

# SACO MIDDLE SCHOOL

## Athletics Handbook



At the beginning of each sports season you will be asked to review this handbook. All forms must be signed and returned before your child can participate in any extracurricular activities. Your signature signifies that you have read, and understood this Athletic Handbook and you will help support your child to meet all extracurricular requirements.

If you have any questions please feel free to contact the school at 282-4181 or any of the following:

Mike Tatro, Athletic Director  
Marie Soucy, Principal

[mtatro@sacoschools.org](mailto:mtatro@sacoschools.org)  
[msoucy@sacoschools.org](mailto:msoucy@sacoschools.org)

Please visit our website for more information

[Saco Middle School Athletics](#)

### **Goals of the Athletic Department**

- To teach the fundamentals and techniques of each sport.
- To foster pride, sportsmanship and ethical behavior.
- To provide students with exposure to athletic opportunities.
- To foster academic and athletic achievement in students by emphasizing the importance of self discipline, sacrifice and dedication to achieving goals.
- To encourage school and team spirit.

### **Expectations For Student Athletes**

Saco Middle School holds its athletes to high standards. Student athletes are seen as representatives of both our school and our town. As a representative of Saco, student athletes are expected to adhere to all school and athletic department rules.

#### **All athletes are expected to:**

- Remain academically eligible.
- Act in a responsible manner, realizing at all times, athletes represent their school and community.
- Attend and arrive on time for all practices and games.
- Refrain from using profanity or obscene language or gestures.
- Show good sportsmanship and respect for officials, coaches and fellow athletes.
- Care for all athletic equipment issued throughout the season.
- Play fair, play hard and put forth their best effort in practice and in competition.
- Remain alcohol and drug free.
- Treat other student athletes with respect and dignity

Participation in interscholastic athletics is a privilege, not a right. Athletes must meet all pupil eligibility requirements and abide by all of the rules set forth in Saco Middle Schools interscholastic athletics policy.

### **General Rules and Regulations**

- All school rules stated in the School Handbook are always in effect.
- Students missing half a day or more of school cannot participate in any practice or game without full sanction of the principal and athletic director.
- Athletes should always remember they are representing our school and community and should act and dress accordingly.
- Athletes must ride to and from away contests in transportation provided by the school. Written permission from a parent is required for a student to be released from their obligation to ride school transportation.

- Any athlete ejected from an athletic contest for unsportsmanlike conduct will miss the next regular athletic contest. Athletes ejected a second time will be taken off the team for the remainder of that sports season.
- Nothing in this policy is intended to prevent a coach from suspending an athlete from participating for reasons other than those listed above (Ex: skipping practice, poor sportsmanship, repeated school behavior problems).
- All coaches have their own set of rules and regulations with regard to excused absences.
- Athletes are expected to be dropped off and picked up promptly from practices and games.
- Record of Physical Exam: Before a student may try out, practice or participate in athletics, s/he must have a record in the SMS nurse's office of a recent (*within two years*) physical exam, and a signed permission slip.
- A student who receives a suspension (in-school or out-of-school) will not be allowed to practice, participate or attend any sporting event or any after school activity on that day.

### **Contact with Coaches**

#### **Appropriate Concerns To Discuss With Coaches**

1. The treatment of your child, mentally and physically
2. Ways to help your child improve and develop
3. Concerns about your child's behavior

*Coaches are professionals.* They make judgment decisions based on what they believe to be best for the team and all athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as playing time, team strategy, play calling and other student athletes should be left to the discretion of the coach.

If you have a concern to discuss with a coach, please do not attempt to confront them before, during, or after a contest or practice. These can be emotional times for both the parent and the coach and this situation does not promote resolution nor objective analysis. Rather, set up a time to meet with them. If a resolution can not be reached with the coach, set up an appointment with the athletic director.

### **ATHLETIC ELIGIBILITY**

To be eligible, students must be passing four out of six courses during the current season/quarter. Grades will be checked at the beginning and mid-point of each quarter. If a student is failing more than two classes at an academic checkpoint, in any given athletic season, he/she will be placed on academic probation.

During academic probation, students may continue to practice but will not be allowed to participate in games. Students will remain on probation until grades have improved to passing.

### **SCHEDULES**

All team practice and game schedules will be posted on the athletics page of the Saco Middle School website. Any changes to the game or practice schedule will be communicated by the coach and/or athletic director.

Schedules can be found here: [schedules](#)

### **EQUIPMENT AND UNIFORMS**

Athletes will be issued school uniforms for each sport. Students are responsible for returning their uniform in good condition at the end of the season. If there is a problem with a uniform the coach should be notified immediately.

### **RELATED SACO MIDDLE SCHOOL AND SCHOOL BOARD POLICIES**

- Management of Concussions and Other Head Injuries [JJIF](#)
- Philosophy of Athletics [JJI](#)
- Hazing [ACAD](#)

**SACO MIDDLE SCHOOL STUDENT ATHLETE PERMISSION FORM**

Name of Student: \_\_\_\_\_

Home Address: \_\_\_\_\_  
\_\_\_\_\_

Parent(s)/Guardian(s) \_\_\_\_\_

Contact Numbers: \_\_\_\_\_  
\_\_\_\_\_

I grant permission for \_\_\_\_\_ to participate in interscholastic athletics at Saco Middle School.

I have read and understood the contents of this handbook.

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

\_\_\_\_\_  
Date