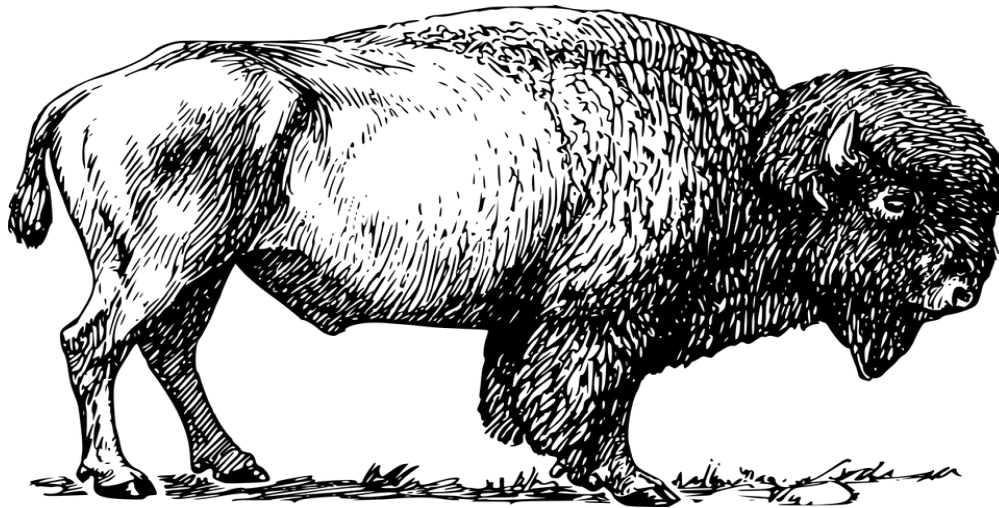


# JEFFERSON COUNTY MIDDLE SCHOOL

1180 SE Kemper Way  
Madras, OR 97741  
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## ATHLETIC HANDBOOK 2023 – 2024

The document will be adjusted as new information becomes available for the current school year.



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## JCMS ATHLETICS AND ACTIVITIES

### I. Philosophy

JCMS Athletic Programs provide a safe, structured environment that allows individual students of diverse backgrounds and abilities a chance to belong. We believe that participation in athletics and school-sponsored activities provides a unique opportunity to fulfill many of the emotional, social, and physical needs common to middle school youth. Participation in competitive athletics increases an individual's sense of personal worth, self-control, respect, and fair play, which can carry over into daily problem-solving situations throughout life. Coaches, teachers, and parents have a shared responsibility to help guide, nurture and support youth in developing the confidence, skills, and character that will help them learn to make good choices on and off the playing field. Cooperation, self-discipline, sportsmanship, and a sense of personal satisfaction are taught in conjunction with the fundamental skills of the sport or activity during each season.

### II. Programs:

JCMS provides the following current athletic programs at this time. The handbook will be adjusted as more information and sports are available. Students must have all paperwork completed before participating

JCMS provides the following athletic programs throughout the school year:

7 <sup>th</sup> and 8 <sup>th</sup> grade Football	Fall Sport
6 <sup>th</sup> grade football is <b><i>run through the MAC</i></b>	Fall Sport
6 <sup>th</sup> , 7 <sup>th</sup> and 8 <sup>th</sup> grade Cross Country	Fall Sport
7 <sup>th</sup> and 8 <sup>th</sup> grade Volleyball	Fall Sport
7 <sup>th</sup> and 8 <sup>th</sup> grade Boys Basketball	Winter Sport (Before winter break)
7 <sup>th</sup> and 8 <sup>th</sup> grade Girls Basketball	Winter Sport (After winter break)
6 <sup>th</sup> , 7 <sup>th</sup> and 8 <sup>th</sup> grade Wrestling	Winter Sport (After winter break)
6 <sup>th</sup> , 7 <sup>th</sup> and 8 <sup>th</sup> grade Track & Field	Spring Sport

#### ***Fall- Football, Cross Country, and Volleyball***

- *August 30th -Cross Country, Football, Volleyball sign-ups from 4-5:30 pm. Students can meet the coaches and do some drills/conditioning. Football helmet fitting from 3- 5 pm.*
- *September 5- First day of practice from 3:10-5 pm.*
- *September 12- Parent meeting for fall sports @ 5:30 pm in the JCMS commons*

### **Winter- Basketball and Wrestling**

- October 27- BBB sign-ups during lunch.
- October 30th - First practice for BBB (must have all paperwork in) 3:20-5 pm
- November 1 - Boys Basketball parent meeting @ 5:30 - Schedules will be handed out.
- January 2- GBB and wrestling open gym and sign-ups right after school to 5 pm
- January 3- First practice for girls' basketball and wrestling (3:10-5:00)
- January 9 - Wrestling and Girls' basketball parent meeting @ 5:30

### **Spring- Track**

- March 20th (Wednesday)- Paperwork and First official practice for Track (3:10-5:00)
  - We will practice Wed-Thursday (20th-21st) this week and Monday-Friday each week after break
- April 2nd (Tuesday)- Parent meeting @ 5:30 pm

### General participation expectations

- Athletes should bring their own:
  - Personal water bottle. Water fountains are available.
  - T-shirt, shorts, & gym shoes (locker room available)
- **All Athletes must have a current physical and all paperwork (fill-in sheets) from this packet on file with the JCMS office to participate**

### **III. Contacts:**

If you have any questions, comments, or concerns regarding your child's team, please call JCMS @ 475-7253 and ask for your child's coach to call you as soon as they are available.

General concerns or questions may be addressed by the administration at 475-7253 or Tammie Ybarra, JCMS Athletic Director at tybarra@509j.net.

**FORMS TO BE SIGNED & RETURNED before PARTICIPATION (please tear off the back of the packet and turn them in.**

1. School Sports Pre-Participation Examination (physical). This can be picked up when getting a physical at the doctor's office, at JCMS, or this link [Physical form](#)
2. Emergency Release Card/ Interscholastic Sports Parent Approval Form (in this handbook)
3. JCMS Athletic Participation Agreement Forms (In handbook)
4. JCSD Athletics/Activities Participation Agreement (In handbook)
5. 509j Waiver of Liability

#### IV. Athletic Policy and Procedures

1. Student-Athletes must have a current (2-year) **Pre-Participation Sports Physical** on file in the Athletic Coordinator's office prior to participation in any sport. Other required paperwork must be turned in to the office or the coach prior to participation in a contest.
2. Athletes will not be allowed to participate in a new sport until all **equipment and uniforms** from prior sports have been returned, or proper restitution has been made. Uniforms are the responsibility of the athlete throughout the season and loss or damage will result in a fine.
3. **Attendance at school and practices** is mandatory for participation in contests. We ask that you email or leave a message for the coach so they are aware of the whereabouts of the player. Missed practice time may result in missed game time (see below). *JCMS practices are every day. JCMS holds practice from 3:10-5:00 pm (including Fridays) unless we have a contest or the coach has canceled the practice. The coach will notify parents and athletes if this is the case.*
  - *Practices:* Players who miss practice the day before a game will not participate in the contest the next day. You must be in practice the night before a game, OR you must have pre-arranged an absence with the coach or athletic coordinator. Pre-arranged absences, such as funerals, appointments, or other **important, pre-scheduled events** may be excused by the coach, and the player may be allowed to play provided their attendance at practice has not otherwise been an issue.
5. Student-athletes **must attend school the entire time on game day unless parents make prior arrangements** with the coach or athletic director. (Exceptions would include medical appointments, a funeral, or other previously scheduled events. Illness, sleeping in, or going to buy food for the trip are not exceptions to attendance. Please pre-arrange all absences with the coach/Athletic Director (email/call and let us know what is happening).
6. **Unexcused absences or tardies to practice** may result in disciplinary action, which may include exclusion from games or suspension from the team. If students are at school they are expected to be at practice on time.
7. Athletes who travel to other schools are representing JCMS and must do so in an exemplary manner. You must remain in the gym or field area with your team and conduct yourself in a manner befitting your status as a member of an Athletic Team from JCMS. All school/district rules continue on athletic events.
8. Appropriate Behavior on and off the court/field is mandatory. Students must follow all school policies as outlined in the JCMS Student Handbook and JCSD policies regarding student conduct. A behavior violation may result in a temporary or permanent suspension from the team.
  - A. If a player displays inappropriate behavior to teammates, the other team, and/or coaches while participating in a sport, that player may be removed from the team.
  - B. A student whose behavior receives a *behavior referral that results in detention (ISS, ASD, or Saturday School)* will not participate in the next scheduled game or contest. Students may or may not attend practice at the administrator's discretion. An absence will be considered unexcused and may result in appropriate consequences assigned by the coach.
  - C. A participant who has been dropped from the team for disciplinary reasons will not be allowed to participate in any other sport during that same season.
  - D. An athlete may not participate in or attend any event on a day when he/she is suspended from school.
  - E. Athletes who are too sick or too injured to participate in physical education classes are too sick or too injured for an athletic event that same day.

9. Athletes must **secure all valuables-lock their locker**. Items that will not fit in the athlete's locker should be locked in the PE office during practice and games. The school will not be liable for lost or stolen items. It's best to leave valuables at home.

10. Following an athletic event or activity away from JCMS, players may be **released only to their own parents or guardians**. A player may be allowed to ride home with another parent or family member if the following conditions are met in advance.

- A. A **single trip release form** must be signed by your own parent (including a phone number where the parent can be reached that day), giving permission for their son or daughter to ride home with another adult.
- B. This form must be turned in to the office or the coach **the day before the game**.
- C. Pre-authorization from the athletic coordinator must be obtained before the bus leaves JCMS. Otherwise, the student will return to JCMS on the bus.

Forms are available on the JCMS Athletic website, in the front office, or you may call 475-7253 and request a form be faxed to you.

11. Parents must be **on time to pick up their children** following practice and games. On game days, athletes who live in Warm Springs will need to arrange for a ride home from the game or from JCMS. Students who are consistently late getting picked up may be restricted to home game participation only. Practices end at 5:00 so please plan accordingly.

12. A student who feels that eligibility or disciplinary action taken against him/her is unwarranted may appeal through the Appeals Process. This course of action will be taken only after other avenues of mediation are exhausted. The appeals process goes as follows:

- A. Within five (5) days of the incident or eligibility issue, the student must submit, in writing, a statement of appeal to the Athletic Coordinator.
- B. The Principal, a coach, and a teacher will serve as the Appeals Board. The Appeals Board will render a decision after hearing all sides, based on the terms of the Athletic Policy. The decision of the appeals board will be final.

All JCSD policies regarding student behavior and conduct are located on the JCSD website or at **policy.509j.net**. They can be found under documents- students-JFC – student conduct and JFC – AR(1)-Rules for student conduct. Students must adhere to all JCSD policies.

## **V. Academic Eligibility:**

Students who travel to other schools representing JCMS will often miss assignments and class time. Students are responsible for obtaining and completing all missed work. Communication with teachers is the key to success. Students must learn to budget their time between practice/games and school work. PowerSchool will help keep you up to date.

1. **Grade checks** will be conducted during each sport season, **every week**. Most middle school games/contests/meets are held Tuesday-Thursday. Grade checks will be done each Friday by 2 pm during the season to determine the next week of eligibility. Coaches will inform students during practice on Fridays of eligibility for the following week.

2. **To be eligible for participation** in Jefferson County Middle School interscholastic Athletics or Activities students **may not be failing more than one class** at the time of each grade check and **must also have a GPA of 2.0 or higher.**

Students who are **failing more than one class OR have a current GPA below 2.0** at the time of a grade check will be placed on **academic probation (ineligible)** for the next week (Friday at 3 pm to next Friday at 2:59 pm). Probationary athletes will **not participate in games, events, or meets.** They will also not travel to away games but must practice and attend home games on the bench in school clothes to support their team.

3. During the probation period, student-athletes must attend all study sessions, practices OR **pre-arrange** with their coach to work with a teacher the first half of practice and then practice the second half. Students may not just hang around school – they must either practice or work with a teacher.

4. If a student brings their grade(s) into compliance with the eligibility requirements by the end of the week they may participate in games/activities the **following week so long as they practiced or attended study sessions all week and the coach feels they are ready to play.**

## **VI. Guidelines For Passengers On Athletic or Activity Bus**

**TRAVEL Athletes are expected to travel to all games and events and return on school-provided transportation.** Students that participate with JCMS but do not attend (charter/private/home school) are required to ride on the JCMS transportation to all games/events. If a student plans to return from a game with their parent/guardian, they will need to “sign out” with the coach before departing the site. If the athlete plans to return with anyone other than their parent/guardian, a “Single Trip Permission Form” needs to be completed and submitted to the athletic department 24 hours in advance of the contest. Forms are available in the office or on the athletic webpage.

It is the intent of these guidelines to ensure a safe and enjoyable trip for all passengers and a positive learning experience for students during athletic or activity trips.

1. The students are under the direct authority of the coach, advisor, or teacher (person in charge). The person in charge is to supervise the students to maintain correct behavior in accordance with the Department of Education rules and the JCSD bus rules.
2. At any time the bus driver feels that the safety of the passengers is at risk due to the actions of the passengers, the driver will alert the person in charge to correct the situation. If the situation is not corrected, the driver will stop the bus until it is corrected.
3. Passengers will refrain from using loud voices, profane or offensive language, or engaging in inappropriate conversations.
4. Passengers will conduct themselves in a manner that will reflect positively on their school.
5. Passengers will keep their arms and belongings, etc. inside the bus if the windows are open and will not throw anything from the bus.
6. Passengers will remain seated, as much as possible, while the bus is in motion and will not sit or lay on the floor or use the rear exit area or luggage racks as seats or beds.

7. Passengers are required to keep the bus clean. Please use trash cans for gum and other garbage. Persons in charge are to make sure the bus is clean at the end of the trip and it is suggested that students be dismissed by rows so each may be responsible for cleaning their area.
8. Passengers and persons in charge are asked to eat their meals outside of the bus. Dry snack items, drinks with resealable lids, and some other food items are permitted in the bus. Fountain drinks with ice, ice cream, yogurt, and food from restaurants may not be allowed on the bus.
9. Sunflower seeds, or other nuts with shells, are not allowed on the bus.
10. Shoes with spikes or cleats are not allowed on the bus.
11. Driver problems with passengers should be reported to the Transportation Supervisor for relay to Athletic Director or Principal; problems with the bus driver should be reported to the athletic director or school principal for relay to the transportation supervisor.

For more information and schedules please check our webpage: <http://jcsd.k12.or.us/schools/jcms>

Like us on Facebook:

[Facebook Link](#)

Please keep us up to date on any changes impacting your child:  
Address changes, absences, illness, and medical.

Schedules and individual sports items will be handed out at parent meetings. Please attend.

Please return the following forms to JCMS.

They must be turned in before your child can participate.

Your child may already have a physical on file with the school (they are good for two years). If they do not have one on file they will need to get one before participating.



# JEFFERSON COUNTY MIDDLE SCHOOL 2023- 2024

1180 SE KEMPER WAY, MADRAS, OREGON 97741

541.475.7253 FAX-541.475.4825

## ATHLETIC PARTICIPATION AGREEMENT (Please tear this page off and return to JCMS. This must be turned in before a student can practice)

PLAYER NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_ DATE: \_\_\_\_\_

SPORT my child can participate in (please check):  Football  Volleyball  
 Cross County  GBB  BBB  Wrestling  Track

Athletic participation at JCMS is contingent on players following all the rules and procedures outlined in the Athletic Handbook AND any additional expectations that a coach has for a specific sport.

Players who fail to adhere to the rules and procedures are subject to disciplinary action and possible dismissal from the team.

It is therefore important that parents read through and assist their children in understanding all the rules of athletic participation and eligibility as outlined in the athletic handbook and the guidelines of the individual sport that coaches will provide each season.

This form must be signed by parents and athletes and returned to the athletic coordinator before a student will be allowed to participate in a contest.

Other forms needed before participation include a current sports physical cleared and signed by a physician, an emergency medical release card signed by the parent, and any sport-specific guidelines that a coach hands out to players at the start of a new season.

Student-Athletes are responsible for getting all forms home to be signed by parents and returned to the coach or Athletic Coordinator before participating in a contest.

Please read the athletic handbook and discuss the rules and procedures for participation, including attendance at school and practice, and grade eligibility requirements, with your child. Then sign the form below and have your child return it to his/her coach or turn it in to the athletic coordinator.

If you have any questions or concerns please call Tammie Ybarra @ 541.475.7253 or [tybarra@509j.net](mailto:tybarra@509j.net)

I have read and understood the rules and procedures for athletic participation at JCMS. By signing here, I agree to follow all rules and procedures and understand that my participation in athletics is subject to compliance with the rules and procedures as outlined in the athletic handbook. I understand that a coach may provide players with additional guidelines specific to a sport at the beginning of the season and that I must also adhere to those rules.

SIGNATURE OF PLAYER: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE: \_\_\_\_\_

**JCSD EMERGENCY MEDICAL CARD 2023-24 (must be on file w/JCMS)**

Student Name \_\_\_\_\_

Grade \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_

Parent/Legal Guardian \_\_\_\_\_

Parent/Legal Guardian Contact (Home #) \_\_\_\_\_

(Cell #) \_\_\_\_\_ (other #) \_\_\_\_\_

Parent/Legal Guardian EMAIL \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_

Emergency Contact #'s \_\_\_\_\_

Allergies & Health Disorders \_\_\_\_\_

Current Medications \_\_\_\_\_

Insurance Carrier \_\_\_\_\_ Policy # \_\_\_\_\_

Family Doctor \_\_\_\_\_

***Interim health Questions: has the child ever experienced any of the following:***

- Passed out or been Dizzy during exercise*
- Ever has a prolonged, unexplained viral illness*
- Had Chest pain During exercise*
- Student uses Medication (please list above)*
- Tires more quickly than friends/frequently*
- Ever been denied participation in sports*
- Has been told they have a heart murmur*
- Had injuries in the past year*
- Has palpitations/skipped beats of heart*
- Had surgery in the last year*
- Had baseline concussion training*
- Is currently under a physician care*
- Anyone in the family passed away due to heart problems or suddenly before the age of 50*
- Has the student or anyone in the family experienced seizures*
- Diabetic*

*If you know of any reason your child should not participate in a sport please list/explain:*

I HEREBY CONSENT TO MY SON/DAUGHTER PARTICIPATING IN A CO-CURRICULAR SPORT DURING THE SCHOOL YEAR AS DIRECTED BY JEFFERSON COUNTY SCHOOL DISTRICT 509J. THE PARTICIPATION IN A SPORT THAT INVOLVES THE MOVEMENT OF THE HUMAN BODY CARRIES WITH IT THE POSSIBILITY OF INJURY THAT COULD LEAD TO DEATH OR PERMANENT DISABILITY. ALTHOUGH THIS IS EXTREMELY RARE IN MIDDLE SCHOOL ATHLETICS, THE POSSIBILITY ALWAYS EXISTS. I AM AWARE THAT THERE IS A RISK OF SERIOUS INJURY INVOLVED IN PARTICIPATING IN ATHLETICS AT **DISTRICT 509J** SCHOOLS.

IN CASE OF ILLNESS, ACCIDENT, OR EMERGENCY NECESSITATING, MEDICAL TREATMENT, I HEREBY AUTHORIZE THE ADVISOR OR COACH OF MY CHILD TO OBTAIN EMERGENCY MEDICAL TREATMENT. I ALSO RELEASE ANY LIABILITY OF ANY KIND WITH THE ACTIONS TAKEN IN GOOD FAITH BY THE SCHOOL DISTRICT PERSONNEL IN PROVIDING EMERGENCY MEDICAL TREATMENT. I FURTHER AGREE THAT SCHOOL DISTRICT PERSONNEL MAY SEEK THE NEAREST AVAILABLE TREATMENT FROM ANY PHYSICIAN OR MEDICAL FACILITY AS THEY DEEM BEST ABLE TO PROVIDE SAID TREATMENT IN THE BEST INTEREST OF MY CHILD.

I UNDERSTAND THAT ATHLETIC ACCIDENT INSURANCE IS NO LONGER A REQUIREMENT FOR PARTICIPATION IN JEFFERSON COUNTY SCHOOL DISTRICT 509J'S ATHLETIC PROGRAMS. I RECOGNIZE THAT IN CASE OF INJURY TO MY SON/DAUGHTER, THE COST OF TREATMENT, INCLUDING EMERGENCY TRANSPORTATION, IS MY RESPONSIBILITY AND NOT THE RESPONSIBILITY OF THE SCHOOL DISTRICT. JEFFERSON COUNTY SCHOOL DISTRICT 509J DOES NOT PROVIDE STUDENT INSURANCE. I FURTHER UNDERSTAND THAT IT IS STRONGLY RECOMMENDED THAT MY SON/DAUGHTER BE COVERED BY MEDICAL INSURANCE WHILE PARTICIPATING IN SCHOOL-SPONSORED ACTIVITIES.

I UNDERSTAND THAT STUDENT GRADES WILL BE CHECKED EVERY FRIDAY DURING THE SEASON. STUDENTS WITH MORE THAN ONE (1) FAILING GRADE (F) OF HAVING A GPA BELOW 2.0 WILL BE CONSIDERED ACADEMICALLY INELIGIBLE, AND WILL NOT BE ALLOWED TO PARTICIPATE UNTIL ACADEMICALLY ELIGIBLE. CONTINUED INELIGIBILITY COULD RESULT IN DISMISSAL FROM THE SPORT.

**I HAVE RECEIVED, UNDERSTAND, AND AGREE TO THE TERMS OF THE STUDENT ATHLETIC HANDBOOK.**

SIGNATURE OF PARENT/LEGAL GUARDIAN \_\_\_\_\_ DATE: \_\_\_\_\_