Superintendent Dr. Eddie Peasant

Assistant Superintendents Mr. David Baggett

Mrs. Anna Guntharp

Dr. Christy Maulding

Athletic Director Dr. Cheyenne Trussell

Starkville High School Principal Mr. Sean McDonnall

SHS Assistant Principals Mrs. Jorine Neal

Dr. Michael Ray

Ms. Mandy Scarpulla

Ms. Ginger Tedder

Armstrong Middle School Principal Mrs. Julie Kennedy

AMS Assistant Principals Mr. Ra'Mon Forbes

Mr. Demetrius Taylor

Mrs. Erica Thomas

School Board Members Dr. Lee Brand, Jr.

Mr. John S. Brown

Dr. Debra Prince

Dr. Keith Coble

Mr. Sumner Davis

# Letter from Athletic Director

Dear Students and Parents:

Welcome to Starkville Athletics – a rich tradition of excellence!

With this handbook, Starkville Athletic Department is trying to offer a better understanding of what we as administrators and coaches ask of our student athletes, as well as procedures for how parents can get concerns answered. We also offer our student athletes the very best in competition, coaches, equipment, facilities, and organization. We are recognized in our state and across the South as having one of the strongest and most comprehensive athletic programs.

This handbook has been compiled specifically to assist our parents and student athletes attending Armstrong Middle School and Starkville High School with a better understanding of our athletic program. I hope this handbook answers most asked questions in the areas of athletic teams, staff, procedures, and expectation of our student athletes.

I believe if you, as parents, will make a commitment to our school district, coaches, and athletic teams, we will reach our goal of excellence. Becoming a booster is the first step toward this commitment. Booster programs are a vital part in providing those little “extras” that our athletes and coaches need to make for a successful season.

If you should have any questions or concerns, please do not hesitate to call 662-615-0075 or email [ctrussell@starkville.k12.ms.us](mailto:ctrussell@starkville.k12.ms.us) for an appointment.

Respectfully,

Dr. Cheyenne Trussell

Athletic Director

# Introduction

This Athletic Handbook is developed to provide coaches and athletes with a comprehensive guide of the requirements and procedures for participating in athletics within the Starkville Oktibbeha Consolidated School District (SOCSD). In addition to the requirements contained herein, the athletic program is governed by and complies with all SOCSD policies as well as the rules and regulations established by the Mississippi High School Activities Association (MHSAA).

# Mission Statement

The mission of the SOCSD athletic program is to provide opportunities for students to participate in a variety of competitive sports and to develop good sportsmanship and other attributes of a well-rounded student. The athletic program seeks to provide a wholesome environment in which a student participating in athletics will develop positive attitudes toward his/her teammates, coaches, and competition.

# Code of Ethics

All SOCSD athletes and coaches will abide by that which is moral, right, fair, and honorable. Coaches must recognize that they are role models for their athletes and must conduct themselves in a manner which will maintain the dignity and decency expected of the profession. SOCSD strives to build character in its student athletes and encourages good sportsmanship and fair play at all times. At no times will misconduct, unfair play, cheating or any form of unsportsmanlike conduct be tolerated.

# Winning Attitudes

To succeed in athletics and also in life, an athlete must develop winning attitudes. The following are principles that our coaches believe must be developed and incorporated into our lives:

1. The *BELIEF* that **WINNING** is a “way of life” that can only be developed and maintained through a constant desire for it.
2. The *BELIEF* that **EXCELLENCE** is derived by having goals of near impossibility; and these goals should be foremost in each person’s mind.
3. The *BELIEF* that **BEING SATISFIED** with yourself can only bring about a complacent lazy nature which leads to failure.
4. The *BELIEF* that **DEFEAT** is never failure unless accepted and left unchallenged.
5. The *BELIEF* that **HARD WORK** pays off, even though at times it doesn’t seem to show it.
6. The *BELIEF* that **SELF DISCIPLINE** is the key to any type of success.
7. The *BELIEF* that the **TEAM’S SUCCESS** is the key to any type of success.
8. The *BELIEF* that **WINNING** is a quality that few possess, and so we should be proud to tell others about it.
9. The *BELIEF* that **PROPER LEADERSHIP** is the primary responsibility of every “WINNER.”
10. The *BELIEF* that the **ROLE OF A LEADER** is to lead. Helping someone younger, or less fortunate, does this.

# Sports Offered

Currently, SOCSD offers competitive teams at Armstrong Middle School and Starkville High School in the following sports:

**Archery**

**Baseball Armstrong 7th / 8th**

**Baseball Varsity**

**Basketball 8th (B)**

**Basketball 8th (G)**

**Basketball 9th (B)**

**Basketball 9th (G)**

**Basketball Varsity (B)**

**Basketball Varsity (G)**

**Bowling (B, G)**

**Cheerleading 7th / 8th**

**Cheerleading 9th**

**Cheerleading Varsity**

**Football 7th**

**Football 8th**

**Football 9th**

**Football Varsity**

**Golf (B, G)**

**Power Lifting (B, G)**

**Soccer Varsity (B)**

**Soccer Varsity (G)**

**Softball Fast Pitch**

**Softball Slow Pitch**

**Swim (B, G)**

**Tennis (B, G)**

**Track 9th (B)**

**Track 9th (G)**

**Track Armstrong (B)**

**Track Armstrong (G)**

**Track Cross Country (B)**

**Track Cross Country (G)**

**Track Indoor (B, G)**

**Track Varsity (B)**

**Track Varsity (G)**

**Volleyball (G)**

**Volleyball Armstrong (G)**

# Coaching Staff

| **Sport** | **Head Coach** | **Assistant Coach** |
| --- | --- | --- |
| **Baseball 7th / 8th** |  |  |
| **Baseball 9th** |  |  |
| **Baseball Varsity** |  |  |
| **Basketball 7th / 8th Girls** |  |  |
| **Basketball 8th Boys** |  |  |
| **Basketball 9th Boys** |  |  |
| **Basketball 9th Girls** |  |  |
| **Basketball Varsity Boys** |  |  |
| **Basketball Varsity Girls** |  |  |
| **Bowling Boys/Girls** |  |  |
| **Cheerleading 9th Grade** |  |  |
| **Cheerleading Armstrong** |  |  |
| **Cheerleading Tumbling 7th-12th** |  |  |
| **Cheerleading Varsity** |  |  |
| **Football 7th** |  |  |
| **Football 8th** |  |  |
| **Football 9th** |  |  |
| **Football Varsity** |  |  |
| **Golf Boys** |  |  |
| **Golf Girls** |  |  |
| **Power Lifting Boys** |  |  |
| **Power Lifting Girls** |  |  |
| **Soccer Varsity Boys** |  |  |
| **Soccer Varsity Girls** |  |  |
| **Softball Fast Pitch** |  |  |
| **Softball Slow Pitch** |  |  |
| **Swim Boys/Girls** |  |  |
| **Tennis Boys/Girls** |  |  |
| **Track 8th Boys** |  |  |
| **Track 8th Girls** |  |  |
| **Track 9th Boys** |  |  |
| **Track 9th Girls** |  |  |
| **Track Cross Country Boys/Girls** |  |  |
| **Track Indoor** |  |  |
| **Track Varsity Boys** |  |  |
| **Track Varsity Girls** |  |  |
| **Volleyball Armstrong** |  |  |
| **Volleyball Varsity Girls** |  |  |
| **NCAA Clearing House** |  |  |

# Coaching Assignments

It is the duty and responsibility of the Athletic Director, along with the Assistant Athletic Director to assign coaches to the various sports offered by SOCSD during their off season.

# Expectations and Responsibilities of Coaches

All SOCSD coaches are expected to present themselves as public officials whether on or off duty. Since coaches are in an extremely high profile profession, they should conduct themselves in an appropriate manner that will reflect positively on the school district. Failure to do this may result in discipline up to and including termination from employment. Any fine incurred by a coach for violating a misconduct rule of the MHSAA will be the personal responsibility of that coach. All coaches are responsible for ensuring that programs under their supervision and/or which they are associated as members of the athletic department are in compliance with the SOCSD, MHSAA, and State Board of Education policies. All coaches are required to have a school bus driver’s license. Failure to do so will result in their coaching supplement being held until a license is obtained. Anyone not able to obtain a school bus license due to medical restrictions must have a current doctor’s excuse on file with the Athletic Department.

# Evaluation Procedure

The Athletic Director, along with Assistant AD, will evaluate all coaches at the end of the season or school year. The Superintendent will evaluate the Athletic Director. Should the Athletic Director hold a position as a Coach, the Superintendent will evaluate the Athletic Director/Coach as to each position separately. The Assistant Coaches will be evaluated by the Head Coach of that sport and by the Athletic Director.

# Interscholastic Athletic Policies

It is the responsibility of the Athletic Director and the Head Coach of each sport to see that the participants meet the requirements of the MHSAA. Failure to abide by MHSAA rules may result in a Coach being sanctioned, fined, and possibly terminated from his/her position.

# Alcohol and Drug Abuse Policy

The Athletic Department **will not tolerate** the use of alcohol, drugs, or tobacco by coaches or student athletes.

# Athletic Equipment

SOCSD strives to provide high quality athletic equipment. The Athletic Director and Head Coach of each sport shall keep abreast of the latest trends in athletic equipment. Safety is the number one priority when selecting and purchasing athletic equipment. When purchasing athletic equipment, the Coach and Athletic Director must follow the guidelines of the purchasing department. If a Coach checks out any athletic equipment, he/she must see that it is returned promptly and in good condition. A fine will be assessed to any student for the misuse or loss of athletic equipment. Students must reimburse the cost of lost athletic equipment to the district. At the end of the season, each Head Coach must provide an inventory to the Athletic Director.

# Athletic Insurance

All athletes who participate in a competitive sport in the school district must be covered by an insurance policy. Insurance is required on all athletes prior to practicing or competing in inter-scholastic sports. The Starkville Oktibbeha Consolidated School District has a supplemental policy that assists families with cost beyond their family insurance. Parents must sign an insurance form giving the company’s name and insurance number.

# Athletic Trainer

The Athletic Trainer is an employee provided by the OCH Regional Medical Center to assist with proper medical care of all athletes including those who are injured and/or recuperating.

# Awards

The booster club and key support groups are responsible for athletic awards. If there is no booster club, then it is at the discretion of the Athletic Director to establish the award program. Athletes may receive only one letter jacket regardless of (1) the financial capabilities of the booster club/support group, (2) the number of sports in which he/she letters at the end of the season by the booster club of a sport.

# Booster Clubs and Support Groups

Booster clubs are essential components of successful athletic teams and provide necessary financial support to athletes. However, booster clubs should limit their roles to lending financial support and not to help coach, schedule, or administer the team. Any money raised by a booster club is solely for the benefit of the team. **The booster club shall have a constitution with bylaws and procedures established.** The monies that are raised by the support groups shall be spent at the direction of the Athletic Director and the Head Coach of that sport. An audit by the support group must be made and recorded. **All booster club presidents will meet quarterly with the Head Coach and Athletic Director.**

## Booster Clubs – Finances

**Booster Clubs – School Board Policy JHA**

* Only the booster clubs who follow state and federal laws, SOCSD Board policies/procedures, and the SOCSD booster club guidelines will be allowed to use the school name and/or its facilities in support of its programs.
* Booster clubs must support the extra-curricular activity as a whole, not an individual participant.  All booster club bank accounts must be in the name of the booster club, not in the name of an individual(s).
* Booster clubs are required to adopt bylaws and provide a copy of such bylaws to their principal/athletic director.  The principal/athletic director will be required to submit a copy to be placed on file in the Superintendent’s office.
* Booster club members may not represent the district nor bind the district and employees to a third party with which the organization may conduct business.
* Booster clubs may not use the school tax ID number for any reason.  MS code sections 79-11-503 and 79-11-505 require all school district PTO’s, PTA’s, booster clubs and other organizations to follow the law and register or file an exemption with the Securities and Charities Division of the Secretary of State’s office. Booster clubs are to provide a copy of this exemption to their principal/athletic director. The principal/athletic director will be required to submit a copy to be placed on file in the Superintendent’s office.
* Students are not required to participate in booster sponsored fund raisers to participate in a specific extra-curricular activity.
* For school audit purposes, booster clubs must complete and turn in the following information to the principal/athletic director and the Superintendent’s office each year:
  1. List of club officers for both the upcoming and previous years
  2. Quarterly financial reports
  3. Bank statements may be requested quarterly that are reconciled to the financial reports
* All fundraisers must have a specific reason/purpose for raising money.  Clubs with unforeseen special purchases (Ex. state championship rings) will be allowed extra fund raisers, following approval by the principal/athletic director.
* All booster club fund raisers must be pre-approved by the principal/athletic director. No booster club, or individual member, may organize pupils or solicit money in the name of any SOCSD school without prior approval from the principal/athletic director.
* The program director/coach, or his/her designee, of the specific extra-curricular activity must be present at all booster club meetings and apprised of all potential club activities.  Any action taken at a booster club meeting is subject to review and revocation by the director/coach and principal/athletic director.
* Booster clubs shall not pay or enhance salaries or stipends for any district employee. External support/booster organizations may, however, donate to the district/school for these purposes as long as the salaries paid are within the limits set by the local school board.
* No district employee may represent a booster club as an officer.
* Donations (buildings, concession equipment, P.A. equipment, grounds-keeping equipment, etc.) to the district shall become the sole property of the district and must have a purpose consistent with district standards, not place restrictions on the district, require the endorsement of a particular business or organization, or conflict with district policies and state / federal laws.  The replacement of previous booster donations that are no longer of use will be at the discretion of the principal/athletic director, dependent upon funding, efficiency and effectiveness issues, and campus needs.

The principal, athletic director, or superintendent has the authority to disband any booster club that does not follow guidelines or is detrimental/disruptive to the overall climate of the activity.

# Coaching Clinics for High School Coaches

SOCSD coaching staff shall stay abreast of the latest techniques and mechanics being used to teach their respective sports. These clinics must be approved by the Athletic Director.

# Collegiate Eligibility and the NCAA Eligibility Center

To participate as a freshman at National Collegiate Athletic Association (NCAA) Division I or Division II College or University, a student athlete must fulfill the academic requirements of the NCAA. ***The NCAA Eligibility Center must certify these requirements.***

Any senior student athlete that intends to participate in Division I or II athletics, as a freshman, must register and be certified by the NCAA Eligibility Center. Student athletes should register with the NCAA Eligibility Center before or **early in their senior year**. Application and registration process are available online at [www.ncaa.org/eligibilitycenter.net](http://www.ncaa.org/eligibilitycenter.net) or may be obtained in the counselor’s office, Athletic Department or NCAA District Coordinator.

In order to be certified by the NCAA Eligibility Center and be eligible in a Division I or II college for the school year, the student athlete must:

1. Graduate from high school
2. Earn a grade-point average of at least **2.300** (based on a maximum of 4.000 scale) in a core curriculum of at least **16** academic courses that were successfully completed during **grade 9 through 12.** Only courses that satisfy the NCAA definition of a core course can be used to calculate the student athlete’s NCAA grade point average. “Eighth grade courses may not be used to satisfy core curriculum requirements!” No special values are allowed for “plus” (+) or “minus” (-) grades.

Core courses must include a minimum of:

**Division I Division II**

4 years 3 years English Core

3 years 2 years Mathematics Core (Algebra I or higher)

2 years 2 years Natural or Physical Science Core\*

2 years 2 years Social Science Core

1 year 2 years Additional English, Math, or Science Core

4 years 3 years Additional Core (English, Math, Science, Social Science, Foreign Language, Philosophy/Religion)

\*Must include at least one full year of a laboratory science.

## Division I

The minimum grade point average of **2.300** in the **16** core courses and required **ACT** (sum of scores on the four individual tests) or **SAT** score vary according to the Initial Eligibility Index.

* **Must complete 10 core courses before seventh semester of high school (e.g., Senior year)**
* **Of the 10 core courses completed, seven must be in the area of English, Math, or Science.**

## Division II

There is no sliding scale! Must achieve a **68** (sum of scores on the four individual tests) on the **ACT** or an **820** on the **SAT.** Note: The highest scores achieved on the verbal and mathematics section of the **SAT** or the highest scores achieved on the four individualized tests of the **ACT** may be combined to achieve the highest scores.

* Be a student whose parent(s) or legal guardian(s) are (1) bona fide residents of the district or (2) are instructional personnel or licensed employees of the district.
* Have a certified copy of his/her birth certificate on file with the school.
* Maintain a **2.300** GPA.
* See MHSAA Handbook for additional guidelines.

**Any student who has not completed a verified affidavit may not compete in athletics.**

# Discipline Procedures

All athletes are expected to maintain proper standards of behaviors during school, practice, contest, and social events. If an athlete shows a lack of self-discipline, has a poor attitude, or is not fulfilling his/her commitments to the athletic program, he/she may be suspended from that sport. **An athlete must comply with all written and oral directions given by the coaches of that sport.**

1. Disciplinary action for minor offenses such as: inappropriate classroom behavior, tardiness to class, missed practices or a meeting without a proper excuse, disrespect, inappropriate dress, etc. Action taken will be at the coach’s discretion, including but not limited to, verbal correction, or sitting out of a game, and conference with parents.
2. Disciplinary action for major offenses such as: defacing or destroying school property, fighting, stealing, committing forgery, defying a coach or school authority, causing a disruption in school or on a school bus, leaving school grounds without permission, abusive language, threatening another student, using alcohol, tobacco and/or other drugs, exhibiting a poor attitude, lack of self-discipline, etc. Action taken may include a parental conference, sitting out of a game or games, dismissal from the program for a specific time, permanent dismissal from the program, or any other action deemed appropriate by the Coaches, Athletic Director, and Principal.

These responses shall be cumulative to those disciplinary measures set forth within the student handbook. An athlete who commits a major offense may also be subject to suspension and expulsion. A copy of these procedures shall be posted.

The SHS Coaching Staff and Athletic Director reserve the right to determine the severity of any disciplinary offense and enforce the appropriate consequence as declared in accordance with this handbook.

A team member may be removed from the team, suspended, or receive a lesser reprimand for conduct that is in violation of the rules even when the act ***is not related*** to a school function if the act deems to create a disruption to the team or a detriment to the best interest and welfare of the school and/or team as a whole.

# Ejection of Athletes, Coaches and/or Penalties

SOCSD follows all MHSAA rules relative to the ejection of the athlete or coach. If an athlete or coach is penalized, he/she must comply with the penalty. SOCSD encourages all coaches to conduct themselves in such a manner that a fine, penalty, nor either an ejection from a game will be warranted. However, should a financial penalty be imposed on a coach, it is his/her personal responsibility to pay the penalty. SOCSD will not be responsible for payment of a coach’s fine.

# Eligibility

All coaches must be knowledgeable of and comply with the MHSAA rules governing eligibility of student athletes, which require that a contestant must:

* Have enrolled not later than the 15th day of any semester of participation, carry four major subjects each semester (under the 4x4 block) and meet himself/herself as having a satisfactory standard of behavior.
* Not have become 19 years of age prior to August 1 ($1,000 fine to the coach for this infraction).
* Not be a graduate from a four year high school.
* Not have enrolled in college or junior college or participated in athletics beyond the high school level.
* Be a student whose parent(s) or legal guardian(s) are (1) bona fide residents of the district or (2) are instructional personnel or licensed employees of the district.
* Have a certified copy of his/her birth certificate on file with the school.
* Maintain a **2.300** GPA.
* See MHSAA handbook for additional guidelines.

# Game and Practice Supervision

All head coaches must ensure that proper security and fan supervision is in place prior to an athletic contest/event. Further, no game or practice may be held without a coach present.

# Lettering

In order to earn a letter in a sport, an athlete must (1) participate in more than one-third of the games/contests, (2) participate on varsity level for two years, (3) be at least a sophomore and (4) be a two year participant of that sport regardless of his/her playing status. ***An athlete earns only one letter jacket during high school regardless of the number of sports in which he/she letters.***  **Note: The purchase of “Letter Jackets” is the responsibility of athlete’s parent or guardian.**

# Multiple Sports Participation

SOCSD acknowledges that there are sports whose seasons overlap and some athletes may have conflicts in scheduling. In the case of an athlete who wishes to participate in multiple sports and scheduling conflicts arise, hopefully, the two coaches can arrive at a solution. If no agreement can be reached, then a **play-off game** would take **first priority** followed by a district game next and a non-district game last. Athletes are encouraged to participate in as many sports as they wish and should be able to do so without pressure from any coach to limit participation to one sport. SOCSD may seek dismissal for any coach who discourages an athlete from participating in more than one sport.

A student/athlete that ***quits*** one sport to participate in a second sport **will not** be allowed to play in the second sport until the season of sport that he/she quits is over. (Example: John Doe quits basketball late in the season to play baseball. John Doe will not be able to play baseball until the basketball season is over.)

# Physical Examination/Waiver

***All athletes are required to complete a parental permission form and a physical examination prior to participating in a practice or game.*** The physical examination must be conducted by a licensed physician or a nurse practitioner under the guidance of a licensed physician. All students who wish to try out for an athletic team must have a physical examination form on file. Note: Sample in back of handbook.

# Publicity and Promotion

It is the responsibility of the Athletic Director and the Head Coach to promote athletics in the community.

# Religious Neutrality

SOCSD recognizes the right of every person to make personal decisions about religion free from school or governmental involvement. SOCSD encourages all students and staff to appreciate, respect, and be tolerant of each other’s religious decisions and views.

# Rules and Guidelines

Members of Starkville High School and Armstrong Middle School teams will exhibit quality sportsmanship in every game and practice. Being a member of the team is a privilege, not a right. Student athletes must respect and listen to all coaches, officials, and other adults in position of authority while maintaining good sportsmanship on and off the field. Student athletes **will not** complain or argue with officials during or after an athletic event.

1. All student athletes are required to have a sports physical prior to participation in a sport, including practice.
2. Permission forms must be signed by a parent or guardian before participation in athletic programs.
3. Report injuries to the Coach (taped, strapped, prepared). All SOCSD athletes will have access to the school athletic trainer.
4. All players will abide by the rules and regulations stated in the SHS and AMS Handbook and the Mississippi High School Activities Association Handbook. Any disciplinary infraction by a student athlete will be reported to the coaching staff and dealt with by the guidelines stated at the end of this code of conduct. SOCSD and MHSAA prohibit the use of tobacco, steroids, and other banned or illegal substances. A player who violates this policy will lose his place with the team.
5. Only ***players*** are allowed on or near practice areas and in the dressing room during practice and games.
6. Any and all communication between players/coaches and fans will take place before or after a game or scheduled meeting the next day.
7. The amount of playing time and position played is at the coaches’ discretion.
8. All players will be on time with the required uniforms and equipment.
9. No cell phones allowed during practice. A Coach will have a cell phone on the premises if an emergency occurs. If a parent needs to reach a child, contact the Coach first.
10. Attend all scheduled classes and attain the highest grade possible in every subject. As directed by the Mississippi High School Activities Association, students must have a 2.0 for year-end average of the spring semester to be eligible to participate in extracurricular activities during the first semester of the following year, and maintain the 2.0 average at the end of the semester to participate in spring athletics.
11. Extended to you is the privilege of representing Armstrong Middle School or Starkville High School. Be an example for others at all times! Our actions portray what we think about our school, our program, and ourselves. Be a positive example for those around you.
12. Athletes are expected to take pride in representing Starkville Athletics as a Yellow Jacket by keeping athletic facilities clean at home and on the road. All trash should be put in receptacles and facilities left clean. This policy extends to restaurants and any other commercial establishment used by the team.
13. Valuables should not be brought to practice or games because of the lack of secure places to put them. Nothing of any value should be left on a school bus during road trips.
14. Be responsible with all equipment that is issued or loaned to you. This is our gear; make the best use of it as to benefit the team and the athletic program. Attend every practice session and game with required equipment. All players will be on time with the required uniforms and equipment.
15. Get plenty of rest. Training is demanding and requires extra rest to prevent injury. Sleep regularly 7 to 8 hours daily to ensure good health.
16. Eat well-balanced meals. A balanced diet will go a long way toward making you strong, healthy, and successful.
17. Properly hydrate yourself before, during, and after practice and games. Your body needs sufficient levels of water for many reasons including properly cooling itself while training.
18. Attendance to practice and game is REQUIRED. The SOCSD Athletic Department has rules set in place for all sports. Any student athlete competing in a SOCSD sport that has a starting date before another sport is bound to the sport which started first and cannot be counted absent in the second sport. Furthermore, the student athlete must have the permission of the first sport’s coach to participate in the second sport until the completion of the first sport’s season. A student athlete who quits a sport must wait for that sport’s season to end before starting another sport unless the first sport’s coach releases them. These rules includes tryouts.
19. Travel after an away game: Players are allowed to ride home with parents if the following apply: (1) Written consent ***prior*** to departure for the game, (2) ***Sign*** checkout form upon completion of the game. Players who are not riding back on the bus **must** present coaches with a written letter stating they will ride back with parent(s). Letters will be signed by the player’s **parent** only.
20. Participation in the behavior of a minor or serious nature will result in the forfeiture of the playing status for a ***minimum*** of one game and up to ***permanent dismissal*** from the team.

# Safety Procedures for Athletes

The safety of athletes in practice and games is a top priority of the Starkville Oktibbeha Consolidated School District. The Athletic Director and the supervising coach must take all necessary precautions to insure safety of the athletes.

# School Attendance on Game Day

In order to be eligible to participate in a competition on a school day, an athlete must attend school **at least sixty-three percent (63%) on the day of the competition.** A school-related absence will not affect this rule.

# Squad Selection

Each Head Coach should have a policy (“selection policy”) on how athletes are selected for a team. This policy shall be approved by the Athletic Director and should be posted in a visible place prior to the team selection. Each selection policy will be on file in the Athletic Director’s office.

# Travel

The Athletic Director and Head Coach are responsible for transporting the athletes to games/contests in an approved state vehicle.

# Weight Room

A well-organized weight program is essential to a competitive athletic program. SOCSD encourages all staff involved with the weight program to attend clinics in order to stay abreast with the latest techniques.

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# Thoughts on Success

Why do some people in life succeed and others do not? In athletics, many times two people with similar talents will end up going in different directions. One will succeed while the other does not. For success in athletics or any other endeavor in life, the following fundamental ideas and principals are essential.

You must first make a commitment to what you want to do. This is known as “The Decision.” By making this commitment, you must make athletics an important factor in your life. If you are unable to make this decision, your practice and training is not truly “serious” and you can expect your performances to show it.

Along with this commitment, you must have tremendous Desire to Excel. Talent along does not insure success. Desire, backed by Faith, knows no such words as “Impossible.”

Once committed, you have to set specific goals for yourself. This gives you something to work for and achieve. If you don’t know where you are going, any road will take you there. You must know where you are headed.

To reach your goals, you must dedicate yourself to reaching them. Work hard (practice) and sacrifice; let nothing deter you. Time after time, a person’s will power becomes the key factor in the success vs. failure “Game.”

The Proper State of Mind is also a must for success. This is the winning attitude that says I can!!! I will get the job done regardless of the cost. This state of mind includes a great desire to excel and the perseverance to overcome the obstacles you are bound to encounter. Success is the result of overcoming weakness and problems.

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# Required Forms Letter

Dear Parent or Guardian:

A **permission form, a physical form, and a concussion form are required from all students** participating in Starkville Oktibbeha Consolidated School District's extra-curricular athletic programs. **Your child must return these signed and completed forms before he/she will be allowed to participate in practice or competition.** Please take a few minutes to carefully read, complete and sign the forms.

Starkville Oktibbeha Consolidated School District provides a supplemental-insurance plan for all participants in extracurricular athletic events. In the event of an injury a claim should also be filled with your family medical plan if you family has access to one. In the result of an injury district insurance will only provide coverage after the parent/ guardian’s primary is exhausted.

If you have questions, please feel free to contact a member of the coaching staff.

Sincerely,

Dr. Cheyenne Trussell

Athletic Director

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# Permission Form for Participation in Sports or Extracurricular Activities

DIRECTIONS: Read this form carefully. Complete boxes 1-4. Do NOT leave any boxes blank. Before participating in any sports or extracurricular activities, this form must be completed and returned to your coach or activity sponsor. The physical exam form must also be completed by a physician before participating in sports or activities for the current year.

1. STUDENT’S NAME

ADDRESS

PHONE EMERGENCY CONTACT

SCHOOL GRADE SS#

SPORTS OR ACTIVITIES

1. PERMISSION TO PARTICIPATE AND TRAVEL

I give my /our permission for my daughter/son named above to participate and travel in this or these particular sports or extracurricular sponsored by the Starkville Oktibbeha Consolidated School District. I recognize that it is my/our responsibility to provide for all medical treatment, hospital and ambulance costs in the event of an injury.

I further acknowledge that our child participates in the activity and/or trip at his/her own risk. Our child is in good health, and we release you, your heirs, executors and assigns of any responsibility that you or they might have regarding the health and physical condition of our child during his/her participation in the trip. On behalf of myself, our child, our heirs, executors and assigns, I further releases and forever discharge you, your heirs, executors and assigns, and demands right or cause of action of whatsoever kind of nature, either in law or in equity, arising from or by reason of any bodily and/or personal injury sustained by our child and/or lost or damaged property, or otherwise directly or indirectly arising from participation by my child this activity and/or trip.

I agree to indemnify you, your heirs, executors and assigns and any chaperons, their heirs, executors and assigns on account of any claims that might be asserted by myself or by my child. Permission is given to take any action you may deem necessary in the event of injury to or illness of my child and for any emergency anesthesia and/or operation which might become necessary, which action shall include the giving of permission to any doctor to hospitalize. Provide treatment and order injections, anesthesia or surgery for my child.

PARENT/GUARDIAN SIGNATURE DATE

1. INSURANCE COVERAGE

Starkville Oktibbeha Consolidated School District provides a supplemental-insurance plan for all participants in extracurricular athletic events. In the event of an injury a claim should also be filled with your family medical plan if you family has access to one. In the result of an injury district insurance will only provide coverage after the parent/ guardian’s primary is exhausted.

Insurance coverage for my/our child will be provided by:

Insurance Company Name Company Phone #

Policy Number

1. MEDIA CONSENT RELEASE

I hereby give permission to the Starkville Oktibbeha Consolidated School District to use for publication or otherwise, any photographs, film, and/or videotapes in which my child is featured during this school year. I further agree to the use of such photographs, films and/or videotapes without liability to the Starkville Oktibbeha Consolidated School District.

PARENT/GUARDIAN SIGNATURE DATE

1. PARENTAL RESPONSIBILITY

I assume responsibility for any cost, fees and expenses not covered by the district insurance program for any injury which may be incurred by the above named by the above named student while participating in organized athletics.

PARENT/GUARDIAN SIGNATURE DATE

# Starkville Oktibbeha Consolidated School District Physical Form

Printed Name Sex Age Date of Birth

Grade School Sport(s)

In case of emergency, contact:

Name Relationship

Phone (H) Phone (C)

**Circle** number if “YES”:

1. Have you had a medical illness or injury since your last checkup or sports physical?
2. Have you ever had surgery or have an ongoing or chronic illness?
3. Are you currently taking any prescription or nonprescription (over the counter medications or pills or using an inhaler)?
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?
5. Have you ever passed out, or been dizzy during or after exercise?
6. Have you ever had chest pain during or after exercise?
7. Do you get tired more quickly than your friends do during exercise?
8. Have you had high blood pressure or high cholesterol?
9. Have you ever been told you have a heart murmur?
10. Has any family member or relative died of heart problems or of sudden death before the age of 50?
11. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?
12. Has a physician ever denied or restricted your participation in sports for any heart reason?
13. Have you ever had a head injury or concussion?
14. Have you ever had a seizure?
15. Do you have frequent or severe headaches?
16. Have you ever had numbness or tingling in your arms, hands, legs, or feet?
17. Have you ever become ill from exercising in the heat?
18. Do you cough, wheeze, or have trouble breathing during or after activity?
19. Do you have asthma?
20. Do you have seasonal allergies that require medical treatment?
21. Do you wear glasses, contacts, or protective eyewear?
22. Have you broken or fractured any bones or dislocated any joints?
23. Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?

Explain “YES” answers here:

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Athlete Signature of Parent/Guardian Date

Height: Weight Pulse Blood Pressure\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_, \_\_\_\_\_\_\_ / \_\_\_\_\_\_\_, \_\_\_\_\_\_\_ / \_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Medical** | **Normal** | **Abnormal** | **Initials** | **Musculoskeletal** | **Normal** | **Abnormal**  **Findings** | **Initials** |
| Appearance |  |  |  | Neck |  |  |  |
| Eyes/Ears/Nose/Throat |  |  |  | Back |  |  |  |
| Heart |  |  |  | Shoulder/Arm |  |  |  |
| Lungs |  |  |  | Elbow/Forearm |  |  |  |
| Abdomen |  |  |  | Wrist/Hand |  |  |  |
|  |  |  |  | Hip/Thigh |  |  |  |
|  |  |  |  | Knee |  |  |  |
|  |  |  |  | Leg/Ankle |  |  |  |
|  |  |  |  | Foot |  |  |  |

**Check one:** \_\_\_\_\_Cleared \_\_\_\_\_Not Cleared

Recommendations:

, M.D. or D.O. of F.N.P. Date of Exam:

Provider Signature

# Concussion Form

**MISSISSIPPI HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.**

# Concussion Information Form

***(Required by MHSAA Annually)***

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly**. In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

* Headaches Amnesia
* “Pressure in head” “Don’t feel right”
* Nausea or vomiting Fatigue or low energy
* Neck pain Sadness
* Balance problems or dizziness Nervousness or anxiety
* Blurred, double or fuzzy vision Irritability
* Sensitivity to light or noise More emotional
* Feeling sluggish or slowed down Confusion
* Feeling foggy or groggy Concentration or memory problems
* Drowsiness (forgetting game plays)
* Change in sleep patterns Repeating the same question/comment

**Signs observed by teammates, parents and coaches include:**

* Appears dazed
* Vacant facial expression
* Confused about assignment
* Forgets plays
* Is unsure of game, score, or opponent
* Moves clumsily or displays incoordination
* Answers questions slowly
* Slurred speech
* Shows behavior or personality changes
* Can’t recall events prior to hit
* Can’t recall events after hit
* Seizures or convulsions
* Any change in typical behavior or personality
* Loses consciousness

**What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is key to a student-athlete’s safety.

**MHSAA Concussion Policy:**

* An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting should be removed immediately from the practice or game. The athlete should not be allowed to return to the practice or game for the remainder of the day regardless of whether the athlete appears or states that he/she is normal.
* The athlete should be evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.
* If an athlete has sustained a concussion, the athlete should be referred to a licensed physician preferably one with experience in managing sports concussion injuries.
* The athlete who has been diagnosed with a concussion should be returned to play only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss on consciousness, usually take 7-14 days after resolution of all symptoms.
* Return to play after a concussion should be gradual and follow a progressive return to competition. An athlete should not return to a competitive game before demonstrating that he/she has no symptoms in a full supervised practice.
* Athletes should not continue to practice or return to play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

Remember, it is better to miss one game than to miss the whole season.

**I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

Student-Athlete Name Printed Student-Athlete Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Name Printed Parent Signature Date