

***PLYMOUTH MIDDLE SCHOOL***



***2025-2026***  
***Athletics / Activities***  
***Handbook***

# ***Home of the Panthers***

School Colors: **Green and Gold**

Principal: **Tamiko Thomas**

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## **Athletics Information**

Plymouth Middle School is part of the Classic Lake Middle School Conference. Subscribe to PMS to receive athletic notifications at: [www.classicmsjh.org](http://www.classicmsjh.org)

By selecting "Notify Me" you can up-to-date information on all games, meets, and matches.

## **Introduction**

At Plymouth Middle School (PMS) students may choose to participate in a variety of extra-curricular activities including programs in athletics, fine arts, service and academics. These activities provide excellent experience in learning teamwork, leadership development, social growth, team spirit and respect for others. We invite you to encourage your students to participate in as many activities as their abilities and time allow. Keep in mind that our focus is to introduce every student to a sport or activity and to have fun with their friends after school. For the advanced athlete, they can try out for the high school team or join a club level team in their sport.

With the opportunity to participate in school activities comes the responsibility of behaving appropriately while involved in them. PMS students are expected to behave in a respectful and responsible manner toward their teammates, school staff and coaches. Students need to act appropriately while in the locker room, during practice and games, on the activity buses and anytime they represent PMS at any event. School equipment and personal property of others are to be treated with respect.

## **Academic and Behavioral Eligibility**

Prior to students participating in any activity, grades will be checked from the previous term. Students failing two more classes in the term immediately before the season, will not be allowed to participate. Students are expected to maintain and work toward passing grades in all classes to be fully eligible to participate in any activity (excluding Targeted Services). Grades and progress will be monitored by teachers, coaches, activity leaders, and the activities director. Any participant who has a failing grade may be only allowed to practice, but not participate in games until grades improve.

Participation and proper behavior at school is expected of all students. Students removed from class may be sent home and not allowed to participate in practices, games, or events that day. Students who receive suspension, and are involved in afterschool activities, might not be allowed to resume participation for the remainder of that season. Students involved in year-long, or special sessions after school activities may be allowed to resume participation upon meeting with the activity's supervisor and the activities director.

## **Activity Bus**

Activity buses are provided for students who participate in after school activities. Buses depart from the front door at 5:35 p.m. Monday through Thursday. Routes are posted in the front hall. All activity routes are planned to provide transportation within a reasonable distance of a student's home.

Students are to behave in a respectful and responsible manner on activity buses or the following will happen:

**1st offense:** Warning

**2nd offense:** Suspension for a specified time

**3rd offense:** Removal from the team and loss of activity bus privileges.

Students not riding the activity bus must be picked up right after practices or games. They are not allowed to wait for long periods of time, because there is no supervision available after hours. Failure to make arrangements for pick up may result in loss of the student's place on the team.

## **Athletics / Activities**

### **1. PMS Interscholastic Athletics**

PMS sports are offered for 6th, 7th, and 8th graders. The sports offered are co-ed soccer (7-8), girls' volleyball (7-8), wrestling (6-8), boys' and girls' basketball (7-8), and boys' and girls' track (6-8). Practices will be held daily on Monday, Tuesday, Wednesday, and Thursday afternoons when there are no games (No Friday practices). Games, matches, and meets are held on various days of the week, during each season, at different schools in the Classic Lake Conference. Please check [www.classicmsjh.org](http://www.classicmsjh.org) for up to date scheduling information.

### **2. Armstrong and Cooper High Schools Cooperative Athletics**

Students in 7th and 8th grades can participate on select Armstrong or Cooper teams. These are sports not directly offered at our middle school level and meant to give students the high school sports experience. Those sports include swimming, cross country, Nordic Skiing, Alpine Skiing, girls' softball, and golf. Students who play on a high school team will need to get to practice on their own. There is no school transportation to practices. However, Students can take an activity bus home from AHS or CHS at 5:10 p.m. The fee for these sports will be the same as the athletics offered at PMS. Students must complete registration forms from the high school's Activities office.

Armstrong: [https://ahs.rdale.org/activities\\_athletics](https://ahs.rdale.org/activities_athletics)

Cooper: [www.letsqohawks.org](http://www.letsqohawks.org)

All 7th and 8th graders can also try out for Armstrong's or Cooper's varsity teams. If they make the varsity team, they would need to pay the high school fee and abide by AHS/CHS and MSHSL rules.

### **3. Activities—Year round and special sessions**

These activities are open to all students and include All District Band, Destination Imagination, Math League, Chess Club, PMS Musical, National Junior Honor Society, Newspaper, Student Council, W.E.B., Jazz Band, Select Choir, and Yearbook..

### **4. Targeted Services**

Targeted Services (ALC) offers 2 days a week (either M/W or T/TH) of academic support. Students who wish to be a part of this program need to complete an application including a parent signature. Students in this program will spend approximately half the time on mathematics and the other half of the time on reading skills. The philosophy and purpose of this program is to provide students with additional academic support outside of the normal regular school hours.

## **Athletic Seasons**

PMS has a four season athletic program, which coincides with our four academic quarters. This format gives students an opportunity to participate in more athletic activities and uses our facility more efficiently. The four seasons are Fall, Winter I, Winter II, and Spring.

### **FALL - QUARTER 1**

	<b><u>GRADES</u></b>
PMS - Co-ed Soccer	7-8
PMS - Girls Volleyball	7-8
PMS - Girls Tennis	6-8
PMS - Co-ed Intramural Soccer	6

### **WINTER I - QUARTER 2**

PMS - Girls Basketball	6-8
PMS - Co-ed Wrestling	6-8
PMS - Boys Intramural Basketball	6

### **WINTER II - QUARTER 3**

PMS - Boys Basketball	7-8
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### **SPRING - QUARTER 4**

PMS - Boys Track	6-8
PMS - Girls Track	6-8
PMS - Boys Tennis	6-8

### **Dates**

Fall	Sept. 8 - Oct. 27
Winter I	Nov. 3 - Dec. 18
Winter II	Jan. 20 - Mar. 3
Spring	Mar. 23 - May 26

## **Athletic Fees**

The School Board requires an activity fee to help offset part of the cost of athletics. The fee is \$46 for all middle school sports. Other activities and clubs, arts groups and service groups may have various fees of a reasonable amount. Families have a yearly **district** maximum of \$700. Once that amount has been reached for the family, no further fees will be charged for the school year.

Students who receive free and/or reduced lunches qualify for a reduced/free activity fee. Students who have paid the fee and subsequently withdraw may apply for a **refund**. However, refunds are not given after the first contest in a sport or if the student has outstanding fines. Uniforms not returned must be paid for by the student.

## **Classic Conference Website**

All the games and match dates can be found on the Classic Conference Website: <https://www.classicmsjh.org/public/genie/276/school/6/>

We encourage you to subscribe to the “notify me” to get reminders and updates on all games and matches.



The screenshot shows the Plymouth Middle website's calendar interface. At the top left is the Plymouth Middle logo, a green shield with a white cross and a small figure. To its right is the text "Plymouth Middle". Below this is a green header bar with the word "CALENDAR" in white. The main content area is white and features a calendar for January 2021. The calendar is displayed in a list view, showing dates from Tuesday, January 19, 2021, to Saturday, January 23, 2021. Navigation controls include arrows for previous and next days, a "Today" button, a dropdown for "January 2021", and buttons for "Week" and "Month" views. On the right side, there is a "COLLAPSE MENU" button, a search bar with a "GO" button, and a calendar grid for January 2021. Below the grid are links for "VIEW SCHEDULES", "GET THE MOBILE APP", "NOTIFY ME", and "LOGIN".

## **HOME GAMES**

All middle school student spectators who attend a Plymouth Middle School athletic contest, must arrive and stay with their parents or guardian for the entire game.

## **Canceled Events**

There are all sorts of reasons events get canceled. Bad weather, coach illness, family emergencies, an event at school, and transportation issues. In the case there is no bus that shows up or we get notified that we will not be getting our scheduled bus we need to cancel/postpone the game/match. Parents can only transport their own students to an away contest. **We can not organize carpooling to away matches or games.** In the case there is no bus we will cancel the event. We will do our best to try to reschedule canceled events.

## **Student Activities: Rules & Regulations**

### **1. Academic Eligibility**

- Prior to students participating in any activity, grades will be checked from the previous term. Students failing more than one class in the term immediately before the season, will not be allowed full participation. Students are expected to maintain and work toward passing grades in all classes to be fully eligible to participate in any activity. Grades and progress will be monitored by teachers, coaches, activity leaders, and the activities director. Any participant who has a failing grade may be only allowed to practice, but not participate in games until grades improve.

### **2. Behavior**

- You are representing Plymouth Middle School during all after school activities. All school rules and procedures continue after school during all activities.
- Each coach/activity leader may have additional rules that are particular to that activity.
- Students removed from class may be sent home and not allowed to participate in practices, games, or events that day. Students who receive suspension, and are involved in afterschool activities, might not be allowed to resume participation for the remainder of that season. Students involved in year-long, or special session after school activities may be allowed to resume



participation upon meeting with the activity's supervisor and the activities director.

### **3. Activity Events**

- Student participants must display proper behavior at all times because they are representing Plymouth Middle School.
- Students must stay at the event until the coach/supervisor gives them permission to leave.
- Participants may not leave an away event unless the coach/activity leader has received a verbal/written request from the parent/guardian who is at the event. No student will be allowed to leave with another student's parent/guardian unless written permission has been received prior to the event.

### **4. Physical Examinations**

- Physicals are not required for middle school activities, but we encourage you to get a physical for your child each year.
- Students participating in high school level athletics MUST have a current sports physical on file at the participating high school per the Minnesota State High School League policy.
- Your signatures indicate that your student is fit for activities.

### **5. Athletic Equipment**

- Most equipment is supplied by the school.
- The student must pay for lost or damaged equipment or uniforms. A student will not be allowed to begin another season until all previous equipment issued is returned or paid.
- Uniforms are to be worn on game days only unless directed otherwise by the coach.

### **6. Attendance**

- After school activities begin at 4:15 PM. Participants MUST be in the correct location for practice/meeting by that time.
- During practices, participants are to remain with the team and under the coach's supervision.
- You are a member of a team and other team members are relying on you. Too many absences may result in removal from the team.

### **7. Transportation**

- An activity bus runs Monday-Thursday at 5:35 pm. The bus heads to either Armstrong or Cooper High School first, where a student must get on the correct route home. There are 5 routes with maps posted in the front hall and offices. Coaches will also have route information.

- Appropriate bus behavior is required for all the buses. If a student does not follow the rules or directions from coaches/activity leaders and/or bus drivers, the consequences may be:
  - a. 1st Offense: Warning
  - b. 2nd Offense: Suspension for a specified time
  - c. 3rd Offense: Removal from the team and loss of activity bus privileges for the remainder of the sports season.

#### **8. Family Responsibility / Obligations**

- Students not riding the activity bus must be picked up by 5:30 PM, or right after the conclusion of games.
- If a parent/guardian wants to drive a student home from a game at a non-RMS location, the parent/guardian **MUST** sign out their student with the coach.
- Students may lose their place on the team if they are not picked up after games or practices in a timely manner.

#### **9. School Responsibility / Obligations**

- Students who have detention or make-up work for a teacher are expected to complete it before going to a practice or game.
- For an athlete to participate in an athletic contest, they must be in school for more than half of the school day.
- If a student is suspended out of school, they cannot participate in any extracurricular activity during their suspension. Coaches and activity leaders will use discretion when dealing with students serving in-school suspension.

#### **10. Alcohol, Drug, and Tobacco Violations:**

- a. **1st Violation:** The student will miss two games or two weeks of activities, whichever is greater. If the violation occurs when two games/weeks do not remain, the suspension will continue into the next season.
- b. **2nd Violation:** The student will miss four games or four weeks of activities, whichever is greater, if the violation occurs when the four games/weeks do not remain, the suspension will continue into the next season.
- c. **3rd Violation:** The student is ineligible for any extra-curricular activities for the remainder of the school year.