



## Athletic Handbook

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**Section I.**  
**Middle School Sport Teams**

**Fall**

**6<sup>th</sup>-8<sup>th</sup> Co-Ed Soccer**

**6<sup>th</sup>-8<sup>th</sup> Co-Ed Golf**

**Winter**

**6<sup>th</sup>-8<sup>th</sup> Boys' Basketball**

**6<sup>th</sup>-8<sup>th</sup> Girls' Basketball**

**Spring**

**6<sup>th</sup>-8<sup>th</sup> Girls' Softball**

**6<sup>th</sup>-8<sup>th</sup> Boys' Lacrosse**

**6<sup>th</sup>-8<sup>th</sup> Girls' Lacrosse**

**Other Participant Opportunities:**

Every team will offer opportunities for student managers.

**Section II.**

**MBS Athletic Philosophy**

The MBSCS Middle School Athletics primary goal is to introduce our students to Interscholastic Athletics, while promoting the development of our student athletes. Being a developmental program, our goals are to introduce our students to the sport and equip them with the tools and skills to be successful, while putting a large emphasis on the team concept. Our coaches and volunteers promote good sportsmanship, commitment, and hard work. Our sports program will provide an exceptional opportunity for personal growth, while our athletes learning how to celebrate success and take lessons away in failure.

**Section III.**

**Athletic & Academic Policies**

**Practices:**

Practices will be scheduled by each coach. Attendance and participation at practice are mandatory, unless told otherwise by the coach. Practice is meant to improve conditioning and develop skills and strategy to give our athletes the best chance for success. All coaches will strive to be fair and nonbiased, making decisions with their professional not personal judgment. If you are unable to attend practice, it is your responsibility to let the coach know prior to the start of practice

**Game Day Attendance:**

On Game Day, attendance at school is mandatory to participate in the game. If a student is not present for a half day or longer, they will not be eligible to participate. NO EXCEPTIONS!

### **Academic Commitments:**

- It is important to remember that our athletes are “Student Athletes.” Academics and Spirituality are the foundation of MBSCS. Therefore, if an academic subject grade drops below a 76%, for any reason, a student must complete their work to improve this grade before they can participate in athletics. If no improvement has occurred, it may be determined that the student should be removed from the team.

Procedure:

- Grades will be checked every Monday by Mr. Jarmon or Mr. Record. If a student has dropped below a 76%, the participant and their parent will be notified and the student will not be eligible to participate in any athletic event (practice or game) until the grade has been brought up. If the grade continues to stay below a 76%, the student and parent will be called in for a conference with the teacher, where further action will be put in place.
- Tutoring and academic assistance is provided by teachers during lunch and recess and after school if arranged by the teacher and parent.

### **In-School Discipline:**

Respect, reverence, and responsibility are key at MBS. Repetitious, unproductive patterns of behavior may result in a student being denied admission to a team or cause his/her removal from a team. **Remember, character is what you do when no one is watching.**

## **Section IV. Uniform Policy**

The athletes will be solely responsible for their uniforms throughout the entire season. Responsibility includes bringing the uniform on game day, washing the uniform correctly and regularly, and returning the uniform at the end of the season. If the uniform is not returned, a bill will be sent to the athlete. A bill will also be sent if the uniform is damaged because of incorrect cleaning, neglect or misuse.

### **Golf:**

- Students will need to provide the following
  - o Clubs and bag
  - o Balls and tees
  - o Shoes (either golf shoes or any rubber soled shoe/sneaker)
- Each student will receive an MBS Golf Polo that is to be worn on match day with their school uniform pants or kilts.

### **Soccer:**

- Students will need to provide the following
  - Cleats
  - Shin Guards
- Each student will receive an MBS Soccer Uniform for the soccer season.

### **Basketball:**

- Students will need to provide the following
  - Basketball Sneakers
- Each student will receive an MBS Basketball Uniform and Warm-Ups for the basketball season.

### **Girls' Softball:**

- Students will need to provide the following
  - Cleats
  - Face Guard
  - Softball Pants
  - Glove
  - Batting Helmet
- Each student will receive an MBS Softball Jerseys for the softball season.

### **Boys' Lacrosse:**

- Students will need to provide the following
  - Cleats
  - Helmet & Mouth Guard
  - Shoulder/Elbow Pads
  - Gloves
  - Stick
- Each student will receive an MBS Lacrosse Uniform for the lacrosse season..

## **Section V. CANCELLATIONS**

- Cancellations will be determined by 12pm or as soon as possible given weather conditions.
- Students will be responsible for contacting their parents to arrange pick-up.
- If school is cancelled all athletic events will also be cancelled.
- If you have any questions, please don't hesitate to contact the school.
  - Derek Jarmon, Athletic Director
  - Phone: 410-208-1600
  - Fax: 410-208-4957
  - Email: [djarmon@mbscs.org](mailto:djarmon@mbscs.org)

**Section VI.**  
**Transportation Policy**

For our away games, the student and their parents are responsible for scheduling transportation to and from the game. Each student must complete and turn in a Transportation Waiver if they wish to travel with another family from MBS. If a waiver is not completed, the athlete may only travel with their parent or guardian. NO EXCEPTION

# STUDENT/ATHLETE RESPONSIBILITIES

1. Each player will make a commitment to his/her MBS athletic team. All practices and team meetings require mandatory attendance.
2. Each player must come to practice wearing appropriate clothing.
3. Athletes will be excused from practice only with a coach's consent. Athletes must notify coaches 24 hours in advance if they will not be attending practice/game.
4. Athletes must notify coaches immediately of any injuries.
5. Athletic contests do not give an athlete an excuse for missing an assignment or not being prepared for a test.
6. Once you commit yourself to a team, you may not change in season. If you choose to stop playing for that particular sport, contact the coach.
7. All athletes represent MBS. Any negative or inappropriate behavior that is apparent during a practice/game will be reported to the Principal and Athletic Director.
8. Every athlete must realize the concept of **TEAM**.
9. Any athlete who is absent from school on the day of the athletic competition may not participate in the event.

These are the rules, along with all guidelines in the MBS Student Handbook, are expectations for an MBS Athlete. The coaches of each sport may also develop more team rules that each athlete has to abide by.

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## CONTRACT

We have read and discussed all the responsibilities that come with participating on a MBS Athletic Team. We will abide by all the rules and embrace all the philosophies that encompass MBS.

Parent Signatures: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# MBS Athletic Emergency Information

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_

Father/Guardian \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Address if different \_\_\_\_\_

Mother/Guardian \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Address if different \_\_\_\_\_

Emergency Contact (if parent cannot be reached)

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone \_\_\_\_\_

Dentist \_\_\_\_\_ Phone \_\_\_\_\_

List any known problems

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List any known Allergies \_\_\_\_\_

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## School Emergency Procedure

1. In case of a serious injury, which may require immediate attention, the school will call 911.
2. The school will continue to call parents or guardians until one is reached.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# MBS ATHLETICS MEDICAL HISTORY

Name \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_

Grade \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

Family Physician \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

**Circle if experienced:**

1. Surgery or hospitalization yes / no
2. Fracture, sprain, joint swelling or pain yes / no
3. Head injury or seizures yes / no
4. Dizziness, fainting, or unconsciousness yes / no
5. Fainting from heat, had heat or muscle cramps yes / no
6. Asthma, cough or difficulty breathing after exercise yes / no
7. Heart murmur, skipped beats, or racing heart rate yes / no
8. High blood pressure yes / no
9. Any family member with sudden death under the age of 50 yes / no
10. Stomach or intestinal problems yes / no
11. Skin problem such as rash, itch, acne, etc... yes / no
12. Vision problems, glasses, contacts, or eye guard's yes / no
13. Diabetes, recurrent infections yes / no
14. Allergies to bee stings, insect bites, or medication yes / no
15. Taking any medications yes / no
16. Dental braces, false teeth yes / no
17. Wear contacts/glasses yes / no
18. Any prosthesis or aid including pads, braces, guards, hearing aids yes / no
19. Any restriction in any sport for any reason yes / no
20. Medical problem since last year yes / no

**Explain yes answers:**

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**Date of last tetanus shot:** \_\_\_\_\_

Females: Menstrual History:

Age of onset \_\_\_\_\_ longest time between periods \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Physician Signature \_\_\_\_\_

Comments or restrictions given by Examiner:

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# MBS ATHLETIC PHYSICAL EXAMINATION FORM

Date \_\_\_\_\_

Name of athlete \_\_\_\_\_ Sex \_\_\_\_ Date of Birth \_\_\_\_\_

Allergies \_\_\_\_\_

Examiner \_\_\_\_\_ Phone \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Blood Pressure \_\_\_\_\_ Pulse/Min \_\_\_\_\_ Eyes RT 20/ \_\_\_\_\_ Lt 20/ \_\_\_\_\_

**Code X = normal R = see remarks below**

1. Skin/Scalp \_\_\_\_\_

8. Neck \_\_\_\_\_

2. Ear/Nose/Throat \_\_\_\_\_

9. Back/Scoliosis \_\_\_\_\_

3. Lungs \_\_\_\_\_

10. Shoulders/Elbows \_\_\_\_\_

4. Heart \_\_\_\_\_

11. Wrists/Hands \_\_\_\_\_

5. Abdomen/Hernia \_\_\_\_\_

12. Knees \_\_\_\_\_

6. Genitalia \_\_\_\_\_

13. Ankles/Feet \_\_\_\_\_

7. Tanner Stage \_\_\_\_\_

Remarks

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Examiner Signature \_\_\_\_\_

\*\*\*examiner should also sign medical history form.