WHITE MOUNTAIN

MIDDLE SCHOOL



ATHLETIC HANDBOOK

WHITE MOUNTAIN CONTACT SHEET

Athletic Coordinator

Chelsea Winner

WMMS Athletics Information

Website: wmmswolves.weebly.com

Phone: 541.830.6758

Email: winnerc@eaglepnt.k12.or.us

White Mountain Middle School Information

Facebook: www.facebook.com/thewolves

Phone: 541.830.6758

Address: 550 Wilson Way White City, OR 97503

Purpose

The purpose of this handbook is to explain the White Mountain Middle School (WMMS) programs, encourage an understanding of expectations and standards, and to open a dialog between the school and parents/guardians.

**Overview**

WMMS programs are designed to prepare WMMS student-athletes to succeed both on and off the court/field, and acquire excellent skills for use throughout their lives.

WMMS strives to prepare student-athletes for competition at all levels with, a strong focus on work ethic, teamwork, and communication. WMMS student-athletes will experience lessons in many forms that reinforce the importance of their unique place on the team, the value of hard work and dedication, and the joys and struggles of working together with a diverse group of people.

Throughout this handbook, you will find useful information about the WMMS athletic programs.

**Questions/Concerns**

If your student-athlete has questions or concerns, please encourage him/her to talk to his/her coach. This will begin to empower the student-athlete to feel more comfortable addressing and resolving his/her own questions and concerns – a great life-skill.

If you, as a parent or guardian have questions or concerns, please understand that the entire WMMS athletics/activities staff is more than willing to discuss your questions and concerns; however there are times when it will be necessary for us to set up an appointment with you to do so. If this is the case, we will ask you to give us a call or email us to set something up. We would like to give your questions or concerns the attention they deserve so that you receive the information you need, or a resolution to the situation.

***Please note the topics that will not be discussed with parents/guardians:***

* ***Coaching Decisions***
* ***Playing Time***
* ***Other Players***

Email is by far the best method to contact the athletic department as email is checked during the day and phone calls will be returned as promptly as possible. Email: winnerc@eaglepnt.k12.or.us

*\*\*\*An important note: Please do not attempt to initiate a conversation regarding your questions or concerns directly prior to, during, or following a competition (this includes tournaments). In such situations, there is often an elevated stress level, preoccupation and/or distraction.*

**Competitions**

One of the best ways to show your support for your son/daughter is to attend any (or all!) of WMMS games. The WMMS programs encourage and appreciate your attendance. The student-athletes enjoy your support and look forward to showing off all of the skills they have worked hard to perfect during our practices. We hope to see you at as many games as possible.

It is very important that the student-athletes receive direction from one source*. Please do not attempt to coach, distract, or correct players or coaches during competitions.* We encourage you to cheer for the team, clap, and be positive as the student-athletes play.

**Playing Time**

The majority of playing time will be determined by a student-athlete’s *attendance*, *attitude*, and *skill.*

At each level, we strive for equal playing time, but it does not always occur. Many factors influence playing time and an emphasis will be placed on the following factors: Behavior in school, positive attitude, hard work ethic, progress, improvement and skill development.

***Attendance*** consists of “showing up” both physically and mentally to practices, competitions, and other team activities on time.

***Attitude***consists of a positive “can-do” mentality. This can be seen in a student-athlete’s willingness to try what is asked of him/her. The attitude component also refers to the support each student-athlete gives him/her teammates.

***Skill*** consists of the physical capabilities of the student-athlete when completing required motions and plays. The emphasis on this component increases as the student-athlete moves to each level.

**Behavior and Respect**

The WMMS programs represent WMMS wherever we go. In order to maintain a positive reflection of our school and community, student-athletes, coaches and parents must be on their best behavior at all times by using appropriate language, wearing appropriate clothing, and participating in appropriate activities. WMMS programs have an excellent reputation for being a wonderful group of student-athletes, so let’s keep it up!

Participating in the WMMS athletic programs is a great privilege. Student-athlete disrespect toward fellow teammates, self, the coaching staff, facilities, opponents, officials, or other people or equipment will not be tolerated and consequences will ensue should disrespect of any type become evident.

HAZING/BULLYING: Hazing or Bullying will not be tolerated in the athletic/activity programs and will result in suspension or dismissal from the team. An individual or group who engages in humiliation, intimidation, and pressure to perform dangerous/harmful activities as a prerequisite to inclusion, excluding or singling out team members in a negative manner, and/or cyber bullying in connection with the team will be in violation.

# Going Home with another Parent/Guardian

A Student who rides to an Athletic contest or activity by District transportation may return with his/her own parent/guardian:

* The parent/guardian must sign their Student out on the Athletic/activity transportation waiver sheet and inform the head coach.
* Students will not be allowed to ride home with anyone other than their own parent/guardian.

**Waiting with Students for Rides**

The WMMS programs will try to communicate with parents as accurately as possible when it comes to practice end times and away game return times. Please be courteous to our coaches and ensure that you are present at the school to pick up your son/daughter after practice/games, as our coaches will wait for each athlete to be picked up.

**Absences from & Tardy to Practices/Games**

Absences from practice will result in reduction or loss of playing time. When a student-athlete does not attend a practice or competition the entire team is effected. Prior to the beginning of practices or games, athletes must inform their coach that they will not be in attendance or will be tardy, or it will be considered “unexcused.” ***This is very important!***

If a student-athlete is not at practice, he/she will not play in *at least* one subsequent game or match. Depending on the circumstance, this student-athlete may forfeit all of his/her playing time.

**Absences from Classes**

Student-athletes are students first, and athletes second. If a WMMS student-athlete **does not attend one or more classes** on a game day, they **will not participate that day** (This rule is taken directly from the EPHS Athletic Handbook). If there are issues (or special circumstances) with this policy, please contact the Athletic/Activities Coordinator at 541-830-6787 **PRIOR TO** the absence occurring.

**Eligibility**

Student athletes must be in good standing in all classes to maintain eligibility. This will be determined by behavior records reported for every Quarter (1-4) and the Fall Progress report. Students must have “Satisfactory” or higher marks for all classes in citizenship, preparedness, assignments, and personal management. An appeal to be reinstated prior to the beginning of a quarter may be submitted to the building principal and Athletic Coordinator to finish the season. Behavior grades will be determined by the following grading periods.

ELIGIBILITY CHECK POINTS:

**Fall Season: Football/Volleyball/Cross Country**

Spring Quarter (4) – Initial Eligibility to participate

Fall Progress (1) – Middle of Season Eligibility Check

**Winter Season: Boys Basketball**

Fall Progress (1) - Initial Eligibility to participate

Fall Quarter (1) - Middle of Season Eligibility Check

**Winter Season: Girls Basketball/Wrestling**

Fall Quarter (1) - Initial Eligibility to participate

Winter Quarter (2) - Middle of Season Eligibility Check

**Spring Season: Track**

Winter Quarter (2) - Initial Eligibility to participate

Spring Quarter (3) - Middle of Season Eligibility Check

INELIGIBLE ATHLETES: A Student who becomes ineligible at the most recent Grading Checkpoint or who fails to attend three 90 minute sessions at the Learning Center will get to participate in 75% of the SOMSAC scheduled contests and not finish the remainder of the season.

LEARNING CENTER CRITERIA: Ineligible Athletes can regain eligibility if the following criteria has been met and approved by the Athletic Coordinator and Principal Attend Learning Center for three 90 minutes sessions. This may cause missed practice or games. *See the Code of Conduct Document for more detailed information.*

SUSPENSION: If a Student is suspended from school, he/she cannot participate in a practice, contest, or activity during the period of suspension. If a Student is in in-school suspension, the Head Coach, or Activity Advisor, along with the Athletic Director will determine eligibility for the next practice and/or contest or event.

**Drugs, Alcohol, and Conduct Policies**

If the superintendent or his/her designee determines either by a preponderance of symptoms or by reasonable evidence that a Student involved in Athletics, clubs and school activities is using alcohol, illegal drugs or other controlled substances, the District may require the Student to be tested immediately at the parent, guardian or Student’s expense and submit the results to the District as a condition of participation. A positive test shall cause the Student to receive consequences as specified in the district’s Student Assistance Program manual and/or Extracurricular Code of Conduct. *These policies, in detail, can be found in the Code of Conduct Document found on the wmmswolves.weebly.com website.*

**WMMS Athlete Code of Conduct**

WMMS student-athletes will follow the School District 9 Athletic Code of Conduct Policy.

**Eagle Point High School Athletics**

WMMS operates with a close relationship to the Eagle Point High School Athletic/Activity Department. Please note that all decisions made are mindful of the fact that all WMMS athletes will eventually become Eagle Point High School Eagles.

**Uniforms**

Each student-athlete will be issued a school uniform. All school-issued uniform components and other WMMS equipment ***must*** be returned at the conclusion of the athletic season. All student-athletes are held financially responsible for the equipment that was checked out to them and will be billed for any lost or damaged equipment. Some items will be the responsibility of the athlete to purchase on their own as these items are personal and necessary for game play. ***If it is difficult for you to purchase the listed program items, please contact the Athletic/Activities Coordinator for assistance as we want to ensure that every athlete has the same opportunities.***

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| --- | --- | --- | --- | --- | --- | --- | --- |
| ***FALL SPORTS*** | |  | ***WINTER SPORTS*** | |  | ***SPRING SPORTS*** | |
| **Football School Issued Uniform:** | **Athlete Responsibility for football**- |  | **Basketball School Issued Uniform:** | **Athlete Responsibility for Basketball**- |  | **Track and Field School Issued Uniform:** | **Athlete Responsibility for Track and Field-** |
| Football Pants  Football Pads/Helmet  Football Jersey | Mouth Guard  Shoes  Gloves  Neck Rolls |  | Basketball Jersey & Shorts | Court/Tennis shoes |  | Jersey and Shorts  Sweat suit | Running Shoes |
| **Volleyball School Issued Uniform:** | **Athlete uniform responsibility for Volleyball**- |  | **Wrestling School Issued Uniform:** | **Athlete Responsibility for Wrestling**- |  |  |  |
| VolleyballJersey  Black Spandex Shorts | Black Spandex Shorts  (may wear own)  Knee pads (black or white)  Court/Tennis shoes |  | Wrestling Singlet | Shoes  Personal Head Gear |  |  |  |
| **Cross Country School Issued Uniform:** | **Athlete Responsibility for Cross Country-** |  |  |  |  |  |  |
| Jersey and Shorts | Running Shoes |  |  |  |  |  |  |

# Want to help out?

We always are in need of parent volunteers and would appreciate any help that you are willing to give! Some examples of typical items we need parents to assist with:

* Score keeping- football, volleyball, basketball (we will teach you)
* Volleyball Line Judging
* Football Chain Gang- Need three each game
* Other sport-specific tasks

If you are interested in being for volunteer for any of the above-mentioned items, please contact the athletic/activities coordinator (see information below). Schedules will be posted to the wmmswolves.com website when they are received from SOMSAC. Please also be aware that sometimes schedules may change, and to please be flexible as those changes occur.

Again, if you have questions or concerns, please do not hesitate to contact us. Thank you for giving us the opportunity to teach your son/daughter!

Sincerely,

WMMS Athletic/Activity Department

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| --- | --- | --- | --- |
| **Athletic/Activities Coordinator** |  |  |  |
| **Chelsea Winner** |  |  |  |
| Email: winnerc@eaglepnt.k12.or.us  Phone: 541.830.6758  Website: wmmswolves.weebly.com |  |  |  |

**Let’s have a great year… Go Wolves!!!**

“Set your goals high, and don’t stop till you get there.” **– Bo Jackson**





**Parent/Athlete Handbook Agreement Form**

**Please sign & have your son/daughter return this portion to indicate that you have read the handbook and are aware of WMMS athletic policies. By signing, the athletic/activities coordinator and coaches assume you understand the WMMS policies and are willing to follow the rules or accept the consequences. If you have any questions or concerns about the policies or procedures, please contact the Athletic/Activities Coordinator-**

**Chelsea Winner Email: winnerc@eaglepnt.k12.or.us Phone: 541-830-6787.**

Player Signature:

Parent/Guardian Signature:

Date:

Notes: