

ATHLETIC INFORMATION



Mountain Home Junior High School 2015-2016

**Athletic Director
Assist. Principal Jessie Ward
587-2590**

**Mtn. Home Jr. High
Principal: Mr. Cochran
587-2590**

**THE MOUNTAIN HOME SCHOOL DISTRICT 193 ATHLETIC
PHILOSOPHY**

Education in the Mountain Home School District has multiple responsibilities. The district tries to effectively meet the diverse needs and interests of all its students. Education and its experience stems far beyond the traditional classroom and while Mountain Home School District 193 stresses this aspect of education, it also strives to get students a quality extracurricular program as well. Part of the extracurricular program is athletics and it is the District's goal to make its program a valuable teaching tool for both athletics and the spectators alike.

Through its athletic program Mountain Home High School stresses the following:

FOR THE ATHLETICS:

- Have each develop to his/her potential.
- Build strong character traits including the respect for the rights of others.
- Develop the understanding, skills, habits and attitudes necessary to enjoy athletic participation throughout life.
- Learn to use critical thinking and problem solving skills along with good judgment.
- Be open minded and willing to continue to learn.
- Form good work habits and pride in workmanship.
- Understand and follow good health and personal safety practices.
- Develop a strong sense of values.
- Gain an appreciation for people and learn to work and live together successfully.
- Produce better citizens.
- Give students the opportunity to get involved.
- Help make the high school experience more enjoyable.
- Create and maintain a wholesome environment for competition.

FOR THE SPECTATORS:

- Give students, parents and the community an outlet to participate in a forum that promotes social values.
- Promote positive behavior in large groups (athletics assemblies) such as courtesy, school morale and respect for others and property.

AN OVERVIEW OF THE JUNIOR AND SENIOR HIGH SCHOOL ATHLETIC PROGRAM

The Jr. High and Hacker athletic program offers the opportunity for all students to try outs but the team selection will be based on skill level of the participants, adequate facilities and the availability of qualified coaches, Teams will be formed at various levels in sports officially sanctioned by the Idaho High School Activities Association. These include: football, cross country, girls volleyball, wrestling, boys and girls track, and boys and girls basketball.

Through organized practices and interscholastic competition each team will offer participants the opportunity to develop physical, social and mental skills as outlined by the specific athletic objectives.

Each team has a regularly scheduled sports season featuring games or meets against other schools. The season will culminate with the opportunity to participate in District and State competition. These contests are highly competitive and allow student-athletes the opportunity to display their level of skill and development.

Athletics provide a bond to the school not only for the athletes and the student body but also for the community as a whole. School spirit is aroused and there is unification toward the common goal of success as spectators become positively involved and show support.

District Policies and Procedures

1. Sportsmanship

All schools will comply with the Idaho High School Activities Association Sportsmanship Guideline Manual.

- A. Sportsmanship as defined by the Idaho High School Association is: Those qualities of behavior which are characterized by generosity and genuine concern for others. Further awareness is expected of the impact of an individual's influence on others' behavior as well. Coaches, athletes and spectators should exhibit sportsmanship.

2. Authorized Practice Days

There will be no practice on Sundays.

3. Use of facilities by outside recreational organizations

The use of facilities is to be cleared through the principal, or his designee, and the District leasing agent.

4. Qualification for team membership

- A. In order for a student-athlete to participate in the district and/or state tournament they must have been part of the school team having practiced at least ten times prior to the Idaho High School Activity Association's Winter & Spring schedule.
- B. The only exceptions to this policy will be transferred from a school outside of the Mountain Home School District, illness or injury that is certified by a physician, nurse practitioner, chiropractor, or naturopath.

5. Minimizing Team Size

- A. Athletic coaches may reduce or cut participation.
- B. Large numbers of participants competing, a shortage of space within existing facilities, and increasing costs of equipment and uniforms had promoted such a change. Each coach still has the opportunity to keep more than the minimum listed.

MOUNTAIN HOME SCHOOL DISTRICT 193
Student Code of Conduct and Responsibility for Participation in
Extracurricular and Co-curricular Activities

Policy Statement Code of Conduct

Students participating in extracurricular activities and co-curricular activities must realize these are special opportunities that in most cases will only occur during their middle school and high school years. When a Mountain Home High School student visits another school, he/she represents the regular school day and do not involve everything that is associated with their activities or sports. This includes all the hard work and extra time it takes to become a successful team or organization. In some cases the students will be wearing the school colors and a uniform that represents pride in the school and its traditions. These students represent the school, coaches, fellow participants and the community, it is a tremendous responsibility and honor. Our school district considers participation in extracurricular and co-curricular activities to be a privilege. As a student participating in an extracurricular and co-curricular activity, it is your responsibility to conduct yourself according to the highest standards of behavior at all times. Students in school or involved in school activities either on or away from the school premises are expected to obey their school officials, respect property, maintain order and decorum and conduct themselves in a manner as to bring credit upon themselves and their school. Participants who fail to follow or adhere to established rules and policies will be disciplined according to procedures listed below and their opportunity to participate in further extracurricular and co-curricular activities may be limited or denied.

Definition of Extracurricular and Co-curricular Activities

Extracurricular Activities are defined as those activities that take place outside of the regular school day and do not involve class credit. This code of conduct also applies to students participating in cheerleading and students who are involved in community activities. Co-curricular activities are defined as any activity held in conjunction with a credit-bearing class but outside of the regular school day including, but limited to activities such as drama, band and choir.

Academic Requirements to participate in Extracurricular and Co-curricular Activities

1. All participating students in extracurricular and co-curricular activities are expected to place their academic requirements above all else and devote their attention to achievement in the classroom.
2. Extracurricular and co-curricular activities are considered a privilege and a supplement to a student's overall education. In order to participate in extracurricular and/or co-curricular activities, a student must comply with rules of the Idaho High School activities Association (IHSAA) governing academic eligibility. The athletic director or activity advisor will provide a list of ineligible students to coaches, sponsors and directors five (5) days following the end of the semester. A student will be allowed to participate until the list is made available. A student will be declared ineligible on the day the coaches; sponsors or directors receive the list of ineligibility.
3. A student must attend at least four class periods the day of a scheduled school activity or athletic event when classes are in session in order to participate in the extracurricular and/ or co-curricular activity and attend practice the day before a competition. Failure to attend school will make a student ineligible for participation of that day's extracurricular and co-curricular event. All students involved in extracurricular and co-curricular activities are responsible to make arrangements with teachers regarding assignments, makeup tests or other responsibilities prior to departing school for such events.

Prohibited Conduct and Consequences

A. Policy Statement:

It is the policy of this school and the school district that a student participating in extracurricular and co-curricular activities shall not engage in the prohibited conduct described below, in school or out of school, at any time during the scholastic year, as defined as the beginning of the fall sports activity season and ending the last day of the school year. To ensure that all students understand this policy, prior to the start of the season, coaches or activity sponsors shall, during a meeting thoroughly review this policy with prospective members or participants. Since there cannot be a written rule for every infraction, disciplinary action will be in the discretion of the coaches.

B. Minor Infraction:

A minor infraction involves student behavior that occurs while the student is engaged in an extracurricular and co-curricular activity or is otherwise under the direct supervision of a coach or activity advisor. A minor infraction is one that is determined to be a slight deviation from the acceptable behavior or stated student's expectations, such as inattentive behavior. The coach or activity sponsor will handle these minor infractions as soon as possible. It will be at the coach or advisor's discretion as to what punishment is given.

C. Major Disciplinary Violations:

Major Disciplinary Violations (MDV's) refer to violations of the school district's disciplinary policies. They include but are not limited to: truancy, insubordination, unauthorized entry and/or theft and/or vandalism of school property, verbal or physical abuse or other students, school employees, or visitors: possession, use, sale, distribution and/or intent to distribute any illegal or controlled substance, use and/or possession of tobacco: possession of firearms or weapons: making bomb threats or activating the school fire alarm without appropriate cause, refusal to identify oneself to school personnel upon request: discrimination based on race, color, religion, sex, national origin or handicapped conditions. Any act resulting in suspension or expulsion from School. The Mountain Home District pursuant to Idaho Code Section 33-205 regulates this.

E. Procedure Governing Code of Conduct Violations:

If any member of the school's administration, faculty or coaching staff witnesses or has evidence of a student's use of, being in possession of, or being under the influence of any of the previously mentioned substances or having committed any of the above enumerated prohibited or criminal acts either on or off campus, the student's conduct shall be handled with one of the following procedures.

Duty to Notify:

It is the duty of each student to notify his/her principal and/or activity advisor if the student has engaged in or been charged with substance abuse, criminal conduct or prohibited conduct within one week of the event. In the case of the first offense, and if the evidence supports the accusation or charge, the student who has given proper notification shall be eligible for all extracurricular and/or co-curricular for a period of fourteen (14) calendar days. The punishment will only be this long provided that in the case of a substance abuse violation, the student agrees to and completes the assessments as described in section E (1) above. If no event is scheduled during the period of eligibility, the student will miss the next scheduled event. If the student fails to notify the principal and athletic director and/or activity advisor as required above, and if evidence supports the accusation or charge, the student shall be ineligible for a period of twenty-one (21) calendar days. If no event is scheduled during the period of ineligibility, the student will miss the next scheduled event. Such ineligibility will be understood to allow the student to practice with his/her team but not travel, dress or associate with the team or group at its scheduled events. If at any time a student volunteers that he/she has a substance abuse problem, coaches and/or activity advisors have the option to work with the individual student if the student is willing and agrees to attend substance abuse counseling. Under such circumstances, the volunteering student will not be suspended on the first occasion he/she volunteers, unless the student is ticketed or charged with a criminal offense or infraction by a law enforcement agency. When the student notifies the administration, this will not be considered an admission of prohibited conduct nor will it be a determination of guilt. An administrative investigation may be started on the basis of the notification.

**Mountain Home Jr. High/Hacker Middle School
School District No. 193 Athletic Participation Agreement**

Your son/daughter has expressed a desire to participate in an interscholastic sport or activity offered by the Mountain Home School District. Before your son/daughter is allowed to practice, participate, check out equipment or uniforms, this agreement must be read and signed by both participant and parent/guardian. If you have any questions, please contact or call the appropriate advisor or head coach, or the athletic director.

Student Eligibility Requirements

1. **Academics:** All student athletes will be required to have weekly progress reports. If at any time, a student has a report with one (1) or more F's, they will be ineligible until they have passing grades on a progress report. If a student earns an F for two grade checks, that student will be ineligible for the next event until that grade is passing. If a student fails to turn in the progress report to his/her coach they will be considered ineligible until the following week. Any behavior problems that occur and the discipline that follows is under the direct discretion of the coach. Any student that is in school suspension will not be eligible to participate in the next event.
2. **Attendance:** A student must attend four class periods on the day of the event. Truant or suspended students are not allowed to participate or practice. This counts as an unexcused absence. Any student that is not in school the day of the contest is not allowed to be in attendance during the contest.
3. **Forms:** All athletes and activity participants must have the following forms completed and on file in the athletic director's office or his/her designee.
 - a. Physical on file.
 - i. A physical is good for up to three (3) years of JH sport participation.
 - ii. Interim Questionnaire must be filled out for years a physical is not given.
 - b. Release and Athletic Participation Information
 - c. Student Eligibility
 - d. Emergency Information
4. **Practice:** A student must have ten days of practice prior to the first interscholastic athletic competition in sports season. All participants involved in athletics or activities must attend practices on a regular basis in order to participate in competition. One unexcused practice absence, the athlete may not participate in the next event. Two unexcused practices absences, the student will be dismissed from the team.
5. **Activity Card:** All student athletes are required to purchase an activity card to be eligible to participate in any sport or activity.

I have read, understand and will comply with all of the above information discussed in the Participation agreement form.

Signature of Parent /Guardian (first and last name) _____ Date _____

Signature of Student-Athlete (first and last name) _____ Date _____

Mountain Home High School and School Dist. 193
Release and Athletic Participation Information
To be read and completed by parent/guardian and student

Student name (print)	Grade	Sex	DOB
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Your son/daughter has expressed a desire to participate in a Mountain Home School District Athletic Activity. The information provided is important for a successful experience. PLEASE READ the information carefully. If you have any questions, contact or call your child's coach or school activities director. Before such athlete is allowed to practice or check out uniforms you are required to READ, Sign, and RETURN the release and participation information to the appropriate head coach.

1. Each athlete must have on file a passed physical examination followed by an interim questionnaire completed by the parent. The examination or questionnaire must be completed prior to beginning practice. Cost incurred for the physical examination will be the responsibility of the parent/guardian.
2. **Notice of Risk:** Student athletes and the student's parent/guardian need to be aware that sports activities involve risk of injury when an athlete practices, plays or participates in any sport. Instruction given by the coach regarding playing techniques, training and team rules must be followed.
3. Mountain Home School District 193 is not liable or responsible for any medical, dental or hospital bills occurring as a result of injuries sustained by a student while participating in a school athletic activity or sport. All injury related expenses shall be the responsibility of the student's parents/guardians.

4. Initial One

I have insurance that will pay for medical expenses if my son/daughter _____ (name) is injured while participating in a school sport.

I have purchased one of the student insurance plans.

I do not have insurance for my son/daughter and understand that the School District is not responsible and will not pay any doctor, hospital and medical expenses if my child is injured while participating in any school sport.

5. Recognizing that as a result of athletic participation, medical treatment on an emergency basis may be necessary and the school personnel may be unable to contact me for my consent for emergency medical care as may be deemed necessary under the existing circumstances.
6. I give my permission for my son/daughter to participate in the following sports/activities. Please check and initial activities the athlete will participate in the school year.

<input type="checkbox"/> Basketball	<input type="checkbox"/> Track	<input type="checkbox"/> Volleyball
<input type="checkbox"/> Wrestling	<input type="checkbox"/> Football	<input type="checkbox"/> Softball
<input type="checkbox"/> Cross Country	Other: _____	

7. All athletes are expected to conform to the rules to scholastic eligibility, participation and training as prescribed by the Idaho High School Activities Association, The Mountain Home High School District, and the athletic coaching staffs. **This information will be reviewed prior to the start of the sport season with each athlete.**
8. **Transportation:**
 - a. The Mountain Home School District provides transportation for participants both to and from the location of athletic contests. Participants must be transported by district transportation to and from athletic or scheduled events. Students may ride home from an event with parent only if permission is granted by the coach or advisor.
 - b. Particular activities may warrant the use of private carries if the proper owner operator vehicle form is completed or prearranged written and verbal communications on file in the principal's office.
9. School Day: All athletes are expected to be in school for a minimum of half a school day in order to be eligible to participate in practice or a contest. A written note from a doctor or school administrator stating the reason for the absence must be returned to the office prior to participation.
- I have read, understood and will comply with all the above information discussed in the Released Athletic Participation Form

Signature of Parent or Guardian

Date

Signature of Parent or Guardian

Date

Mountain Home Jr. High School Athletic Emergency Information

Grade _____

Name _____ DOB _____

Parent/Guardian _____

Address _____

Home Phone _____ Cell Phone _____ Work Phone _____

Secondary Emergency Contact if needed

Name _____

Home Phone _____ Cell Phone _____

Known Allergies _____

Last Tetanus _____

Medical Condition:

The teams coach may apply first aid treatment until the family doctor can be contacted.

YES _____ NO _____

We give our consent for coaches, to use their own judgment in searching medical aid and ambulance service in case the parent/guardian cannot be reached.

YES _____ NO _____

Parent/Guardian Signature

Date

INTERIM QUESTIONNAIRE

_____ Male/Female _____
 Last Name First Middle (circle one) Date

Since his/her last athletic physical examination, has this student:

		YES	NO	
(1)	Had surgery	___	___	_____ Year in School
(2)	Been hospitalized	___	___	
(3)	Been under a physician's care	___	___	
(4)	Had a serious illness	___	___	
(5)	Had an injury requiring a physician's care	___	___	
(6)	Been rendered unconscious	___	___	
(7)	Started taking any new medications	___	___	
(8)	Developed any new drug allergies	___	___	
(9)	Developed any health problems	___	___	
	(Please explain all yes answers)			

My child ___ **should** or ___ **should not** have a physical examination prior to participation in junior high athletics.

Signature of Parent or Guardian

Address

City Zip Code

CONSENT FORM

I hereby consent to the above named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to treatment deemed necessary by physicians designated by school authorities for any illness or injury resulting from his/her athletic participation. In the absence of parents, I also consent to the release of any information contained in this form to carry out treatment and health care operations for the above named student.

SIGNATURE OF PARENT/GUARDIAN _____ DATE _____

My participation in interscholastic athletics for the above school is entirely voluntary on my part, and with the understanding that I have not violated any of the eligibility rules and regulations of the state association.

SIGNATURE OF STUDENT _____ DATE _____

NOTE: The original copy is to be returned to the school